

IOWA STATE UNIVERSITY
College of Design

Rome Program Handbook



Photo by Thomas Fraser

Summer 2011 • Fall 2011 • Spring 2012

Table of Contents

Introduction

- 3 Introduction
- 4 Letters of Welcome

The Rome Program

- 9 History and Structure of the Rome Program
- 10 Summer 2011
- 11 Fall 2011
- 11 Spring 2012
- 12 Program Costs

Expectations, Responsibilities and Regulations

- 17 Iowa State University Policy on Conduct
- 22 College of Design Study Abroad Contract

Preparing to Leave Iowa State University

- 29 Finances
- 29 Housing Contracts, Meal Plans and Parking Permits
- 30 Registering for Classes and Schedule Changes
- 30 Other Reminders

Preparing to Study Abroad

- 33 Necessary Documents
- 34 Travel Arrangements
- 38 Financial Arrangements
- 40 Health Information for International Travelers
- 42 Health Information Specific to Italy
- 43 Safety Information for International Travelers
- 52 Sexual Harassment Information for International Travelers
- 54 Additional Safety and Security Advice

Life in Rome

- 59 Arrival in Rome
- 60 Necessary Paperwork
- 61 Personal Safety
- 63 Housing
- 64 Food
- 65 Climate and Dress
- 66 Transportation
- 67 Communications
- 70 Electricity and Electronic Items

The Studio

- 73 History of Studio at Palazzo Cenci-Bolognetti
by Patricia Osmond de Martino
- 74 Location and Facilities
- 74 Hours and Use
- 74 Security
- 75 Library
- 75 Telephone and Internet Access
- 75 Cleaning

Cultural Adjustment

- 79 Cultural Adjustment
- 83 Encountering New Spaces by C. Arthur Croyle

Preparing to Return Home

- 89 Coping with Re-entry
- 91 Possible Outcomes of an International Experience

Recommended Readings and Films

- 95 Readings
- 96 Films

Contact Information

- 101 Studio at Palazzo Cenci-Bolognetti
- 101 Housing Office
- 101 Embassy of the United States of America
- 102 Italian Emergency Contacts
- 102 ISU Emergency Contacts

Conclusion

- 105 Acknowledgements
- 105 Nondiscrimination Statement
- 105 Rome Program Online
- 105 Information Accuracy

Introduction

Congratulations on your decision to participate in the College of Design Rome Program. The semester or summer you have chosen to study in Rome will likely be the high point of your undergraduate or graduate education at Iowa State University. You will find the program to be a personally, academically and professionally rewarding experience.

For many of you, this will be the first time you have traveled and/or studied abroad, so it is likely that you are eager to find out as much as possible ahead of time. This handbook has been designed to provide valuable information about every aspect of the program, from what documents you will need for international travel and what to pack to what you should do upon arrival in Rome and what it will be like to live and study in an ancient European capital. It is your responsibility to familiarize yourself with the information in the handbook, and you should take it to Rome with you.

However, the handbook is only one part of preparing to study in Rome. It should be combined with the material presented in Dsn S 301 (and Art 494, if you are required to take it) and independent research on international travel and studying abroad. You should also try to learn as much Italian as possible before you go.

The faculty and staff associated with the Rome Program wish you a safe, productive and memorable study abroad experience, and we all look forward to hearing about it after your return.

IOWA STATE UNIVERSITY

Office of the Dean
College of Design
Ames, Iowa 50011-3091

Dear Students,

Welcome to the Rome Program! You are about to begin what most likely will be a transformational experience, joining the more than 1,600 students who have participated in our collegiate offering in the “Eternal City.” It is often said that “all roads lead to Rome,” and this guide has been put together as a roadmap that will help you to arrive physically, emotionally and culturally prepared in your new “home.”

It is a privilege for me to count on an incredibly dedicated group of faculty and staff that year after year contribute to the success of the program, and I’m proud of the legacy of excellence and commitment established since the program was founded in 1991.

“When in Rome, do as the Romans do” is also a popular saying, and in my mind the single most important piece of advice that I can give you. Get to know the city intimately; listen to the infinite memories that over many, many centuries have been recorded in its piazzas and stradas. Become Roman; share the collective memory of this wonderful culture and acquire the right to contribute and expand in a positive way that collective memory. Remember, the opportunity of cultural immersion comes with the responsibility of representing your institution, your country and your home culture. I trust you will contribute to the increasing reputation of our program abroad.

This is going to be one of the most amazing experiences in your life. Enjoy it, embrace it, and live fully every minute of it. I wish you the best and look forward to hearing from you soon.

Cari saluti e buon viaggio!

A handwritten signature in black ink, appearing to read "Luis Rico-Gutierrez". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Luis Rico-Gutierrez
Dean and Professor

IOWA STATE UNIVERSITY

Palazzo Cenci-Bolognetti
 Piazza delle Cinque Scole 23
 00186 Rome, Italy

Dear Students – benvenuti,

The Rome Program is ready to offer you a challenging menu of classes, visits, trips and cultural events that will give you an excellent chance to experience an intense semester abroad. You'll soon find out that Rome has more to give you than anyone can manage to squeeze into a program or a semester. There are the monuments, the museums, the new buildings, as well as everything you can expect from Italy when it comes to food, fashion and design. However, I don't intend to sound like a tourist guide, and in fact, your reasons for coming here should be far from tourism.

You really made a different choice by taking this program: you wanted to study and live the experience of another city and culture. You will have time to stay longer than a tourist and feel what 3,000 years of history has left this city. You'll have time to observe at length, and this is probably the best gift you can receive from this educational experience. You'll learn directly from a great tradition of artists and craftsmen who did not attend any school or university. Many designers have taken Rome as a source for their projects, and every period and every artist has some kind of debt with Rome.

Rome offers you this incredible stage set of the most excellent architecture and art: you can pick yourself all the best fruits, like from a great cherry tree. Once you're here, you'll understand that you don't even need to travel outside of Rome; my own 15 years in the capital have not been enough to discover all the jewels of architecture and art.

You chose not to be a tourist but to live a daily life which will give you an inside view of the cultural diversity between Italy and the United States. There are sweet sides to it, such as a cappuccino and cornetto in an old bar in the city center, but there are bitter ones, too. I have lived in many cities, and Rome is not the easiest in which to survive. There is a rather tough side when it comes to taking public transportation, to getting a bus ticket, to standing in line in a post office.

If you manage to sink into the particular rhythm of the city, though, you'll begin to appreciate the strong identities some neighborhoods have. You could even feel part of something more than just your friends' or students' crowd: you can belong to the neighborhood, where there is not just Giovanni from the pub and Fabrizio the giornalaio, but also Giuseppe the shoemaker or Remo from the pizza shop.

It is up to you to get curious, to use your Italian, to wander by yourself through "vicoli e piazze" in search of your personal pathway to the Eternal City.

Sincerely,



Pia Schneider
 Resident Director, Rome Program

The Rome Program



photo: Erin French



photo: Brett Bacon



photo: Paula Curran

History and Structure of the Rome Program

The Rome Program began in 1991 as a single semester abroad for 15 students in the department of architecture. In fall 1994, the program underwent its first expansion when the department of art and design sent the first group of interior design students. Integrated studio arts joined the program in fall 1997, followed by landscape architecture in summer 2001, graphic design in fall 2001, and community and regional planning in summer 2004.

Throughout the 1990s, the program attracted an increasing number of participants, providing a valuable foreign study experience for College of Design students, as well as an opportunity for ISU faculty to teach abroad. In fact, its success was an important factor in the Board of Regents' decision to approve the formal registration of the Rome Program in Italy, thus allowing the college to make a continuing commitment to study abroad. This process of registration, which recognizes the program as the official branch of Iowa State University in Italy, was completed in March 2000, and since then, the program has remained the only fully licensed study abroad program in the Iowa regents system.

Full-semester study options are available for graphic design and interior design (fall) and architecture (spring) students. Each summer, studio arts students can study in Rome, and in alternate summers, programs for landscape architecture and community and regional planning students are offered. Qualified students from other colleges at ISU and other institutions are also welcome to apply for the summer session. Students prepare for the Rome Program by taking Dsn S 301, the Study Abroad Preparation Seminar, offered as a one-credit course during the semester prior to studying in Rome.

All courses, with the exception of Italian language, are taught in English by College of Design faculty and Rome-based European lecturers. Since the courses are built directly into the curriculum of each department, they allow students to fulfill degree requirements without delaying graduation. At the same time, the experience of living and studying in a foreign country contributes an important new dimension to the process of learning, broadening the student's perspective and enriching his or her knowledge of each subject. In addition to on-site study of historic and modern buildings and works of art, students gain familiarity with the contemporary design culture of Europe through guided field trips and meetings or reviews with leading professionals in the field.

The end-of-semester exhibition in the Rome studios, attended by many visitors from the Rome community, offers an opportunity to see the high-quality work produced by students in their various design projects. A repeat exhibition, held at the College of Design in the following semester, allows other faculty and students to view the projects, while stimulating interest in the Rome Program.

The program holds membership in the Association of American College and University Programs in Italy (AACUPI), along with over 100 North American

study programs in the country.

Until 1999, the Rome Program shared studio and office space with other American universities such as the Pennsylvania State University and the University of Washington. When the decision was made to register the program officially, independent studio space was rented in the Palazzo della Prelatura Spinola at Via Arco della Ciambella 19.

Since 2005, the Rome Program has been located in the historic center of the city near the Tiber River in the Palazzo Cenci-Bolognetti at Piazza delle Cinque Scole 23. The College of Design leases 14 rooms on the second floor of the building from the Istituto Pasteur – Fondazione Cenci Bolognetti, a scientific institute affiliated with the Institut Pasteur of Paris and with the University of Rome. In addition, a small area is also leased on the ground floor of the building, which is used primarily for integrated studio arts and model building. Basic teaching facilities for program participants are provided in the studios, including tables with lamps and chairs for drawing and design work, easels for painting, a library for general reference and course readings, and a lecture space that accommodates 60 people with basic slide-projection equipment.

The move represented a major advance for the Rome Program, providing stable headquarters and an attractive studio space in a prestigious historic palazzo. The studios of many other American universities such as the Pennsylvania State University, Notre Dame, Cornell, Rhode Island School of Design, Waterloo, University of Washington, and Pratt are also located in the same or nearby areas.

Housing for program participants is arranged by the College of Design. Students live together usually in groups of four or six, although some apartments can accommodate as many as 12. The apartments are usually located within a reasonable walking distance of the studio, and they are furnished and supplied with basic amenities.

Summer 2011

The summer 2011 program will feature courses in landscape architecture, community and regional planning, and integrated studio arts. Students must enroll in a minimum of nine credits and plan to study in Rome for both June and July.

Landscape architecture and community and regional planning will jointly offer a six-credit studio that will focus on comprehensive planning and design for integrated land uses and for urban and peri-urban sites within and around Rome. Projects will engage the full range of design scales, from planning to construction detailing. A three-credit supporting class will concentrate on case studies of historically significant site designs and build upon survey pedagogies that engage the evolution of piazzas and villas. In addition, a multi-day field travel course will be offered. Landscape architecture and community and regional planning

students will take the classes together, but they will receive credit in their respective departments.

Integrated studio arts students will have the opportunity to take either nine or 12 credits. Students who take the 12-credit option may be able to graduate early and should speak with their adviser. The studio courses, which are offered for three credits each, will include digital photography, painting and integrative media. Students may also take a three-credit art history class.

Further information is available at www.design.iastate.edu/ROME/summer.php and isuabroad.iastate.edu/?go=summerrome.

Fall 2011

Fourth-year students in graphic design and third-year students in interior design participate in the fall Rome Program. This optional course of study provides a structured curriculum for the direct study of European, and in particular Italian, art and design from both historical and contemporary perspectives. The program offers what is for most students a first-time opportunity to travel abroad and experience the physical and cultural settings of major works of art and design overseas. In addition to significant buildings, the students are exposed to and study the urban geography and culture of a major European capital within the context of its regional landscape and the Italian urban tradition.

At the end of the program, students will:

- have an understanding of the history and art history of Rome, its cultural development since antiquity, and the significance of many historic works of Roman art and design;
- have a familiarity with the contemporary design culture of Europe and especially Italy, through guided field trips and direct living experience;
- have completed major studio projects in their design area, making use of their knowledge and experience of Italian and European design culture; and
- have first-hand knowledge of numerous contemporary and historic sites, buildings, and works of art, related to their course of study.

Further information is available at www.design.iastate.edu/ROME/fall.php and isuabroad.iastate.edu/?go=fallrome.

Spring 2012

Fourth-year students in architecture participate in the spring Rome Program. This optional course of study provides a structured curriculum for the direct study of European, and in particular Italian, architecture and urbanism from both historical and contemporary perspectives. The program offers what is for most students a first-time opportunity to travel abroad and experience the physical and cultural settings of major works of art and design overseas. In addition to significant buildings,

the students are exposed to and study the urban geography and culture of a major European capital within the context of its regional landscape and the Italian urban tradition.

At the end of the program, students will:

- have an understanding of the history of Rome, its urban development since antiquity, and the cultural significance of many historic works of Roman art and architecture;
- have learned to make drawings and other graphic representations relevant to the discipline of architecture using diverse media and techniques at an advanced level;
- have completed a major design project—an intensive, focused investigation of a select early modern art/architectural artifact viewed as the embodiment of social and cultural relations indicative of a particular time and place; and
- have direct experience of numerous contemporary and historic sites, buildings, and works of art, related to their course of study.

Further information is available at www.design.iastate.edu/ROME/spring.php and isuabroad.iastate.edu/?go=springrome.

Program Costs

In addition to tuition, students are required to pay a program fee to participate in the Rome Program. The program fee varies each semester; it supports the studio facility and provides funds for program expenses such as course materials, guest critics and lecturers, the exhibition of final projects, and for field trip expenses such as transportation, lodging and museum entrance fees.

Students sign a financial agreement in the semester prior to studying in Rome, and there are certain financial penalties for withdrawing from the program after the financial agreement has been signed.

Participants can apply their financial aid packages to study in Rome and should contact the Office of Student Financial Aid for further information. The college offers financial assistance in the form of scholarships specifically for students studying abroad.

U-Bill Charges

- Program fee
- Tuition
- ISU fees
- Study Abroad Administration Fee
- Housing
- Utilities/cleaning escrow

Out-of-Pocket Expenses

- Round-trip airfare
- Local ground transportation
- Meals
- Course materials and books (including printing and copy costs for assignments and final presentation of projects)
- International Student Identity Card
- Passport
- Photographs for passport/visa applications
- Mandatory Italian health insurance/residency permit/key deposit
- Incidentals

Expenses for the Rome Program vary each semester. Students should consult the detailed budget estimates that will be made available the semester before their program starts. Many of the costs associated with studying in the Rome Program will depend on the exchange rate of the dollar to the euro. The current exchange rate can be found at www.xe.com.

Expectations, Responsibilities & Regulations



photo: Jolene Lyon



photo: Brett Bacon



photo: Paula Curran

Iowa State University Policy on Conduct

from the ISU Student Handbook produced by the ISU Study Abroad Center

Student behavior abroad is governed by:

- ISU Student Conduct Code
- ISU Study Abroad Conduct Code
- Host institution's conduct code
- Host country's laws

Study Abroad Conduct Code

An Iowa State University (ISU) study abroad program provides the student involved with an opportunity to pursue academic study for credit outside the United States. Students are expected to take advantage of the cultural opportunities involved and are responsible for their behavior during the program. The Study Abroad Center (SAC) has developed the following Study Abroad Conduct Code that all students are required to follow while studying abroad.

Student Conduct and Disciplinary Procedure, General

A student participating in an ISU study abroad program assumes a dual status as an ISU student and a student of the host institution and/or host country. ISU students abroad are subject to, and should be familiar with, ISU student conduct policies as well as the laws of their host country and the academic and disciplinary regulations of the host institution or residential housing program. Students should note that SAC policies for students studying abroad are more strict than ISU campus disciplinary policies because of the broader consequences of student conduct when abroad; e.g., student conduct may affect ISU's relations with the host institution and local community or arouse anti-American sentiments. In addition, students should note that SAC disciplinary procedures are more compressed than campus procedures due to the short duration of many ISU programs, the need to address disciplinary matters more quickly while traveling abroad, and the limited resources that are available in the host country to resolve disciplinary issues.

Student Conduct

Student Agreement, Conditions of Participation

Before departure, ISU students studying abroad sign the Conditions of Participation form acknowledging their understanding of SAC policies governing study abroad. The Conditions of Participation state:

1. I understand and agree that, as a participant in an Iowa State University study abroad program, I am subject to the following: a) the ISU Student Conduct Code (ISU Student Disciplinary Regulations, Student Information Handbook), b) the ISU Study Abroad Conduct Code (Study Abroad Student Handbook), c) host institution conduct codes, and d) host country laws.
2. I fully understand that the procedures to be used in the event of my violation

of any of the respective conduct regulations are the Study Abroad Disciplinary Procedures contained in the Study Abroad Conduct Code.

3. I understand that I may be dismissed from the program if: a) I engage in actions endangering to others or myself or b) my conduct is considered to be detrimental or incompatible with the best interest and welfare of the program. I further agree, if dismissed from the program, to be responsible for all expenses incurred in returning to the United States.

4. I understand that I am subject to the laws of the host country and agree to abide by those laws. It is further understood that Iowa State University may be limited in its ability to provide assistance in the event of my arrest. ISU may also institute disciplinary proceedings concerning my violation of the laws of the host country.

5. I agree to participate fully in all portions of the program and agree that any deviation I will make from the program design must be approved in advance in writing by the program director.

6. I agree to notify the program director if I am planning extended individual travel during the program. Where possible, I will provide the director with details of the proposed trip including plane, bus, and train schedules.

7. I understand that students participating in ISU programs need to be willing to learn about their host cultures and be open to new ideas even though they may be culturally challenging. I am aware that it is both inappropriate and culturally insensitive to promote religious or political agendas in a host country; further, that such behavior can cause offense and potentially place me in harm's way. I understand that I cannot expect to change the society I am visiting and as a representative of Iowa State University, I should not engage in such activities. I understand that freedom of expression is not a universal right and may not be protected by law in some countries. I will demonstrate a respect for the host culture even though I may not agree with all aspects of that culture, and I understand that behavior that is inconsistent with this statement may lead to my dismissal from a program.

8. I understand that behavior that is not in accord with these Conditions of Participation may result in my need to return all or part of my financial aid.

9. I understand that program directors may establish additional conditions of participation or requirements for a study abroad program, and I am subject to all policies and requirements of a program in which I participate.

Prohibited Conduct: Misconduct by ISU students studying abroad can lead to removal from the study abroad program and may, in addition, result in a decision by ISU to impose further sanctions, such as suspension or dismissal from ISU. Misconduct abroad refers to student actions that, in the judgment of the program director and/or officials of the SAC, jeopardize the student's own welfare or that of

fellow students and/or the integrity of the program. Such actions include, but are not limited to, the following:

- Academic dishonesty;
- Obstruction or disruption of teaching or other university activities;
- Unauthorized absence from class and/or other organized program activities;
- Use of, or threats of, physical violence;
- Violating the laws of the country in which the student is traveling or living;
- Violating the academic or disciplinary regulations of the host university or residential housing program where the student is studying;
- Openly abusing the customs and mores of the host community;
- Damage to, or destruction of, property of others;
- Alcohol or substance abuse; and
- Eviction from one's lodging.

ISU Student Disciplinary Regulations also apply to students in study abroad programs. A complete list of conduct and behavior that are subject to disciplinary sanctions by the ISU Dean of Students can be found in Section 4.2 of the ISU Student Disciplinary Regulations.

Special Note on Substance Abuse: Student use or possession of controlled substances may be punishable by severe penalties. Students caught with illegal drugs are subject to local laws of the country in which the student is traveling or living. In addition, personal involvement or association with others involved with drugs of any kind may be considered misconduct abroad and a violation of the Conditions of Participation.

Study Abroad Disciplinary Procedure

1. Reporting Misconduct: The person who has observed or is aware of alleged student study abroad misconduct should contact the program director and report the misconduct and alleged violation.
2. Investigation and Conduct Meeting: The program director is responsible for carrying out the initial investigation of all alleged student violations of the Study Abroad Conduct Code and ISU Student Disciplinary Regulations. Normally, this investigation should consist of interviews with the reporting party and any witnesses and a review of any written materials related to the misconduct. The person alleged to have violated the regulation or standard of conduct shall have the opportunity to explain what occurred at a conduct meeting with the program director. When the person alleged to have violated a regulation or standard of conduct is interviewed, he/she must be informed of the nature of the allegation, the regulations or policy allegedly violated, his/her right to respond, and the procedures to be followed.
3. Verbal Warning: Program directors or instructors are empowered to issue a verbal warning if they observe or have determined that a student's behavior is not in accord with the Study Abroad Conduct Code.

- **Verbal Warning:** An official, although oral, warning to the student that his/her conduct is in violation of the Study Abroad Conduct Code.

4. **Written Warning:** If, after the investigation and conduct meeting where the student involved has the opportunity to discuss the alleged misconduct violation, the program director believes that disciplinary action is appropriate, the program director may issue a Written Warning.

- **Written Warning:** An official written notice to the student of the study abroad misconduct violations and that failure to meet expected behavior or repeated violations may result in dismissal from the study abroad program.

Written Warnings, whenever possible, shall be faxed or otherwise communicated to the SAC within 48 hours of the occurrence. The SAC may distribute the information to other campus units as appropriate.

5. **Dismissal from the Study Abroad Program:** This sanction removes the student from a study abroad program. It is permitted when a student either fails to meet the conditions of a prior Written Warning or commits such a serious violation that it is contrary to paragraph #3 of the Conditions of Participation.

Certain behaviors may lead to dismissal from a study abroad program. These include but are not limited to academic misconduct, eviction from housing on grounds of inappropriate conduct, exceeding the number of unexcused absences from class allowed for the program, willful destruction of property, posing a safety hazard to oneself or others, and criminal conduct.

If, after an investigation and conduct meeting where the student involved has the opportunity to discuss the alleged misconduct violation, the program director believes that dismissal is appropriate, the program director will contact the SAC. All dismissal decisions shall be rendered in consultation with the SAC. The SAC may conduct an independent investigation of the incident and may request additional information. If a decision to dismiss the student from the program is made, the program director shall issue a Dismissal Notice to the student.

- **Dismissal Notice:** An official written notice to the student stating the study abroad misconduct violation(s) and the terms of the student's dismissal from the study abroad program.

Completed Dismissal Notices, with the student signature whenever possible, shall be faxed to the SAC within 48 hours. The SAC may distribute the information to other campus units as appropriate. Although dismissal from a study abroad program does not constitute dismissal from ISU, ISU may elect to impose sanctions in addition to those imposed by the study abroad program. If a student from another institution is attending an ISU study abroad program and is subject to disciplinary action while in the ISU study abroad program, the student's home institution may also be notified.

6. Appeal: A student may exercise his/her right to appeal a dismissal decision. This does not alter the student's obligation to absent him/herself from all premises used by the program for the duration of the program and return to the United States. The appeal must be in the form of a letter to the ISU Dean of Students. This letter may include any relevant documents and testimonials that the student wishes to enter into the record.

The Dean of Students or his/her designee shall either concur with or overturn the dismissal decision of the program director and the SAC. He/she will inform the student in writing of the decision. This decision will also be communicated to the SAC director, program director, and host institution, if appropriate. The SAC will be responsible to inform any other appropriate campus offices or officials. If a student from another institution is attending an ISU Study Abroad Program and is subject to disciplinary action while in the ISU study abroad program, the student's home institution will also be notified.

ISU Student Disciplinary Regulations

If the student's conduct is also in violation of the ISU Student Disciplinary Regulations, the ISU Office of Judicial Affairs may undertake disciplinary action, including imposing sanctions of suspension or expulsion from ISU. Such actions are pursuant to proceedings under Section 5.6 of the ISU Student Disciplinary Regulations.

Consequences of Dismissal

Upon issuance of a Dismissal Notice, the student's participation in the study abroad program shall be concluded immediately. Dismissal of a student from the program shall not diminish or otherwise affect the student's obligation to make any and all payments to ISU. A student who is dismissed from a study abroad program may receive a grade of "F" in all course work in progress. In addition, the student will not be entitled to a refund of fees, may be required to reimburse ISU for financial aid received, and is responsible for all non-recoverable costs incurred by the host institution as well as personal financial obligations, e.g., utility bills, rent. A student's registration at ISU may be blocked pending the meeting of all such financial obligations and/or disciplinary action. Once a student has been dismissed from the program, he/she shall be required to absent him/herself from all premises used by the program for the duration of the program and return to the United States at his or her own expense.

January 2007

College of Design Study Abroad Contract

This document outlines additional responsibilities for participants of College of Design International Travel or Study Abroad Programs (“Program”).

A. Academic Responsibilities

1. Program Prerequisites and Criteria for Participant Selection

Participants in all Programs must meet the following requirements:

- At least 18 years of age
- Accepted into departmental program of study
- Minimum cumulative GPA of 2.3
- Clear academic record including no status of academic warning or probation in the semester prior to or the semester of study abroad program participation
- Course prerequisites as listed in the ISU Catalog

Additional requirements may apply to specific Programs, and these are outlined in ISUAbroad’s online Program brochures. The participant is responsible for reading the brochure specific to his or her Program and complying with the additional requirements stated there.

The College of Design may check a participant’s current GPA and/or academic status at any time. Failure to maintain the required GPA of 2.3 or the failure to maintain a clear academic record may affect participation in a Program.

2. Pre-departure Orientation

To be considered adequately prepared to study abroad, a participant must enroll in and successfully complete the pre-departure orientation class or program indicated in the ISUAbroad online Program brochure for his or her specific Program. Failure to do so will prevent participation in this Program.

3. Auditing Study Abroad Courses

At a Program Director’s discretion, and in a special case, a Program Director may allow a student to audit a study abroad course. Requests to audit a study abroad course need to be made to the Program Director. A formal “agreement” between the student and the Program Director addressing the auditing student’s obligations during the Program is required to be completed prior to participation in the study abroad course. All other university policies that govern ISU course registration apply to study abroad courses.*

*From: Statement Regarding Participants in Study Abroad Programs at Iowa State University, produced by the Study Abroad Center

4. Additional Travel

The College of Design considers its Programs to be academic programs, not travel tours. Therefore, participants are expected to devote the same amount of time and effort to academic courses abroad as they would if they were taking them in Ames. Participants may travel during free time, but it must not interfere with their academic responsibilities. The College of Design assumes no responsibility for obtaining nor will it assist participants to obtain the necessary travel documents for trips not included in the curriculum of a Program.

B. Withdrawal Procedures in Addition to Financial Agreement

1. Program Withdrawal

A participant who decides to withdraw from a Program must complete a “Request for Withdrawal from an International Program” form available from the college’s International Programs Coordinator. Participants who are withdrawing from the university for the term that includes their enrollment in a Program must also complete this procedure. Participants must notify the International Programs Coordinator in writing, including e-mail, of their intent to withdraw, but the effective date of withdrawal is the date that the completed form is received by the International Programs Coordinator.

Penalties for withdrawal are indicated on the ISUAbroad Program brochure and vary from Program to Program. The participant is also responsible for all Program payments the college is obligated to make on his or her behalf. Charges will be billed to the participant’s U-bill.

Participants who withdraw from a Program close to or after its commencement should be aware that courses available to them for the semester may be limited or they may not be able to enroll in classes upon their return

2. Medical Withdrawal

Participants who are forced to withdraw from a Program because of a medical condition must complete a “Request for Withdrawal from an International Program” form available from the college’s International Programs Coordinator. Participants must notify the International Programs Coordinator in writing, including e-mail, of their intent to medically withdraw, but the effective date of withdrawal is the date that the completed form is received by the International Programs Coordinator.

Medical withdrawal assumes an incapacity that prohibits a participant’s acceptable academic performance, not simply a hardship or an inconvenience. It is also withdrawal from the entire Program, not individual classes. Medical withdrawal requires written verification from a physician including diagnosis and dates of treatment.

If medical withdrawal occurs, the participant is responsible for all Program payments the college is obligated to make on his or her behalf. However, the participant would be eligible for a pro rata refund of the Program fee if medical withdrawal occurs after the commencement of the Program.

Medical withdrawal from a Program does not constitute withdrawal from the university. A participant must also formally withdraw from the university at the same time.

C. Conduct Responsibilities in Addition to Conditions of Participation

Day Trip and Field Trip Guidelines

1. Participation in day trips and field trips is limited to students enrolled in the Program, graduate assistants and Program faculty and staff. In addition, members of the immediate families of the above participants (i.e., spouses and/or children, but not parents, grandparents, siblings, other relatives, significant others, or friends), and special guests of the Program, may also be allowed to join day trips and field trips at the discretion of the Program Director. In the event that a participant does wish to include a spouse and/or child(ren) in any of the scheduled day trips or field trips, he or she must notify the Program Director as soon as possible, and must make separate arrangements for payment of travel, hotel accommodations, and entrance fees for the spouse and/or child(ren).
2. Day trips and field trips are offered as essential educational experiences that are integral to the academic intentions of the Program. Unless otherwise stated, full participation during day trips and field trips is mandatory. Exceptions will be made only at the discretion of the Program Director. Personal travel plans or guests do not constitute an adequate reason for not participating in day trips and field trips.
3. Day trip and field trip costs for group travel, hotel accommodations, and entrance fees to principal sites are included in the Program fee. Meals, individual local transportation, and entrance fees to sites suggested but not required are the responsibility of each participant.
4. Faculty members, and the Program Director specifically, are responsible for all decisions regarding day trip and field trip itineraries both before and during a trip. Day trip and field trip participants must agree to follow the directions and requests of the faculty members.
5. Participants are asked to make every effort to be on time for scheduled activities--departures, group meetings, etc. Schedules are sometimes changed in response to unanticipated circumstances--transit strikes, traffic delays, road closures, etc.--but in such cases participants will be notified as promptly as reasonably possible. Please keep in mind that trains do not wait for passengers who are late, and a chartered bus will not be delayed unreasonably. If a participant is not present at the time of departure, it will be his or her responsibility to make arrangements to catch up with the group.

6. The consumption of alcohol is not allowed on chartered buses, in hotels, on ships, on trains and in any other situation in which the consequences of its consumption might interfere with a participant's ability to fully and effectively take part in organized day trip and field trip activities or compromise the safety and well being of themselves or of their traveling companions.

7. Participants must agree to comply with all posted or otherwise indicated regulations and restrictions concerning photography, access, etc., particular to the sites visited.

8. Participants on all trips involving overnight stays must carry their original passports (not a photocopy). Participants without passports will be responsible for all arrangements and costs associated with returning to retrieve a forgotten passport and rejoining the group.

D. Additional Policies

1. Participants with Disabilities

Participants should note that laws do not exist in every country requiring equal access for people with disabilities, which may affect participation in and enjoyment of a Program. Participants with disabilities should contact the International Programs Coordinator as soon as possible to discuss their options.

2. Housing Accommodations and Amenities Abroad

Participants must recognize that housing accommodations and amenities abroad may differ greatly from those in the United States. Arrangements for accommodations are made by individual Program Directors, and participants are not allowed to seek out their own accommodations. Participants should note that while every effort will be made to consider roommate preferences, the available accommodations will dictate the distribution of participants, and male and female participants will be assigned to accommodations separately. Participants are not guaranteed Internet or telephone access in accommodations abroad, although reasonable efforts will be made to secure these amenities. Participants must accept the housing assignments given to them and alterations will be made only in extreme circumstances.

3. Travel Notifications

All participants are required to notify at least one roommate and a faculty member before undertaking travel outside of scheduled academic trips. Participants undertake additional personal travel and activities on personal trips at their own risk. Before traveling, a participant must provide a basic written itinerary including information about travel plans, overnight stays and contact details in case of emergency.

Preparing to Leave Iowa State University



photo: Paula Curran

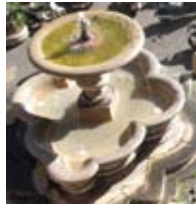


photo: Katie Galasso



photo: Erin French

Finances

Financial Aid

To ensure financial aid is available for your semester or summer in Rome, it is important to file the Free Application for Federal Student Aid (FAFSA) form between January 1 and March 1 to be considered for priority funding. Go to www.fafsa.ed.gov for information on how to file electronically. In many cases, you are eligible to use a financial aid award to study abroad, but not all merit scholarships may be used abroad, so you should check with your scholarship donor to determine how the money can be spent.

Once registration for classes on AccessPlus is completed, the Office of the Registrar notifies the Office of Financial Aid and aid is adjusted to cover the costs of the Rome Program based on a detailed budget prepared by the College of Design. Your adjusted financial aid can be viewed on AccessPlus, where you will need to authorize it before leaving for Rome. In addition, you should set up a direct deposit authorization on AccessPlus so that any additional funds awarded can be automatically deposited into a bank account that is accessible from abroad.

For additional information on financial aid, call 515.294.2223 or e-mail studyabroadfinaid@iastate.edu.

Accounts Receivable

While you are in Rome it may be necessary for someone else to deal with your U-bill and other matters with the university. To make this possible, you should set up third-party access and give the university permission to discuss your account with someone else. Both of these things can be done through the Student tab on AccessPlus.

Housing Contracts, Meal Plans and Parking Permits

Housing Contracts

If you are contracted to live in ISU housing for an academic year, you can fill out a waiver to avoid room-cancellation penalties and room and board charges while still retaining room assignment priority while you're in Rome. Contact the Department of Residence to obtain a waiver form and to explore all of the options for your particular situation. If you don't live in ISU housing, talk to your landlord about the possibility of subleasing your apartment. Remember to change your address with ISU and have your mail forwarded at the post office so that mail does not go to your Ames address while you're in Rome.

Meal Plans

The residence hall contract is for both room and board, so when you fill out your housing waiver, make sure you are not going to be charged for an ISU meal plan while you are in Rome.

Parking Permits

If you have a campus parking permit, you may surrender it before you depart for Rome to receive a pro rata refund. Contact the Parking Division of the Department of Public Safety for more information.

Registering for Classes and Schedule Changes

Registering from Abroad

You will be notified in Rome by your department when you need to register for classes for the next semester you will be on campus. You will receive your registration access number (RAN) and instructions on how and when to register. If you are a summer student, you will have registered for fall classes while in Ames.

Schedule Changes

If you need to make any schedule changes while you are in Rome, including adding a class, dropping a class, auditing, changing from graded to pass/not pass (or vice versa), etc. you must contact your adviser for assistance.

Other Reminders

Absentee Voting

No matter where you are in the world, if you are a registered U.S. voter, you can vote in an election using an absentee ballot. A good resource for information on voting for U.S. citizens abroad is the Federal Voting Assistance Program at www.fvap.gov. You must fill out a Federal Post Card Application to vote absentee. In box 4a, write your apartment address in Italy, and in box 4b, write the address of the studio. They will then send your absentee ballot to the studio because you can't receive personal mail at your apartment. Check the dates of primary or general elections and request an absentee ballot according to your state's regulations to ensure there is plenty of time for mailing it to and from Italy. Non-U.S. citizens should also keep informed about elections at home and contact the appropriate authorities for absentee-voting procedures.

Income Taxes

If you are studying abroad in the spring semester and have earnings that will require you to file a U.S. tax return, you must file on time even though you are living abroad. Make arrangements ahead of time for your parent, guardian, or spouse to file your taxes for you, or apply for an extension. More information is available at www.irs.gov.

Power of Attorney

If your signature will be required on any documents while you are away, you may want to give power of attorney to your parent, guardian or spouse so they may sign for you. If contacted at least a month in advance of your departure, Student Legal Services can arrange for a power of attorney document to be drawn up.

Preparing to Study Abroad



photo: Brett Bacon



photo: Jolene Lyon



photo: Jolene Lyon

Necessary Documents

Passport

A passport identifies you as a citizen of a certain country, and it is required for all international travel. A passport is required to enter Italy, and it must be valid for at least six months after your intended date of return. See below for passport application procedures.

You should be prepared to show your passport at the check-in counter and security check points before boarding your flight and at Italian immigration and customs upon your arrival. In addition, a passport is required in Italy for most in-bank transactions, such as when you cash traveler's checks, or take a cash advance with a credit card. Passports are also required to register at a hotel. It is advisable, however, to carry your passport with you only when you know you will need to show it. Otherwise leave it in a safe place in your apartment. Remember to use the utmost caution in carrying your passport when you are out in public, particularly in Italy around major tourist attractions and on popular bus routes. A pouch on a string around your neck and under at least one layer of clothing is a common security strategy.

Obtaining a U.S. Passport

If you have never had a passport before or if you need to renew your current one, go to travel.state.gov/passport/get/get_840.html for detailed instructions on the process.

Passport processing times vary based on the demand. Before applying, go to the website above to see the estimated processing times. This will help you decide if you need to expedite your application.

There are thousands of post offices in the United States where you can apply for a passport in person. You may do so at your local post office if they offer the service, but the main post office in Ames also accepts passport applications.

Passport Acceptance Window	515.232.1113
Ames Main Post Office	Window hours are:
525 Kellogg Avenue	8:00 a.m. to 3:00 p.m.
Ames, IA 50010-9998	Monday – Friday

Study Visa and Student Status Letter

All participants in the fall and spring Rome Programs are required to have a study visa, and you will receive instructions on how to apply for one in Dsn S 301 the semester before you go to Rome. Students participating in the summer Rome Program who would not need a visa for tourist purposes (U.S. citizens and citizens of certain other countries) do not need a study visa. Summer students from countries other than the United States should inquire in Dsn S 301 about the necessity of a study visa.

A visa is not required for American citizens to visit Italy for tourist purposes. Your passport allows you to stay in Italy or any other European country for up to a total of 90 days (not 90 days in each country). However, the study visa gives you the legal right to live in Italy as a student for a specified period, such as a semester. A student status letter will accompany a visa, and it is stamped by the consulate issuing the visa. Students with a passport from any country in the European Union are not subject to these restrictions, and do not require a visa.

International Student ID Card

In addition to a passport and a visa, you are required by the university to obtain an International Student ID Card before traveling. You can purchase one at the Study Abroad Center, 3224 Memorial Union, or online at www.myisic.com. This card is of great value to students visiting Europe because it provides some insurance and qualifies you for reduced rates on accommodations, train fares, and museums and gallery admissions in some countries. You must activate your card to receive any benefits. For more information, go to www.myisic.com.

Travel Arrangements

Airline and Train Tickets

You are required to make your own travel arrangements based on the dates of attendance for the program, which will be provided to you ahead of time. This means you can design your own itinerary if you wish to travel in Europe before or after the program. You may want to arrive a few days ahead of when you actually need to be in Rome so you can recover from jet lag and start familiarizing yourself with the new environment before classes begin. Your itinerary can consist of a combination of airline and train tickets, but you must supply a complete, round-trip itinerary to and from Rome. Therefore, you must plan ahead and purchase all tickets before you are asked to submit your itinerary for the study visa application.

Please note that if you arrive before or decide to stay later than the dates of attendance for the program, you will need to make your own arrangements for accommodations. Program housing is available only for the program's dates of attendance.

With an International Student ID Card, you are eligible for discount airfares at student prices that are typically the most economical and flexible in terms of changing dates. The College of Design does not endorse any travel agency or service, but a good place to start would be web sites that specialize in student travel deals. You can also investigate the web sites of individual airlines or use airfare search engines. Start looking early and compare prices for different date combinations and airlines. If you have never flown before or never flown outside the U.S. before, you should try to travel with a friend or as a group to make the experience more enjoyable.

If you have any questions concerning your tickets, you should contact your airline,

train company, or travel agency directly. To avoid surprises at the airport, it is recommended that you confirm your reservation with the airline at least 72 hours in advance of departure.

Luggage

Most airlines will allow you to check one piece of luggage for free if it weighs no more than 50 lbs. with the combined dimensions of length, width and height (linear inches) totaling less than 62 inches. Most airlines charge for additional pieces of checked luggage, and the average fee is around \$50. In addition, if your bag is larger or weighs more than the guidelines above, you may be assessed a financial penalty in order to take it on the plane. Be sure to check with your airline well ahead of time about its baggage restrictions to avoid any expensive surprises at the airport.

Some airlines will allow you to carry on one bag plus one personal item such as a purse, briefcase or laptop computer. The required dimensions for a carry-on bag are usually no more than 45 linear inches, and it must fit under your seat or in the overhead compartment. Many airlines impose a 40 lb. weight limit for carry-on bags. The airline can have your carry-on bag checked if it exceeds the maximum dimensions or weight requirement. If you have a connecting flight through another country or you are flying on a foreign airline, be sure to check their baggage policy. It could be more restrictive, and you must always follow the most restrictive policy.

Cheap luggage also will not likely survive the abuse that bags get on international flights, so pick your bags carefully. Many students have found the best solution is to take both a large suitcase or duffel bag with strong wheels and a wide wheelbase, plus a full-size backpack (good for making weekend trips, etc.). Suitcases with tiny wheels may work fine in the airport, but such wheels are useless on the stone-paved streets and sidewalks in many European cities.

Packing

Traveling light has definite advantages, particularly if you wish to travel before or after the semester. Remember that what you pack, you have to carry, and in Europe that can often mean long distances on foot between train stations and hotels or apartments. To pack lightly, some students forego taking toiletries and opt to purchase them in Rome. Most brands of soap, toothpaste and shampoo available in the United States are also available in Italy. Do not pack important documents, valuables, or medicine in checked baggage. You should have a change of underclothes and personal hygiene supplies in your carry-on luggage, in case your checked bags do not arrive when you do.

Check the Transportation Security Administration Web site at www.tsa.gov for the latest information on carry-on luggage, including what items can be carried with you and how they must be stored. Certain items must be packed in your checked luggage if you plan to take them at all.

Sample Packing List

Clothing

Business casual attire (dressy slacks and jacket)

Skirt (for visits to churches)

Jeans

Lightweight slacks/skirt

Lightweight shorts

Sweater

Regular casual clothing articles that can be layered

Lightweight thermal underwear for cooler, rainy days

Two-week supply of socks and underwear

Rain jacket or raincoat

Scarf, hat and gloves for cool weather

2 pairs walking shoes/sneakers

Sleepwear

Flip-flops for shower (these are not worn out on the street by Italians)

Other Supplies

Passport and visa (plus photocopies)

Laptop

Art supplies

3" x 5" or 4" x 6" index cards—to make flash cards for Italian class. Index cards in Italy are expensive, about €5 per pack.

Prescription medicines (in original bottle and, if possible, with copy of the prescription from your doctor)

Umbrella—a good one

Digital camera

Batteries for all equipment

Personal portable audio device

Alarm clock

Wristwatch

Swiss army knife

Washable laundry bag

2 electrical wall outlet adapters for Italy

Money belt or travel pouch belt to wear under clothing

Collapsible overnight bag for trips (oversized knapsack)

Small lock with key for knapsack wrist key coil

English/Italian—Italian/English dictionary

Money exchange converter

Calculator to convert metric to Imperial systems or vice versa

Telephone/address book—with emergency numbers

Extra passport-sized photograph

Photos of loved ones
 Pocket compass

Please inform your program leader of any ongoing health problems that necessitate special treatment or prescription medication. Our primary concern is your well-being should you need our assistance during the Rome Program.

Extra Items for Insurance and Comfort

Moist wipes (sometimes you eat on the run)
 Sewing kit
 Sunglasses with a neck cord
 Cap or sun visor
 Extra reading glasses/eyeglass repair kit
 Extra set of contact lenses if you wear them
 Vitamins
 Medicines such as aspirin, cold medication, allergy tablets, stomach, cough drops
 Toiletries such as shampoo, deodorant, lotion, hairbrush, toothbrush, etc.
 Washcloths—washcloths as we know them are not available in Italy

Especially Good for Traveling

First-aid articles such as Band-Aids (for heavy walking)
 Bug repellent
 Sunblock
 Travel clothesline
 Travel-size toiletries (generally unavailable in Italy)
 Air mattress/sleeping bag
 Set of single bed sheets
 Bath towel and washcloth
 Plastic zip-lock bags—for traveling with wet articles
 Foam ear plugs—if you are a light sleeper

Customs Regulations

Most of you will probably travel with a laptop, digital camera and personal music player among other expensive items. If you have purchased new items within six months of your departure, you should register them with U.S. customs officials to avoid possible customs duties upon your return home. Go to the U.S. Customs and Border Protection Web site at www.customs.gov for more information and be sure to look at their publication “Know Before You Go.” Items can be registered at the Des Moines International Airport. Call 515.284.4403 for an appointment no less than a month in advance of your departure and remember to take all items with you along with your passport for the appointment. You will be issued a receipt that you should take with you to Italy.

Inevitably you will bring more back from Italy than what you arrived with. However, you are only allowed to bring back a certain amount of foreign goods without being assessed a duty. Generally, U.S. residents are allowed to bring back up to \$800 worth of souvenirs or foreign gifts. You must have all of these articles with you when you return, and they must be declared to U.S. Customs and Border Protection officials. You should receive a declaration form to fill out on the airplane on your return flight.

If you have too much to bring back that won't fit in your suitcases, you may send personal belongings back through the mail duty-free. Make sure that you write on the outside of the package that the contents are used personal items that were taken out of the United States and are being returned without alteration. For additional assistance, contact the American Embassy in Rome. Contact details are available at the end of this handbook.

Financial Arrangements

The unit of currency in Italy is the euro, as it is in many other European countries. The value of the dollar in comparison to the euro is subject to the exchange rate, which is not fixed. A weak dollar will make items more expensive in Rome for you, while a strong dollar will make them more affordable. Moreover, every bank and exchange bureau charges a different commission, so it is wise to shop around.

There are several options for accessing money in Europe, and you should have a variety of ways to get money. Don't rely on only one of the following options; always have a back-up plan in place. The most popular way to obtain euros is by using your ATM card, and there are numerous banks with ATMs close to the studio where you can use your card. Before you leave, call your bank to say you will be using your card overseas and investigate any service charges you might incur for using the card abroad.

The disadvantage of using an ATM card is the associated fees that are added each time the card is used. Nearly every bank is going to charge you an additional 1-3% of the withdrawal each time you use the card. Alternatively, some banks charge a

flat fee for each usage, which can be as high as \$5.

Here are some tips for using your ATM card in Europe:

- Take out as much cash in each transaction as you feel comfortable carrying with you (or storing in your apartment) because fewer transactions will help you to save on fees.
- Think ahead with your withdrawals. Don't wait until you're down to your last euro to get more money, because a machine could be out of money or there might not be a machine that is easily accessible if you are traveling, especially in smaller towns.
- Bring two cards with you: one for your main account that you will use all the time and the other for a different account for use only in an emergency.
- Test your cards in the U.S. before you leave to make sure they work.
- Use your ATM card only at machines that display the network logo that is on your card, such as Cirrus, Visa or Plus.
- Check with your bank and make a list (with addresses) of several ATMs that are compatible with your card in Rome and in any other city you plan on visiting. This way you'll know locations, and you'll probably avoid paying higher fees because the ATMs you use will be part of your bank's network.

You can also use your credit card in Rome. Visa and MasterCard are widely accepted throughout Europe. Check with your card issuer before departure about the types of fees associated with using your card abroad. Some cards don't charge any fees, but most charge 2-3% of the purchase price, including the 1% that Visa or MasterCard automatically charge. Just as with your bank's ATM card, you should notify your card issuer that you will be using it abroad.

If you choose to bring a large amount of money with you or you don't have access to an ATM card or credit card, the best and safest way to transport it is in the form of traveler's checks. You can get them in U.S. dollars or euros, but it will probably be easier to have them already in euros. Use a major brand such as Visa, Barclays, Citibank, or American Express, which is the most well known of all and thus the least likely to be refused. No matter which brand you choose, you can't use them in stores in Rome. You will have to cash them at a bank or an exchange bureau once you arrive. Remember to shop around for exchange rates because the rate differences between banks can be quite dramatic. There are also often limits to how much you can change at a single time so it is important to plan ahead. Previous students have used the banks on the Via del Corso near Piazza Venezia. You should bring your passport with you to the bank or exchange bureau when you cash your checks.

You should arrive in Rome with at least €150-200 in cash (not in traveler's checks) to cover transportation from the airport, apartment key deposit, personal items, groceries and other minor expenses. Contact your bank no less than three weeks prior to your departure to obtain euros. Many American banks do not have euros on hand and will need to order them for you.

You may also opt to use an ATM in the airport once you arrive in Rome. This can be done fairly easily as all ATMs operate in several languages, including English. Make sure you know what the limit for withdrawals is on your card. Since you will need €150-200 to get started, make sure you have one or two ATM cards that would allow you to withdraw this amount. However, you will have just survived a long flight and will have all your luggage with you, and you will probably be in a hurry to get to the housing office so you can pick up your key and finally relax.

It is not recommended that you attempt to open a bank account in Italy. It could take a considerable amount of time to open an account, and the operating costs of Italian bank accounts are prohibitive. For the short amount of time you will be in Italy (especially summer students), it is not worth the time and trouble to attempt this.

Health Information for International Travelers

from the ISU Student Handbook produced by the ISU Study Abroad Center

Must-read health website for everyone traveling abroad:

www.cdc.gov U.S. Centers for Disease Control

The CDC recommends that all travelers review the status of the following inoculations:

Tetanus

Hepatitis A

Hepatitis B

Immunizations

- At least 4-6 weeks prior to departure, contact your doctor, clinic, state health department, or the Travel Clinic at ISU's Thielen Student Health Center regarding immunizations and medication.

Travel Insurance

- You are required to have adequate health insurance coverage while abroad. The types of insurance coverage required are 1) repatriation, 2) evacuation, and 3) health care.

- You are required to purchase an International Student Identity Card (ISIC).

The ISIC provides adequate evacuation and repatriation coverage and a small amount of emergency medical care coverage. The card is available from the Study Abroad Center and at www.myisic.com. Please note that the ISIC does not include adequate health coverage. You are free to purchase any policy of your choosing. The

Study Abroad Center has compiled a list, accessible on the SAC website, of some of the available options. If you are already covered by an existing policy, check with the company to determine if you are covered while abroad. Students carrying the ISU student health plan may have adequate health coverage, but check your coverage dates to ensure that they include your program dates.

Prescriptions

- Take enough refills to last the entire trip.
- Keep all prescription medication in the original containers.
- Take an original written prescription, preferably written for a generic version of your medication.
- If you wear glasses or contacts, take along a spare pair and take your lens prescription with you.
- If you take a narcotic, take more than two medications, or take a medication by injection, take a letter from your physician that describes your medical condition and the need to carry the medications and/or syringes with you. Having a copy of the letter translated into your host country language might be beneficial, too.

Chronic Medical Conditions

- Wear a medical tag explaining your illness or allergies. Medic Alert Foundation International is a worldwide organization that supplies tags containing an identification number, the medical information, and a toll-free telephone number to call in case of emergencies. Once you join, you are a lifetime member. Check at your local drugstore, or contact Medic Alert, P.O. Box 1009, Turlock, CA 95380.
- Carry a card in your wallet identifying your illness (Medic Alert can supply this, also), and have someone translate the information into each foreign language you will encounter on your trip.
- Learn helpful phrases in foreign languages (“I am a diabetic,” “I need a doctor,” etc.).

First-aid Kit

- Especially if you're traveling extensively or going to remote areas, consider taking along the following: insect repellent; water disinfectant; thermometer; Band-Aids; moleskin for blisters; Pepto-Bismol or Imodium for diarrhea; antacid; aspirin or substitute; cold and cough medication; mild laxative; sunscreen; sunburn medication; anti-fungal/ anti-itch medication; anti-bacterial cream or spray; tweezers; bee-sting kit (if you're allergic).

Traveler's Diarrhea

- The biggest problem with diarrhea is dehydration.
- Drink lots of fluids: fruit juices, or soft drinks without caffeine.
- Eat salted crackers or other starchy foods (rice, bread); bananas are good, too.
- Avoid dairy products.
- If no improvement in a week and accompanied by fever, see a physician.

Dealing with Jet Lag

- Drink lots of fluids: water, juice, soft drinks (without caffeine).
- Avoid alcohol.
- Eat lightly.
- Get up and walk around at least once an hour.
- Try to get plenty of sleep before departure.
- Anticipate a day of adjustment for each time zone you cross.
- Try the Ehret method of dealing with jet lag: Three days in advance of your trip, start shifting your activities as if you are already in the new time zone. Alter your eating habits as follows:
 - Three days prior: Feast day, with three full meals; make breakfast and lunch high in protein, dinner high in carbohydrates.
 - Two days prior: Fast day, with low calories and low carbohydrates (soups and salads), with caffeine only in the afternoon.
 - One day prior: Feast day (see above).
 - Day of departure: Fast day, with lots of liquids.
 - On arrival: If you arrive in the morning, eat a high-protein meal; if you arrive in the evening, eat a high-carbohydrate meal.

Health Information Specific to Italy

You will be required to have health insurance that covers you abroad, and you should check with your insurance company to ensure you will be covered in Italy for the entire duration of your program. Private health care, while expensive, is on par with the best medical care in the U.S. In many cases health services must be paid for with cash, after which you can apply to your insurer at home for reimbursement using your receipts. Should problems arise while in Rome, there is an international hospital with English-speaking doctors, but it does not have an emergency room, and patients must be admitted by their attending physician. There are many public hospitals, but these do not typically have English-speaking staff.

Upon arrival you will be required to purchase a mandatory health insurance policy issued by an Italian health insurance carrier that pays directly to Italian hospitals belonging to the National Health Care system. This will provide coverage within the public health system only, and will likely be used only in case of emergency hospitalization. Again, it is not a substitute for your American health insurance policy.

It is recommended to have your personal health checked before departing for Italy, particularly if you have or anticipate any specific health problems. There are many good doctors, dentists and pharmacies in Rome, but the cost and the manner of service may be different from what you have come to expect. Make appointments to see your doctor, dentist and optometrist before departure.

Pharmacies are plenty in number and have all the familiar items, albeit in Italian brands with Italian names. Unfortunately, it is only possible to get a prescription

filled that has been issued by an Italian doctor. It is advisable, therefore, to fill any prescriptions you know you will need before your departure. Talk to your doctor about getting a “vacation override” on your prescription, which should hopefully allow you to obtain enough medication for your entire stay in Rome.

Safety Information for International Travelers

from the ISU Student Handbook produced by the ISU Study Abroad Center

Study Abroad Statement on Safety and Security

The safety and well-being of students, faculty, and staff who are participating in ISU programs abroad is of the highest importance. The Study Abroad Center (SAC) has established policies and procedures designed to safeguard the safety and well-being of study abroad participants.

The SAC monitors the safety and security situation at all program sites. Study abroad program participants abroad are notified via e-mail if the U.S. State Department issues a country-specific Warning or Announcement. Procedures are in place should an individual program participant, or all program participants, need to be evacuated from the program site.

The SAC is on call 24 hours a day, 7 days a week, through an emergency cell phone. To contact the ISU Study Abroad Center 24 hours a day, 7 days a week, call:

ISU Police: 001.515.294.4428

You may also contact the SAC during office hours at 001.515.294.6792.

Addressing safety and well-being begins with training the program directors and providing all program participants with pre-departure orientation. Program participants are provided with extensive written information and resources, available both in print and on the SAC website.

Student Responsibilities

The SAC encourages students to take responsibility for their own safety and security by carefully reading the information, advice, and resources provided, including the following websites:

www.state.gov

www.cdc.gov

Students should also do the following:

- Check to make sure emergency contact information is current (provided on the original program application).
- Check to make sure the program director has a photocopy of your passport (or, if not in a group program, leave a copy with your emergency contact person).

- Leave an itinerary and contact information with your program director or on-site staff for all additional travel not associated with the program.
- Carry an emergency telephone contact list.
- Know the local equivalent of 911 for your program site.
- If you have a cell phone, store your emergency contact's phone number under ICE (In Case of Emergency) so that emergency/medical personnel can contact your family.

Safety Information

Must-read safety website for everyone traveling abroad:

www.state.gov U.S. State Department

When you are traveling abroad, here are the top 10 tips to make your trip easier:

1. Make sure you have a signed, valid passport (and visas, if required). Before you go, fill in the emergency information page of your passport.
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit.
3. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you! While in a foreign country, you are subject to its laws.
4. Make two copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a place separate from your passport.
5. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.
6. Do not leave your luggage unattended in public areas. Do not accept packages from strangers.
7. Prior to your departure, you should register with the nearest U.S. embassy or consulate through the State Department's travel registration website (www.state.gov). Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency. In accordance with the Privacy Act, information on your welfare and whereabouts may not be released without your express authorization.
8. To avoid being a target of crime, do not wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.
9. In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.

10. If you get into trouble, contact the nearest U.S. embassy.

Precautions to Take While Traveling: Safety on the Street

Use the same common sense traveling overseas that you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals, and crime-ridden neighborhoods.

Don't use short cuts, narrow alleys, or poorly lit streets.

Try not to travel alone at night.

Avoid public demonstrations and other civil disturbances.

Keep a low profile and avoid loud conversations or arguments.

Do not discuss travel plans or other personal matters with strangers.

Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.

Beware of pickpockets. They often have an accomplice who will:

- jostle you
- ask you for directions or the time,
- point to something spilled on your clothing, or
- distract you by creating a disturbance.

Beware of groups of vagrant children who create a distraction while picking your pocket.

Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers.

Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. Try to ask for directions only from individuals in authority.

Know how to use a pay telephone and have the proper change or token on hand.

Learn a few phrases in the local language or have them handy in written form so that you can signal your need for police or medical help.

Make a note of emergency telephone numbers you may need: police, fire, your hotel, and the nearest U.S. embassy or consulate.

If you are confronted, don't fight back; give up your valuables.

Safety in Your Hotel

Keep your hotel door locked at all times. Meet visitors in the lobby.

Do not leave money and other valuables in your hotel room while you are out.

Use the hotel safe.

If you are out late at night, let someone know when you expect to return.

If you are alone, do not get on an elevator if there is a suspicious-looking person inside.

Read the fire safety instructions in your hotel room. Know how to report a fire, and be sure you know where the nearest fire exits and alternate exits are located. (Count the doors between your room and the nearest exit; this could be a lifesaver if you have to crawl through a smoke-filled corridor.)

Safety on Public Transportation

If a country has a pattern of tourists being targeted by criminals on public transport, that information is mentioned in the Consular Information Sheets in the section about crime.

Taxis: Only take taxis clearly identified with official markings. Beware of unmarked cabs.

Trains: Well-organized, systematic robbery of passengers on trains along popular tourists routes is a problem. It is more common at night and especially on overnight trains.

If you see your way being blocked by a stranger and another person is very close to you from behind, move away. This can happen in the corridor of the train or on the platform or station.

Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers. Criminals may also spray sleeping gas in train compartments. Where possible, lock your compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage and secure your valuables to the extent possible.

Do not be afraid to alert authorities if you feel threatened in any way. Extra police are often assigned to ride trains on routes where crime is a serious problem.

Buses: The same type of criminal activity found on trains can be found on public buses on popular tourist routes. For example, tourists have been drugged and robbed while sleeping on buses or in bus stations. In some countries, whole busloads of passengers have been held up and robbed by gangs of bandits.

Dealing with Terrorism

Terrorist acts occur unpredictably, making it impossible to protect yourself absolutely. The first and best protection is to avoid travel to areas where there has been a persistent record of terrorist attacks or kidnappings.

Most terrorist attacks are the result of careful planning. Just as a car thief will first be attracted to an unlocked car with the key in the ignition, terrorists are looking for the most accessible targets. The chances that a tourist, traveling with an unpublished program or itinerary, would be the victim of terrorism are slight. In addition, many terrorist groups, seeking publicity for political causes within their own country or region, may not be looking for American targets. Nevertheless, the following pointers may help you avoid becoming a target of opportunity. They should be considered as adjuncts to the tips listed in the previous sections on how to protect yourself against the far greater likelihood of being a victim of crime. These precautions may provide some degree of protection and can serve as practical and psychological deterrents to would-be terrorists.

- Schedule direct flights if possible and avoid stops in high-risk airports or areas.
- Be cautious about what you discuss with strangers or what others may overhear.
- Try to minimize the time spent in the public area of an airport, which is a less protected area. Move quickly from the check-in counter to the secured areas. Upon arrival, leave the airport as soon as possible.
- As much as possible, avoid luggage tags, dress, and behavior that may identify you as an American.
- Keep an eye out for abandoned packages or briefcases or other suspicious items. Report them to airport authorities and leave the area promptly.
- Avoid obvious terrorist targets such as places where Americans and Westerners are known to congregate.

How to Reduce Your Risk of Being a Victim of a Crime

- Be aware of your surroundings.
- Move confidently.
- Stay in well-lit, busy areas, especially after dark.
- Employ the “buddy system” (don’t go anywhere alone).
- Blend in.
- Dress like the locals.
- Dress conservatively.
- Act conservatively.
- Don’t walk with maps or guidebooks.
- Drink responsibly.
- Avoid confrontations.

- Avoid public demonstrations.
- Become familiar with local customs.
- Be aware of scams.
- Carry your carry-on bag or backpack/day bag on the side away from the street so bicyclists and motorcyclists can't snatch it.
- Keep your bag under your elbow or in your lap.
- Carry traveler's checks.
- Carry your camera with caution.
- Secure your belongings when you are in youth hostels.
- Do not leave bags/luggage unattended.
- Take only a manageable amount of luggage.

Road Safety

At an October 2000 Congressional hearing on "Safety in Study Abroad," it was stated that the major cause of student injury or death in overseas programs is traffic accidents. According to the U.S. State Department, road travel is the greatest risk to healthy Americans abroad.

This doesn't just refer to those who drive a car but also refers to you as a pedestrian and as a rider in a taxi or bus.

The following helpful checklists are from the website of the Association for Safe International Road Travel at www.asirt.org.

Pedestrian Safety Checklist

These guidelines serve as suggestions. Each suggestion will not necessarily apply in your country or location. Be especially alert when traveling in a country where vehicles travel on the left side of the road.

Good habits while on the road

- Be aware of local traffic patterns. Understand local road culture.
- Be alert at intersections in countries where traffic patterns differ from yours.
- Be alert to reckless driver behaviors (e.g. speeding, inattention to driving, disregard for pedestrians, signs and signals).
- Many countries have narrow, winding streets where visibility of pedestrians is compromised.
- At night, wear or carry something reflective or carry a light, so that motorists' attention will be attracted to you.

- At night, cross where the lights are bright and visibility is good.
- Avoid walking where you cannot be easily seen.
- Remember that the KERB DRILL (Look right, look left, look right again) must be reversed in countries where the traffic pattern is reversed.
- Be alert for vehicles which can suddenly turn into the street.
- Walk on the sidewalk where there is one. Where there is none, walk on the road bank or on the right side of the road in single file, facing oncoming traffic.
- Always stand on the sidewalk, or at the edge of the road, not in the street while waiting to cross.
- Be just as alert and careful when crossing in groups as when alone, and do not depend on others to watch out for you.
- Always look very carefully when crossing the road from behind or in front of stationary vehicles.
- Use provisions for crossing (e.g., police officer, pedestrian crossing, traffic lights).
- Look and listen for warning signals of motor vehicles especially when crossing at a bend. If possible, don't cross where there is a bend in the road.
- Cross where there is a clear view in both directions, when it can be done safely.
- Be alert for train crossings that might not be marked or obvious.
- When you have alighted from a vehicle, wait until it moves off before crossing.
- Do not adopt the attitude that because you have the right of way in the pedestrian crossing, you are automatically safe to cross. In many countries drivers ignore stop signs, signal lights, pedestrian right-of-way.
- Jaywalking may result in severe fines in various countries.
- Get into or out of a vehicle on the side nearest the sidewalk or edge of the road. If you use the door on the street side, wait for a break in traffic to exit the vehicle.
- Remember most road fatalities are pedestrians.

Personal Safety of Pedestrians

- Avoid crowds when you have to slow down. Every time you slow down while walking in a street you become an easier target.
- Be suspicious if somebody slows you down (e.g., falls in front of you, clothing gets stuck on something). It may be a pretext to facilitate an accomplice who is behind you.
- Be aware of who is behind you. If the same person is behind you for a few minutes, be suspicious.

- A decoy wallet may help distract the thief. The thief will target your very visible wallet, while your money is somewhere else (e.g., in another pocket).
- Avoid walking with big luggage. The bigger the luggage, the more visible you are and the harder it is for you to defend yourself. Backpacks can be easily opened even while you are walking.
- In most countries it is inappropriate to approach strangers (especially women). Anybody who approaches you, no matter how friendly, should make you a little suspicious. Keep your guard up and be careful when talking to strangers. Americans tend to be more trusting and open than other people. Understand that this may be used to put you in an unsafe situation. Locals know that Americans are raised to be nice to people who are nice to them. Do not smile at people you do not know. A smile can be interpreted as “I am saying no, but I mean yes.”
- In most countries women never respond to strangers. For a foreign woman it is not good to respond to men who approach her. The appropriate behavior is cold silence and indifference.
- Walk fast all the time. Every time you stop to browse, shop, write a postcard or take a picture you become an easy target.
- Dress modestly. Do not dress to call attention to yourself.
- Be suspicious of anyone who asks to see your money. Ask to be taken to the nearest police station before they search.
- Avoid hitchhiking.

Taxi and Bus Passenger Safety Checklists

Taxi Safety Checklist

Suggestions for Road Safety

- Be aware of traffic patterns and local road culture.
- Avoid overcrowded taxis.
- Be alert for reckless driving (e.g., speeding, inattention to driving, apparent drowsiness, disregard for signage and signals).
- If driver is irresponsible, get out at first safe opportunity.
- If you feel you are at risk, speak up!
- Avoid riding with drivers who seem to be under the influence of alcohol or medication, or appear over-tired, irrational or distracted.
- Ride only in taxis with functional seat belts in back seat.
- Avoid night travel, especially in rural areas.

Suggestions for Physical Security

- If you are unsure of which taxi companies are acceptable, inquire at the airport information desk, hotel concierge desk, shop keeper, restaurant personnel or program staff. They might also be able to help with communication problems you may encounter. Have a local write your destination for the taxi driver to read.
- Plan ahead how to get home before you go out.
- Take a business card with the phone number of a reputable minicab or taxi company, and phone for the taxi when you need it.
- Do not travel alone. When possible, travel in groups.
- Calling for a taxi is the safest way to travel, especially at night.
- Try not to let anyone overhear you ordering a taxi. If they hear your name and destination, they may pretend to be the taxi you ordered.
- If you have ordered a taxi, wait for the driver to approach you. Do not approach a car that you think is your taxi.
- Ask the driver the name and destination he has been given to check he is your driver. Don't get into a taxi you haven't ordered.
- If you must hail a taxi, spot one from a well-known and reliable company. This requires some advanced knowledge of taxi companies in the area.
- Before getting into the taxi, make sure the driver agrees to take you to your destination.
- When you get into the taxi, note the company name, code number displayed, driver's name, ID and photograph if possible.
- Do not accept rides from drivers who randomly approach you.
- Sit in the back seat.

Information on Taxi Fares

- If the driver tries to bargain instead of using the meter or claims his meter is broken, get out of the taxi.
- Ask a trustworthy individual what the fare should be.
- The key to successful bargaining is to ask the driver what the fare is before getting into the taxi. Once you sit down, you are the taxi's next fare.

Bus and Minivan Safety Checklist

- Be aware of traffic patterns and local road culture.
- Wait for the bus in a safe place—away from the road.
- Whenever possible, avoid overcrowded buses and minivans.

- Be alert for reckless driving (e.g., speeding, inattention to driving, apparent drowsiness, disregard for signage and signals).
- Insist that the driver be responsible or get off at the first possible safe opportunity.
- If you feel you are at risk, speak up!
- After you get off the bus, take several steps out of the danger zone.
- If you drop something near the bus, tell the driver before you pick it up.
- Stand several steps away from the road while waiting for the bus.
- After getting driver's attention, cross the street in front of the bus. Never go behind the bus.
- Stay seated at all times.
- Avoid night travel, especially in rural areas.

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Sexual Harassment Information for International Travelers

from the ISU Student Handbook produced by the ISU Study Abroad Center

Before You Go

- Plan to interact respectfully with the host culture and to learn as much as you can prior to departure.
- Ask about things like values, how people drive, how much cash is safe to carry, and the safety and reliability of public transportation.
- Look up crime rates and safety information on the U.S. State Department website for the country or countries in which you plan to study or travel.

When Dealing with Uncomfortable Situations

- Understand the cultural context. If you don't know, ask someone you trust!
- Avoid confrontations; do what you need to do to stay safe.
- Report all incidents immediately.

Reduce Your Risk

- Remain sober.
- Pay your own way.
- Employ the "buddy system."
- Trust your instincts.
- Ask yourself, "Am I comfortable with what is happening?"

- Focus on the behavior without rejecting the person.
- Look confident and ignore inappropriate remarks.
- Assess your options to find an escape, depending on location/circumstances.

Dealing with Sexual Harassment and Sexual Assault

Cultural norms vary regarding what constitutes appropriate and inappropriate behavior. You cannot assume that behavior that is considered acceptable in the U.S. will be viewed similarly abroad. Suggestive catcalling and aggressive advances by men in social situations might be the norm in some locations. How you deal with these situations and how you behave generally can increase or decrease your risk of sexual assault.

Being informed, exercising good judgment, and taking appropriate precautions can reduce the risk of sexual assault. Talk with your program director and do some research about cultural norms as they relate to dating. It is important to know that North American women are often stereotyped as being promiscuous, and this may be reinforced by styles of dress and the general friendliness of U.S. women. While the majority of cases involve women, sexual harassment or assaults can also happen to men. In some countries, the concept of date rape is almost unknown and, in most settings, your behavior prior to an assault may be more important than the number of times you says no. There is no 100% way to prevent sexual assault, but consider these guidelines:

- Remain sober. This allows you to both judge situations and react if needed.
- Dress conservatively.
- Employ the buddy system (it's always good to have friends watching out for you).
- Take care of yourself on a date: Be prepared to pay your own way, have access to a phone, arrange for transportation, and consider dressing in a way that allows you to move freely and quickly.
- Make your intentions clear.
- Trust your instincts; listen your inner voice and act on it if you feel uncomfortable and can safely remove yourself from the situation.
- Ask yourself, "Am I able to say 'no'?" And "Am I comfortable with what is happening?"
- If you don't like what someone is doing, you can reject the activity without rejecting the person.
- Get out of the situation as soon as you sense danger or feel afraid.
- To avoid stranger rape, try to walk on well-lighted streets; avoid standing in shadows.

- Look confident and strong and ignore inappropriate remarks from strangers.
- If an assault is attempted, consider your options to find an escape.
- Last, but NOT least, if something does happen, remember that it is not your fault, no matter what you did or didn't do; it is the perpetrator's fault.

Remember that you are not alone, so seek help from your program director or a responsible person at the host institution. If you are living with a family and feel uncomfortable, request a new housing assignment from the program sponsor immediately. If you feel your concerns are not being taken seriously, contact the ISU Study Abroad Center, and we will provide support and options for you to consider.

Incidents involving other ISU students should be reported to the program director. If the incident involves an ISU employee, you should seek assistance from another ISU faculty or staff member traveling with you and/or contact the Study Abroad Center.

You may also seek help and information from the following resources while you are abroad or after you have returned home:

- ISU Student Counseling Service 515.294.5056
- ISU Sexual Assault Response Team Coordinator 515.294.3116
- ISU Thielen Student Health Center 515.294.5801
- ACCESS Assault Care Center 515.292.0500

Additional Safety and Security Advice

Registration with the U.S. Department of State

Registering your trip itinerary with the U.S. Department of State is free, and it provides a way for the American Embassy to contact you in case of an emergency. The U.S. Department of State notes that registering is particularly important for Americans who will be staying in a country for more than a month. You should register as a short-term traveler (less than six months) and be prepared to enter your personal information, passport details, emergency contact details, information about your travel plans and destination details. You should enter the address of the studio, available at the back of this handbook, as your destination to begin with. After your housing arrangements are made, go back to update the information with your apartment address.

Register at this website: travelregistration.state.gov

Travel Insurance

Purchasing travel insurance can help you to protect the cost of your trip to Rome. Most policies offer compensation for unexpected cancellations, medical costs, baggage losses and delays. Many credit cards offer travel insurance as part of their card benefit packages if you purchase your tickets with the card. If your credit card does not provide coverage, use the Internet to shop around for an appropriate

policy. Start looking at student travel agencies and compare coverage carefully to make sure you're getting value for money. The Rome Program goes not require students to purchase additional travel insurance, but you may wish to do so for additional peace of mind when traveling.

Airport Security

Security for air travel has become a significant issue in the wake of heightened concerns about terrorism throughout the world. Airports and airlines in the United States and abroad are instituting new security policies for passengers and personnel, but these policies are not very consistent from airport to airport. Nonetheless, it remains safer to fly than to drive, even if our anxieties might suggest otherwise. In any case, you should be prepared for additional scrutiny and delays that could be caused by security procedures. You can expect to see, especially at larger metropolitan airports, the increased presence of security personnel, who often use canine teams to detect dangerous items. Your vehicle might also be subject to a random check before you can enter the parking area.

Once inside the airport, don't be surprised if you are questioned more severely than would seem necessary at times. You may even be asked to open up your luggage for inspection. Even if you are not required to open your bags, they will be examined closely before going on the plane with an X-ray machine. Use only Transportation Security Administration (TSA)-approved luggage locks because security personnel may need to open your bags if something looks suspicious.

All of this increased security will add time to your journey. On the day of travel, it is highly recommended that you arrive at the airport at least three hours prior to departure (four hours at larger airports such as Chicago O'Hare). While this might seem excessive, heightened security concerns mean that everything will take longer, and you should be prepared to stand in lines both at the ticket desk and as you enter security. Never linger in the unsecured area of the airport. You should move through security as soon as possible. Your boarding pass and passport will be checked many times before boarding your plane, so keep those handy. While all of this makes traveling a more arduous process, keep in mind that it is all done with the intention of making it safer for everyone.

Life in Rome



photo: Jessica Clinton



photo: Ashley Brink



photo: Katie Galasso

Arrival in Rome

Upon arriving at either Leonardo da Vinci International Airport (Fiumicino) or Ciampino Airport, you will be required to pass through immigration and customs, where passports and visas will be checked and stamped. If you are a fall or spring student, they will most likely ask to see the student status letter that accompanies your study visa. You can show this to them, but do not let them take it. This letter is almost impossible to reissue, and you will need it to apply for your Permit of Stay (see page 60).

Next you will collect your luggage. Flight numbers are posted at each baggage carousel so you will know which one has your bags. In the event that your bags don't arrive on the same flight as you do, you will need to report this to the baggage information desk inside the baggage hall, giving them an accurate description of your bags, the numbers off your claim ticket, and the address of the studio (at the back of this handbook) for delivery. Finally, you will have to go to the customs office in the baggage area to sign a release form so that customs can clear your bags in your absence once they do arrive on a later flight. This is not the easiest process after a long flight, but your luggage should eventually arrive at the studio. Make sure you get a reference number and phone number from the baggage claim desk before leaving so that you can call if necessary to check on the status of your luggage. Fortunately, luggage almost always arrives on the same flight as the traveler, especially now in the days of higher security.

While waiting for your luggage, you could use the ATM in the baggage area if necessary to make sure you have enough cash. After collecting all your luggage, go into the arrivals area of the airport. If you have planned to meet someone, this is the best place to do so. If you arrive without a welcoming party, you will need to make your own way from the airport into the center of Rome.

Leonardo da Vinci International Airport (Fiumicino) to the Housing Office

From Fiumicino Airport you have three choices for making the trip into Rome: car service, taxi or train. Car services can be booked ahead of time online, and a driver will meet you at the airport. Several services operate in Rome, but the College of Design can't endorse or recommend any specific company.

Taxis are available outside at the arrival area of the international terminal. Don't accept any rides or taxis that are offered to you verbally as you pass through the airport. Go to the airport taxi stand and wait for an officially licensed and metered cab. There is a fixed rate for journeys from the airport to the center of Rome and this also includes the typical charge for luggage in the trunk. It's important you make the taxi driver aware that you know about Rome's fixed-rate journeys from the airport to the city center. Some taxi drivers may think that you don't know about it because they assume you're a tourist, and they will try to charge you a higher price. The current fixed rate will be discussed in Dsn S 301. You can tip the driver a small amount once you reach the housing office.

Train service is also available for making the trip into the city center. The airport station is adjacent to the international terminal at the departure (second) level, open from 6 a.m. to midnight. The ticket cost for a one-way trip into Rome from the airport is about €10. You should take the Leonardo Express train to Termini Station in the center of Rome, where you would also likely arrive if you are traveling to Rome by train from elsewhere in Europe. Trains run at five and 35 past the hour, and the journey takes approximately 30 minutes.

Termini is a large, chaotic station with lots of people standing around looking to take advantage of unsuspecting visitors. Again, don't accept any rides that are offered to you verbally. Walk with your bags directly through the station out to the large open plaza in front of the station (which is also a major bus transfer station) and head to the taxi stand on the right-hand side (looking out from the station) and wait for a licensed and metered taxi.

Give the driver the address of the housing office (address and directions are at the back of this handbook). You will be asked by housing office staff to pay the €20 key deposit (in cash, exact change only) and to give them a photocopy of your passport face page/signature page, visa, and student status letter (fall or spring only). After you have checked in, housing office staff will call a taxi for you so you can go to your apartment.

Rome Ciampino Airport to Housing Office

From Ciampino Airport you have three choices for making the trip into Rome: car service, taxi or bus. Refer to the Fiumicino section above for information on car services. Again, if you take a taxi, you should be sure the driver knows you are aware of the fixed rate. Don't accept any rides or taxis that are offered to you verbally as you pass through the airport. Go to a taxi stand and wait for an officially licensed and metered cab.

A bus service called Terravision runs between Ciampino Airport and Termini Station. The bus collects passengers outside of the departures terminal, and can cost as little as €4 for a one-way ticket. The journey time is about 40 minutes, and bus departures are timed to coincide with flight arrivals. Book your ticket online ahead of time at www.terravision.eu to get priority boarding.

For details about taking a taxi from Termini Station to the housing office, refer to the Fiumicino section above.

Necessary Paperwork

Permesso di Soggiorno (Permit of Stay) and Mandatory Italian Health Insurance for Fall and Spring Students only

All non-European Union citizens who wish to live in Italy for more than 90 days are required to obtain a Permesso di Soggiorno or Permit of Stay to be in the country legally. This must be done within eight days of arrival. After you receive

your study visa, you will receive information about associated costs and how to apply for your Permit of Stay online before you depart for Rome.

All students participating in study abroad programs of more than 90 days in Italy are required by Italian law to purchase an Italian health insurance policy within eight days of arrival. The policy is only for emergency treatment in an Italian hospital, and it does not cover the doctor's fees or medication. Therefore, it does not take the place of an American insurance policy, and you are required to have an American policy in addition to it.

Dichiarazione di Presenza (Declaration of Presence) for Summer Students Only

If you are participating in the summer Rome Program, you will be in Italy for less than 90 days and will not be required to obtain a Permit of Stay. However, you still need to declare your presence to authorities in Italy, and how you do it depends on your flight itinerary.

If you enter Italy from a country that is not part of the Schengen Zone (essentially continental Europe, but it does not include the U.K.), you need to be sure that your passport is clearly stamped upon entry at the airport. This stamp will serve as your dichiarazione di presenza or declaration of presence.

If you enter Italy from a Schengen Zone country, you will be required to apply for a declaration of presence and more information will be provided to you in Dsn S 301.

The insurance policy is optional for students participating in programs of less than 90 days. The Rome Program recommends that you purchase the insurance upon arrival so that you would be able to more easily receive treatment at an Italian hospital in case of emergency.

Personal Safety

Personal Security

Rome is a large, urban center, with more than three million inhabitants. As such, it is comparable in many ways to the larger American cities, such as Chicago or New York. Violent crime, however, is not comparable. European cities are generally acknowledged to be safer than their counterparts in the United States. On the other hand, the risks of petty crime and sexual harassment are two facts of life in the southern Mediterranean.

Rome is not immune to such problems, and you need to take action to make sure you are not a likely target. You should carry your money, passport and other valuables only when necessary in one or more safe places. The best strategy is to leave valuables in your apartment, and carry a photocopy of your passport on you at all times. If you have to carry the real thing, or a lot of money, wear a money pouch around your neck inside your clothing. These can be purchased at many travel or camping stores. Comfort is, of course, a concern, but this will likely not be much

of a problem except in the hot, sticky summer. Once you have settled into a pattern in Rome, you may not need to use the pouch every day if you are not carrying large amounts of money, but it is always best to do so when you are carrying your passport or traveling. Remember, back pockets are useful only if you want to lose something, and all pockets (including inside pockets) are vulnerable in a crowd, such as on the bus or in a market. Be vigilant at all times in such circumstances.

Risks are definitely higher in the tourist seasons (April through September). Be on the lookout for groups of small, ragged children (Gypsies) carrying newspapers or pieces of cardboard in popular tourist areas. They will distract you and strip you clean.

Purse and bag snatching is also a common crime, but one that can usually be easily defended against. Hold shoulder bags firmly and be aware of your surroundings, especially on narrow streets without sidewalks (very common in the center of Rome). Carry your bag on the side nearest the wall. Let all motorized vehicles approaching from behind pass, and keep an eye out for scooters (*motorini*). In the vicinity of the famous monuments, be particularly careful of people who ask you for directions or information, pretending to be more lost than you are. They often have a partner who will steal your bag from behind. Crowded markets, especially the Sunday morning flea market at Porta Portese, can also be risky for personal property. A popular approach of thieves is to cut backpacks open from behind and take the contents without you noticing in the midst of the crowd. Exercise caution in crowded situations, and you can avoid most of these problems.

Virtually all areas of central Rome are safe at night as well as by day if common sense is applied. Nevertheless, you should avoid unpopulated areas in the mid-afternoon or night, and don't walk home alone late at night. When visiting or passing through out-of-the-way sections of the Forum and archaeological park, be sure to travel with others. These precautions should be taken by all, but especially by female students.

The situation of personal security is not unlike that in the U.S. Harassment, however, tends to be far more explicit, particularly in verbal forms, and sometimes physically in crowded situations. Moreover, it often takes place in very public places common to tourists, like on the bus, or on the streets adjacent to the Colosseum at night. While the risk of serious danger in such situations is much lower than in the U.S., it can be unnerving, and you should be cautious. The best strategy is to ignore harassment, if possible, and keep moving toward a familiar destination. Confrontation typically creates greater problems than benefits. On the other hand, a seemingly innocent but well-aimed elbow or foot can help in some situations, such as on a crowded bus.

Probably the greatest risk to your personal safety is the automobiles and motorini that populate the city. Italians like to drive fast, have little respect for traffic lanes, rarely look in their rearview mirrors, and hate to stop. Be attentive when crossing

busy streets, and keep an eye in particular on the motorini drivers, who tend to ignore most of the traffic regulations in their rush to get somewhere. Try to make eye contact with oncoming drivers when you cross at an unregulated crossing, and never stop in the middle of the road; just modify your walking speed to the speed and pace of the traffic.

Alcohol consumption is also a potential cause of conflict and risks to your personal safety. Italian attitudes toward alcohol consumption are very different from those of many people here in the U.S. Alcohol consumption is undertaken as a social activity among Italians, not as an event, as is often the case here.

Excessive consumption can impair one's judgment and lead to loud, obnoxious behavior, which is condemned by most Italians, and can lead to verbal and physical conflict. Keep in mind that there is some anti-American sentiment within the general population in Italy. Loud, obnoxious behavior in public will simply intensify anti-American sentiment, and help to give American universities and their students a bad name.

The possibility of violent action being directed against Americans in Rome has been slowly rising, and you need to be careful not to make yourself a symbol of what Europeans like least about this country. It helps to try to adapt to the local patterns and expectations of our hosts. Make the effort to speak Italian and use formal greetings when appropriate, which are used much more often than they are here. The U.S. State Department now recommends that American visitors to Italy stay away from public demonstrations, large political gatherings, or crowds of other Americans, and avoid patronizing establishments known to be American "hangouts" or business icons, such as McDonald's. These are possible targets for hostile anti-American actions, should they occur.

While initially disconcerting and bothersome, issues of security become easier to handle as you become more familiar and comfortable with your surroundings. Nevertheless, we encourage you to look out for one another. Together as a group, you form a community, one that each of you should be able to count on, for instance, to escort one another home at night if asked. Such mutual respect and support is essential if you are all to have a safe and rewarding experience abroad.

If you have not already experienced it, you will soon discover that traveling and living abroad can be difficult at times. You should make an effort to respect your classmates and the local population and expect no less in return. The more you attempt to integrate yourself with your surroundings and not present yourself as a tourist, the less likely that you will become a target for harassment or petty crime.

Housing

Accommodations are very different in most cases from what students are familiar with in Ames. Apartments in Rome are arranged by the College of Design. Apartments are typically clustered in several areas in the historic center of the city,

usually within a reasonable walking distance of the studio. It should be noted that not all of the apartments have Internet access, and the College of Design can't request that it be installed. All housing costs, including rent and a utility/damage deposit, are charged to your U-bill. Following the end of the semester, utility and damage (if any) costs are added up and subtracted from the deposit, with the remainder being credited back to your U-bill.

You will be provided with information about your housing options in the semester prior to the program. You will be asked to organize yourselves into groups according to the number of apartments and how many beds are available in each. Typically, apartments accommodate four or six students, but larger groups of 10 or 12 are often available, too. Apartments will be distributed on the basis of student preferences whenever possible, and flexibility on everyone's part will make the distribution process run much more smoothly.

All of the apartments are furnished and come supplied with dishes, cooking equipment, towels and linens. Of course, if you are particular about the quality of the linens you use, you can choose to bring basic twin bed sheets and a towel. Ikea is also a popular choice where students purchase extra items after arrival. Note that having your own towel is advantageous when traveling outside of Italy, as those in hotels, if provided at all, seem to get smaller the further east you travel. Washcloths, or face cloths as we know them, do not exist in Italy, so be sure to bring some with you.

Food

Snacks and meals are entirely the responsibility of the student during the program, whether in Rome or on field trips. In general, an Italian breakfast consists of coffee or tea and some kind of sweet bun or croissant (called a cornetto) taken at a bar, which typically costs about €2-€3. The typical routine at the bar is to pay first at the cashier and then take the receipt to the counter and tell them your order. Alternatively, you can purchase cereal at some grocery stores, but North American brands are typically expensive if you can find them. Eggs and bread are readily available, but don't expect to find anything like North American bacon or sausage.

Lunch options typically include buying a sandwich (often made to request) at a small grocery store (called an alimentari) or a bar, or a piece of pizza from a takeout pizza place. Pizza is sold by weight, not the slice. This kind of pizza is called pizza rustica, which is different from the pizza that you will get at a pizzeria restaurant. (Note that pizzeria is a generic name for a type of restaurant, and one that usually offers much more than just pizza.) Either lunch option, with a drink, will typically cost €4-€7, although smaller portions will be less expensive. You can also make your own salads and sandwiches with groceries purchased from an outdoor market, alimentari, or a grocery store such as DiperDi, Despar or Standa. Standa is one of the few general department store chains in Italy, and they typically include a supermarket. Many of these options are available in the vicinity of the studio.

Dinner options are quite diverse, from takeout food like that described above, to a full-course meal at a restaurant, which will cost anywhere between €10 and €20 at an inexpensive restaurant, such as a pizzeria or trattoria, and much more at upscale establishments. Be sure to check the menu for prices at an unfamiliar restaurant before you sit down so that there won't be any surprises when the bill comes. You should be forewarned that many restaurants in Italy will charge you a cover and/or a service charge called a coperto in addition to the cost for food; this will be indicated on top or bottom of the menu, so be sure to look. If in doubt, ask. Tipping is also customary, but since waiters are generally well paid, a tip is more acknowledgement of your appreciation of the service, and €1 will usually suffice.

For those of you on a frugal budget, however, the best option will be to buy groceries at an alimentari, Standa, or outdoor market and cook at home. There is a large outdoor market in the mornings at Campo dei Fiori, near the studio, where you will find all kinds of cooking supplies. Outdoor markets located slightly outside the historic center of Rome will be cheaper. The food in Italy is wonderful and diverse, and you are encouraged to experiment and try new things. An Italian cookbook will come in handy if you like to cook, and a few are available in the studio's library.

Climate and Dress

The climate in Rome is Mediterranean. Summers are hot, September and May are beautiful, and in December and January it can be quite cool (40°F) and damp, like October and November here. On rare occasions it even goes below freezing. While this is not as severe as the weather in Iowa, the reality is that the studio, apartments, museums, churches, and even restaurants, are simply not heated or cooled as thoroughly in Italy as they are in the Midwest. With perhaps the exception of the summer programs, you need to be prepared for at least two seasons, and thus layering becomes the optimal strategy for personal comfort. Sweaters and a jacket or coat of some kind are ideal in late fall, winter and early spring. (A leather jacket or coat is ideal, and although leather is comparatively expensive in Italy, the quality is superb.) The cool, rainy weather of winter usually begins in late October or November. Fortunately, spring comes early, and late February and March can be quite sunny and beautiful, if still somewhat cool. April is often rainy, and May is warm. Summers are hot, and air conditioning is generally nonexistent. One sweater, something for rain, and comfortable summer clothes are recommended.

Under all circumstances, comfortable and durable walking shoes or boots are a must. You will be doing a lot of walking from the day you first arrive, which will help you get into great shape, but you need to make sure you have good footwear. Try to break-in new shoes before you go to save your feet unnecessary pain.

You should also be aware that generally speaking, Europeans dress less casually than North Americans, although this has been changing over the last several years. Nonetheless, you can be refused admission into churches or museums on

occasion for reasons of apparel, but this usually applies only to the lack of it in the summertime. That is to say, shorts or a mini-skirt, a bare midriff and bare shoulders may deny you access into some places, and you can even be ticketed in Rome for going shirtless.

On the other hand, while shorts, sweat pants, Nikes, and baseball caps may be comfortable, and big camera bags convenient, they will definitely identify you as a tourist, and make you a much more obvious target for the attention of thieves and scam artists. Big backpacks are also a giveaway. We suggest that you observe what the locals are wearing and try to blend in a little. It might also make it easier to meet people. In the past one rarely saw young Italians wearing jeans, athletic shoes or T-shirts. This has become more common today, particularly among young people like you, but university logos will be a dead giveaway. With respect to jewelry, if you choose to wear it you should be careful, as it is another favorite target of pickpocket artists and thieves.

Transportation

The bus and subway (metro) system in Rome is quite extensive and relatively efficient and economical. Tickets can be purchased at any tabacchi (cigarette/convenience store) or at vending machines located in metro stations and at some bus stops. Many of the companies that run the public transportation services take part in *metrebus*, a system where you can purchase one ticket to use on the bus, metro or train. The following companies take part in *metrebus*: A.T.A.C. (buses and trams), Met.Ro (subways), CO.TRAL (urban trains), and Trenitalia (regional trains). There are several types of tickets available:

Ticket	Italian Name	Cost*	Valid
BIT	Biglietto Integrato a Tempo	€1	75 min. or less
BIG	Biglietto Integrato Giornaliero	€4	24 hours
BTI	Biglietto Turistico Integrato	€11	3 days
CIS	Carta Integrata Settimanale	€16	1 week
---	Mensile - Ordinario Personale	€30	1 month

*All details correct at press time, but you are encouraged to double check this information.

Buses are entered at the rear door (only pass holders enter from the front), and immediately upon boarding you are required to punch your ticket in a small orange box. The ticket is good for a second punch within 75 minutes from the first, allowing you to make several transfers or a quick return trip. The fine is significant for traveling without a validated ticket (approximately €50), and you have to pay it on the spot. On metro trains you should validate your ticket before boarding the train. Remember to be extra vigilant about protecting your valuables on crowded public transportation, particularly in buses on the route connecting the

Termini train station and the Vatican (no. 64). More information about the public transportation system can be found at www.metroroma.it and www.atac.roma.it.

With respect to taxis, be very careful to take only officially licensed and metered yellow or white cabs. Private drivers will offer to help you at airports and train stations. Never accept their offers, never get into their cars, and never allow them to carry your bags. This is particularly so at the Termini train station. Moreover, when riding in a proper taxi, pay attention to the meter; you should not pay for more than the amount shown on the meter, plus a tip, unless there is a reason for a surcharge. There should be a list of rates and fees located in the taxi, and you should look it over while you're being driven to your destination. Legitimate surcharges are required when more than two passengers share a car, when the origin or destination of a trip is outside the city limits, for baggage that is placed in the trunk (drivers will want to put even small bags in their trunk if you let them), or when the trip takes place after 9 p.m. or before 7 a.m. Note that meters normally start with a charge of approximately €4, which should last you a fair distance when you take a taxi from a taxi stand. On the other hand, if you call for a taxi, the meter starts running from the moment a specific car is notified to come pick you up.

Communications

Telephone

Telephone calls can be very expensive in Italy. Every call is charged, including local calls. As a consequence, most people are reluctant to let others use their phone, and others will often ask if they can use yours. Most of the student apartments will come with a telephone, although it is not guaranteed. If you have one, be careful how much you use it, and never let anyone not associated with the Rome Program use it because the telephone bill will be paid out of your utilities escrow.

Pay phones are not as widespread as they used to be because of the increasing popularity of cell phones in Italy. However, there are still a good number of them available in Rome. You can purchase a phone card (scheda telefonica) to call from a pay phone. They are available in several denominations from most tabacchi (convenience stores), and they will expire, so check the date printed on the card. Make sure the phone you want to use takes phone cards (some take only coins), and break off the perforated corner to activate the card. Insert it into the slot on the phone, and you'll be able to see how much money is available on the card. Don't forget it in the slot of the phone when you are finished with your call. Dial the number slowly and then press OK to connect the call.

When calling within Italy, be sure you always dial the complete phone number. If you're in Ames and you place a local call, you don't have to dial the 515 area code, but in Italy you must dial the area code for all calls, including local ones. For instance, if you need to call the studio from another phone in Rome, you would have to dial the full number, including the 06 area code, which is 06.6880.8552. You will find that not all phone numbers have the same amount of digits. For

instance, a landline can have between eight and 11 digits (starting with a zero), while cell phones have ten (starting with a three).

International long-distance calls with the national phone company, Telecom Italia, can be very expensive. It is also expensive to call collect. If you need to call home, use a calling card linked to an American long-distance plan or try a pre-paid calling account. However, shop around for the best deal before you depart for Rome because rates can vary greatly.

Cell Phones

Another option for communicating is to use a cell phone. You can purchase one from a returning student (more details will be available in Dsn S 301) or you can wait and purchase one in Rome after you arrive. There are many advantages to having one even though you are there for only a short period of time. Specifically, you will be safer, have more confidence when going out, and you'll be able to communicate with your family, friends, classmates and faculty members a lot more easily.

The first step to getting an Italian cell phone is to sign up for a codice fiscale. This is an Italian tax identification number. You can obtain one online at this website: www.codicefiscale.com. More information will be presented in Dsn S 301 about how to go through the process on the website. Once you have gotten one, write it down and take it with you to Italy. The point of having a codice fiscale is to register your phone when you purchase it in Italy, and then if it gets stolen, it is in effect an insurance policy for your phone number and any minutes you have purchased.

When you get to Rome, you will need to go to a store to buy your phone. You'll also need to purchase a pay-as-you-go plan as Italians do because contract-style plans are rare in Italy. You will get a phone and a SIM card for the network you choose, such as Vodafone, Wind or Tim. If a group of you goes to purchase phones, it might be advantageous for everyone to choose the same network, as it is often cheaper or free to call people on the same network like it is in the U.S. When you go to purchase the phone, take your passport and your codice fiscale with you.

If you have purchased a phone from a previous program participant, you should purchase a new SIM card upon arrival in Rome. The one in the phone is registered to the previous owner. If your SIM card is not registered to you and the phone is stolen, you cannot get back anything that is "stored" on the SIM card, including money, phone numbers, and even the number of the phone itself.

With an Italian cell phone, you will not pay for incoming calls from within Italy or from the United States (but you will pay for calls made within Europe but outside of Italy), so your family and friends at home could call you and it will not use up the minutes you have purchased. However, they may pay a considerable amount of money to call a cell phone abroad, so it is important that they have a cheap phone plan at home. Encourage them to check with their phone providers to see what the

rates to call a cell phone in Italy are. This is important because many providers have reasonable rates to landlines but not cell phones.

You can call internationally with your cell phone. It is expensive but useful in an emergency. If you do so, use the access number particular to mobile phones that you will find on the back of your international calling card. Do not call direct; use this card just as you would from an Italian landline. However, the access number will be different. Remember, never call abroad directly from any European phone except in an emergency because it is very expensive.

Be aware that using your cell phone outside Italy but still in Europe will be very expensive, since calls are routed through Italy. You can spend a lot of money calling someone standing next to you in Barcelona, and so will they, since you will pay for the call from Italy to the Spanish border, and they will pay the rest. Use your cell phone as little as possible when you or the other person is in Europe but outside of Italy.

Once you have your cell phone number, be sure to give it to your faculty members, roommates and family members.

Some American cell phones can be used abroad, but it is important to check with your provider before you go to see if your phone will work and how much it would cost to use it abroad. You need a GSM phone to be able to use it in Europe, but not all American cell phone providers use a GSM network.

Internet Access

Internet access in Italy in general is problematic due to pre-modern buildings and infrastructures. Not all of the apartments have Internet access, so some of you will need to use the studio or Internet cafés to get online. No matter where you get access, you can take advantage of a variety of online methods to communicate with your family and friends at home. In addition to e-mail, several instant messaging programs are available, or you could also use an Internet calling service. Many of these offer video so you can see your family and friends at home, and they can see how much fun you are having in Rome.

Receiving Personal Mail

You will be unable to receive mail directly at your apartments in Rome, so you must instruct family and friends to send all mail to the studio address:

Iowa State University Rome Program
Piazza delle Cinque Scole, 23, int. 3
00186 Rome, Italy

Please instruct family and friends to not send packages to you unless it is absolutely necessary. Nearly all personal items can be purchased in Italy and do not need to be shipped from home. Part of this experience is trying new things, so step a little bit out of your comfort zone and try some Italian or European products.

The main problem with packages is that they are often stopped by Italian customs. This creates the need for our staff to spend time on phone calls, faxes and paperwork to release packages, which ties up valuable time and resources that are better employed elsewhere. Some weeks, the office staff has spent two whole days dealing with customs paperwork.

Therefore, for packages of a non-necessary nature that require additional customs paperwork, you must fill out the paperwork without assistance from the Help Desk.

Mail service to Italy is notoriously slow. Please advise your friends and family that it would be best not to mail you anything during the final month of your program. The Rome Program is not responsible for mail that arrives for you after your departure. You will need to make arrangements to redirect items that arrive late.

Time Zones

Rome is seven hours ahead of the Central Time Zone in the United States.

Therefore, when it is noon in Ames, it would be 7 p.m. in Rome. Make sure that family and friends are aware of this so they don't call when you will be sleeping. Remember to subtract seven hours when you are in Rome to find out the time in Ames. You can find more information about current times in cities around the world by visiting www.timeanddate.com/worldclock.

Electricity and Electronic Items

The power system in Europe is considerably different from the one we use in the United States. Here, electricity is 110 volts at 60Hz, but in Europe it is 220 volts at 50Hz. Therefore, do not take American electrical appliances to Europe. If you need a hair dryer, curling iron, hair straightener, electric razor, etc., you should purchase one from a returning student or wait until you get to Rome to purchase an Italian one. More details about how to contact previous participants will be available in Dsn S 301.

While most laptop adapters will be able to handle the difference in power systems, you will still need to purchase a plug adapter to fit over the American plug to make it usable in Italy. These can be purchased at travel stores or electrical shops, and it is best to buy them before you go to Italy so you can use your equipment right away. Make sure you buy one for every electrical item you plan on plugging in, such as your laptop, camera battery charger, and iPod charger. If you plan on traveling to any other country, make sure you also have plug adapters for that country. Many students like to travel to the United Kingdom before or after studying in Rome, and their plugs are different from those used in the U.S. and in Italy.

The Studio



photo: Jessica Hibbs



photo: Jolene Lyon



photo: Brenda Jones

History of Studio at Palazzo Cenci-Bolognetti

by Dr. Patricia Osmond de Martino

Palazzo Cenci-Bolognetti, in which our ISU College of Design Rome program is located, is, like the city of Rome itself, the result of several layers of history and numerous transformations. In its present appearance it dates mostly to the period from the late 16th to the late 17th century, when it was built on and around a cluster of medieval houses and towers, constructed, in turn, on an artificial mound of Roman ruins, known as monte dei Cenci.

In the 14th century, much of the area around the little hill or monte was already the property of the Cenci family, and documents of the 15th century describe a large family house or domus magna paterna. In the late 1500s the older part of this domus, facing onto the piazzetta del Monte Cenci, acquired a new, more orderly façade, and in the same period the family church of S. Tommaso was restored and frescoed. Finally, in the 17th century the palazzo, which in the meantime had been extended along one side of the present Piazza delle Cinque Scole, a large market area bordering the Ghetto, was enhanced with a new façade. Later in the same century the magnificent spiral staircase was built to a design by Giovanni Antonio De Rossi (1679-1688), the architect of Palazzo Altieri.

In the early 18th century, Virginio Cenci, through his marriage to Maria Anna Bolognetti, became heir to the properties and titles of the Bolognetti, principi of Vicovaro and marchesi of Roccapriora, and the names of the two families are inscribed over the main door. The last heir of the family left most of the palazzo to the Istituto Pasteur-Fondazione Cenci Bolognetti, a scientific research institute connected with the Institut Pasteur in Paris and the University of Rome.

The Cenci had accumulated their wealth through trade and banking, and, thanks to papal connections and positions in the Curia, they also acquired vast properties outside the city and titles of nobility. By the late 16th century, the family consisted of four branches, and over 200 members of the family, household and servants occupied several palazzi encircling the monte dei Cenci.

One notorious member of the family was Francesco Cenci, remembered not only for rebuilding much of the palazzo on the piazzetta Monte Cenci and for restoring the church of S. Tommaso, but also as the father of Beatrice Cenci, who, in September 1598, plotted with her brother, stepmother and two accomplices to murder him at the family castle of Petrella Salto, northeast of Rome. A man already convicted on numerous charges of assault, rape and murder, Francesco had terrorized and brutalized his own children and wife, but Pope Clement VIII refused to grant the assassins a pardon, and after being imprisoned in Castel Sant'Angelo, Beatrice was executed in 1599, along with her brother and stepmother.

From then on, the tragic figure of the young Beatrice, only 18 years old, has inspired stories in literature, art and cinema, from the celebrated portrait ascribed

to Guido Reni to Percy Bysshe Shelley's *The Cenci*, Stendhal's *Les Cenci*, and a long series of Italian and French films of the last century, combining facts and fantasy, legend and history.

Bibliography: Mario Bevilacqua, *Il Monte dei Cenci* (Rome, 1988); *Guide rionali di Roma. Rione VII- Regola, pt.1* (Rome, 1980); *Beatrice Cenci: la storia, il mito* (Rome, 1999). (PJO, VIII-05)

Location and Facilities

The studio is located in the Centro Storico (historical center), in close proximity to the Tiber Island at Piazza delle Cinque Scole, 23. This central location will put you close to many of the city's major historic monuments and give you the opportunity to fully explore the ancient urban fabric of streets and squares. In addition, you will be close to the studios of the Pennsylvania State University, Notre Dame, Cornell, Rhode Island School of Design, Waterloo and Pratt, and have good access to all the basic services (banking, post office, bus, art supplies, copying services, food, etc.).

The Rome studio provides basic facilities for program participants. These include tables with lamps and chairs for drawing and coursework, easels for painting, and a lecture space that accommodates 60 people with basic slide-projection equipment. Storage for student work and personal supplies is very limited.

Hours and Use

The studio is set within a dense, historic urban environment, with private apartments, offices, shops and stores in immediate proximity. This is in sharp contrast with the College of Design, a single-use building which is located within a distinct university campus. In Rome, consequently, everyone must respect the needs of our close neighbors and make the effort to ensure that our presence does not become a major disturbance. To this end, the studio facility is open between 8 a.m. and midnight. This is a policy that is common to most of the American programs in Rome, reflecting the culture and circumstances of the setting. Exceptions to the closing hour will be made typically for the days immediately preceding a major deadline, at the discretion of the program leaders and the resident director. In addition, the consumption of alcohol in the studio is prohibited, with exceptions made only for special group events, such as receptions and exhibition openings.

You are asked to respect the peace of classmates and neighbors, and to keep music and conversation at a reasonable level, particularly in the evening hours. Please also be considerate of the other classes and people when entering or exiting the building or using the main staircase.

Security

The studio is a large facility containing diverse spaces that are generally separated from one another. Consequently, it is difficult to keep track of who is in the studio, particularly outside of class time. You must make the effort to prevent giving access to the studio to unwanted guests. To begin with, it is important that you keep the main door to the studio locked at all times. This means that you will need to

carry your keys for this door regularly, as well as for the main building door, which is normally closed. Do not rely on ringing the buzzer, as this constitutes both a nuisance and an inconvenience for those in studio who sit near the intercoms. In addition, for general security purposes, as well as in consideration of your fellow classmates, we ask that you do not invite friends into the studio, unless you want to bring members of your family or special guests in briefly to see the facilities. In such cases, however, we ask that you notify a faculty member or the resident director prior to a visit.

Library

The studio facility contains a small library collection that is intended to provide you with basic research materials and information pertaining to your classes and experiences in Rome. The collection is limited and yet provides an invaluable resource to all program participants. Books and other materials may be borrowed if signed out, but you are asked to keep all library materials, with the exception of travel guides, cookbooks and popular fiction titles, in the studio facility at all times to ensure accessibility to the books for all participants. You are also encouraged to make use of other public libraries in the city.

Telephone and Internet Access

The studio contains telephone, fax and computer equipment in the administrative and faculty offices. This equipment is intended for official faculty and administrative use only. While exceptions will be made for special circumstances, personal calls should be made using your apartment phone, cell phone or public pay phone. Special circumstances include making or receiving important or emergency calls from family back in the United States. A fax can be received, but you will be charged for personal use of the fax machine to cover operating costs. The studio is equipped with basic wireless Internet service in some rooms that also allows connection to a server for software. Connection speeds are slow compared to the situation in the College of Design, and software choices are limited. You also make use of one of the cafés or bookstores that can be found in most neighborhoods for general Internet access and e-mail.

Cleaning

The studio spaces and lecture room are cleaned on a regular basis by contracted cleaning personnel, but not with the same intensity as back home in the College of Design. Therefore you are asked to keep the floor area around your tables as clear as possible, and take responsibility for cleaning up after yourself before leaving the studio facility each day. Anything on the floor overnight will be considered trash.

Cultural Adjustment



photo: Jessica Hibbs



photo: Jolene Lyon



photo: Andrew Jensen

Cultural Adjustment

from the ISU Student Handbook produced by the ISU Study Abroad Center

Culture Shock

We are surrounded by elements in our own culture that influence who we are and how we relate to the world. Because we have grown up with this culture, we are comfortable with it. Our values and attitudes have been shaped by our experiences in our native culture. What happens when we suddenly lose cues and symbols that orient us to situations of daily life? What happens when facial expressions, gestures, and words are no longer familiar? The psychological discomfort one feels in a foreign situation is commonly known as culture shock.

Cross-Cultural Adjustment Cycle

Each stage in this process is characterized by “symptoms” or outward and inward signs representing certain kinds of behavior.

- **Honeymoon Period:** Initially, you will probably be fascinated and excited by everything new. Visitors are at first elated to be in a new culture.
- **Culture Shock:** The visitor is immersed in new problems: housing, transportation, food, language, and new friends. Fatigue may result from continuously trying to comprehend and use the second language. You may wonder, “Why did I come here?”
- **Initial Adjustment:** Everyday activities such as housing and going to school are no longer major problems. Although the visitor may not yet be perfectly fluent in the language spoken, basic ideas and feelings in the second language can be expressed.
- **Mental Isolation:** Individuals have been away from their families and good friends for a long period of time and may feel lonely. Many still feel they cannot express themselves as well as they can in their native language. Frustrations and sometimes a loss of self-confidence result. Some individuals remain at this stage.
- **Acceptance and Integration:** A routine (e.g., work, school, social life) has been established. The visitor has accepted the habits, customs, food and characteristics of the friends, associates and the language of the country.

Return Anxiety, Re-entry Shock, Reintegration

While these stages play an important role in a visitor’s adaptation to a new culture, many students are surprised to experience the very same feelings upon re-entry to the U.S. Re-entry shock can be even more difficult than the initial culture shock because it is so unexpected.

Suggestions for Dealing with Culture Shock

- Try to look for logical reasons why things happen. This may help you view your host culture in a more positive light.

- Be slow to judge; observe first, show respect, and invite conversation. Try not to dwell on the negative things about your host culture, and don't hang around with people who do.
- Explore! Get a sense for the physical environment, look for parks, sports facilities, bus stops, etc. Get a sense for the behavioral norms; how do they greet each other, wait in line, etc. Find out where people meet and socialize. Make an effort to go to those places.
- Try to fit into a rhythm of life in your host culture. Adjust to their time schedule for meals and work. Read local newspapers and books.
- Keep your sense of humor!
- Set small goals for yourself, as high expectations may be difficult to meet.
- Speak the language of the country you are in, and don't worry if you only know a few phrases.
- Take care of yourself by exercising, getting enough sleep, eating properly, and doing things you enjoy.
- Keep in touch with friends and family at home.
- Draw on your personal resources for handling stress. You've done it many times before, and you can do it again.

Communicating Across Cultures

There are a number of skills and guidelines that can be suggested for communicating successfully in cross-cultural situations:

- Pay attention. Clear your mind of its various preoccupations so you can concentrate on what is being said. Remember that there is no point in talking if you cannot pay (or receive) attention. If you cannot, try to postpone the conversation.
- Set your assumptions and values aside and try to hear not just what the other person is saying but what is meant by what was said. (This may require asking many questions.) It is easier to understand if you set aside your ideas and try to explore theirs thoroughly.
- Withhold judgment. You will have more success in communicating with other people if you are trying to understand them rather than to evaluate them.
- Be complete and explicit. Be ready to explain your point in more than one way and why you are trying to make a particular point in the first place. Give the background; provide the context; make clear "where you are coming from."
- Pay attention to the other person's response. You can usually tell whether you have blundered or failed to make yourself clear by taking time to notice the other person's verbal and nonverbal reactions.

- **Paraphrase.** After the other person has spoken, restate what you heard the other person say and what you thought was meant. You can say something like this: “As I understand it, you are saying. . . . Is that correct?” This can help avoid situations where you and the other person assign different meanings to the same word or phrase.
- **Ask for verification.** After you have spoken, try to get confirmation that you have been understood. Ask the other person to restate what you have said. It does not usually work to ask the other person, “Do you understand?” Most people will say “yes” whether they understand or not.
- **Be alert for different meanings being assigned to certain words, phrases or actions.** Sometimes you will think you are understanding what the other person is saying and suddenly realize you do not.
- **Do not ask questions you would not or could not answer yourself.** If you do not want to tell the other person about your sex life, for example, don’t ask them about theirs.
- **Analyze communicative behavior.** Learn to be aware not just of what is being said in a communication situation but also of what is happening in the situation. Here are some aspects of the communication process that it helps to watch: Does your conversation partner seem to be paying attention? Are you paying attention yourself? Do you both appear to understand each other’s meanings? If you become aware of the way the communication process works, you will be able to more readily identify breakdowns.
- **When you are having trouble communicating, talk about the trouble you are having.** Using phrases such as “I don’t understand that point” or “Let me explain why I’m telling you this,” you can focus your attention on the process of communication within the group rather than on the topic you were discussing.

Special Student Issues

Gay, Lesbian, Bisexual and Transgender Issues

Attitudes toward sexuality vary greatly from country to country. Some cultures are open about homosexuality, and strong gay communities exist in many cities; however, some cultures and peoples are intolerant of different sexual preferences, and strict taboos or laws against such relationships may exist. We encourage you to find out how different sexual preferences are viewed overseas and where your support may exist, so that your time overseas can be as enriching as possible. Consult your program director for more information on gay, lesbian, bisexual and transgender issues in your destination country. For additional resources, contact the ISU Lesbian Gay Bisexual Transgender Student Services office.

Students of Color

No two students studying abroad ever have quite the same experience, even in the

same program and country. This same variety is true for students of color. Reports from past participants vary from those who felt exhilarated by being free of the American context of race relations, to those who experienced different degrees of “innocent” curiosity about their ethnicity, to those who felt familiar and new types of prejudice. Try to find others on campus who have studied abroad and can provide you with some counsel. For additional resources, contact the ISU Multicultural Student Affairs office.

Students with Disabilities

Many of the disability accommodations or services that are provided at U.S. universities may be different or unavailable overseas. You should try to arrange for any disability accommodations at overseas sites before you depart. Receiving accommodations once you are abroad will be more difficult and may not be possible. Disclosing accommodation needs does not influence your acceptance into a program, and it is to your advantage to be certain that accommodations you need will be available. For additional resources, contact the ISU Disability Resources office.

Knowing Iowa and ISU

As you travel, people will want to know where you're from and what it's like to live here. How well do you know Iowa and Iowa State University? Here are some hints:

How many people live in Iowa? About 2.9 million (30th state in population)

How big is Iowa? About 56,290 square miles (23rd in land area)

What's the largest city? Des Moines, with 196,917 people

What's the racial make-up of Iowa? About 93% white, 2% black, 4% Hispanic

What percent of Iowa's land is cultivated? 95%, more than any other state!

What are some Iowa products? Tractors and farm equipment, agricultural products, food, grain (Iowa ranks first in the nation in pork, corn and soybean production)

What is the average size of an Iowa farm? 325 acres

Is Iowa in any movies? Twister, Field of Dreams, and Bridges of Madison County were filmed here

What is the climate like? The average temperature in January is 25°F, in July 86°F; Iowa averages 31 inches of snow and 33 inches of rain each year

How old is ISU? About 150 years

How much does it cost for a non-resident to study at ISU each year? About \$16,000

Who are some famous ISU graduates? George Washington Carver, John Atanasoff, Christian Petersen, Carrie Chapman Catt, Henry Wallace, Griffith Buck

How many majors does ISU offer? Over 100

ISU is part of the prestigious Association of American Universities; how many other U.S. and Canadian institutions are included? 62

How many students attend ISU? About 26,000

What percentage are international students? 12%

How many faculty and staff are employed at ISU? 1,800 faculty, 4,300 staff

What grade-point average is needed to graduate from ISU? 2.00

What are ISU's intercollegiate sports? Basketball (men and women), cross-country (men and women), football (men), golf (men and women), gymnastics (women), softball (women), soccer (women), swimming (men and women), tennis (women), track and field (men and women), volleyball (women), wrestling (men)

Encountering New Spaces

by C. Arthur Croyle

The whole notion of “culture shock” can seem rather abstract before you experience it. As you have read, the causes and symptoms are not always easy to articulate.

In Rome in particular, I have experienced a heightened awareness of spatial differences. These differences are evident in almost every aspect of daily life and affect my ability (and probably yours, too) to function. In this particular experience, space can come as a shock, and impact the way we operate and “feel” about this environment. Here are some observations and thoughts about space and how it impacts your new routine.

In Ames, space, and our use of it, is so abundant that it is a virtual non-issue. Bumping into other people or objects, nimbly navigating through a place or crowd, and having to compromise a plan or activity because there is not sufficient space, rarely happens. Any open space is ours for almost any imaginable activity. Just use it and leave it as you found it. No problem.

Before you even arrive in Rome, as a traveler, you experience spatial changes. By using ground transportation, airports and airplanes, your world “space” changes. While on your way to Rome, your known world temporarily compresses to just you and the space your portable belongings take. You can claim that seat in the terminal and double your world by claiming the seat next to you by putting your bags on it. Beyond that, all is foreign. Even in your double-seat empire, you need to keep a vigilant watch. It is easy to lose your seat, and worse, your belongings. You sit there and guard your new little world like a hawk. The more you have with you, the more daunting this task is.

As you board the airplane, yes, you can relax a little. There is usually a quiet congeniality among passengers. You are all in this together. Your new space for the next 10 hours makes your previous terminal waiting space look like a ranch. You will finally master eating with your elbows in.

As you finally disembark at the airport in Rome, there will be a brief spatially liberating moment. You will be running free through wide, bright corridors. The rush of passengers, of which you are one, must feel like the running of the bulls (without the bulls). You are all moving very quickly, and, in spite of sleep deprivation, you are excited. Relax, enjoy the openness of the airport; this will be one of last times you won't be spatially challenged for the next several days.

After claiming your luggage, you will pass out of that special world of international airport limbo of the ticketed passenger into Italy. Welcome to the mad rush. All of you will either take a taxi or train to Rome. Most of you will opt for a taxi. Like Gulliver in his travels, you may feel that all the cars have shrunk, or you have become much bigger. I, too, thought a van was a van. I did not know they made them at 80% scale. As you are whisked into Rome, look at the fields, grass and trees. Say good-bye to them for a while.

You will be deposited in the middle of Rome at a typical Piazza (open space). This one is called Piazza della Collegio de Romano. This is the location of the La Magia Institute housing office.

Note that sidewalks butt up against cobbled streets. The sidewalk is your safety zone. Stay on it until you can gauge the speed of the traffic. That's right, they move fast enough that you are surprised there are no numbers on the sides of the cars and a speaker announcing pole positions.

This first experience with standing in the middle of Rome is memorable and sometimes a little frightening. Everything seems so foreign, exotic and unfamiliar. Note the height of the buildings, too. Many buildings in Rome have four or five floors and are often taller than the streets are wide until you get to the important places. You will live in this world for a while until you broaden your area of operation. The narrowness of the streets, the height of the buildings, and the very circular and irregular pattern of the streets (you will learn why this is later) will keep you guessing as to the time of the day. Your sense of direction also takes a hit. You may never be able to find north again until you are out of Rome.

You probably are not thinking about any of this your first day, but you are experiencing it. What you are thinking about is getting to your apartment. After leaving the La Magia Institute housing office, you have committed your well-being to a map they gave you. It points out where your apartment is and how to get there from that office. On foot or with a taxi, you proceed toward the highlighted spot on the map. In a short time, you enter your first dark, heavily gated Italian apartment hallway. A few locks later, you are in your new home for the next two or four months. Dropping your bags, you race about taking stock of what is familiar and what is new. Eventually you may notice that the ceiling is much higher than what you are used to. In the kitchen, note all the appliances are much smaller than their American counterparts. The washer is also small. Oh my, you think as you dash off to find the bathroom. Yes, sink, toilet and bathtub; all seem to be the right size.

You stumble about a little longer, find your miniaturized bed and fall onto it. Now, do you fall asleep or stay awake like you are supposed to, so you can more easily fit into your new life in this time zone?

If you stay awake, you go back out on the streets, unencumbered by luggage, to check out your neighborhood. Take your address with you! Congratulations!

You made it.

This is Rome. You will eventually find the miniaturized supermarket in your neighborhood with its miniaturized inventory. Portions, boxes, everything will be sold in a kind of convenience-store product scale, except for the beverages, especially the bottled water, which Italians consume in huge quantities.

Many of you will feel big and slow for a while. Rome is fast. If you are Roman, you move with purpose. Tourists lumber. As you become an inhabitant of Rome, you will learn to walk with purpose. Romans walk a lot, and they move quickly. They do this on cobblestones so hard that many of you will experience pain in your shins, ankles and feet for the first few weeks. But speed is half the game. Swift traffic of every imaginable sort dodges, weaves and swerves around pedestrians, often all vying for the use of the same space. Simply walking in Rome at first demands the kind of care and attention one usually reserves for playing a sport. You may even master the turning-sideways-at-a-full-gait-to-pass-through-oncoming-pedestrians move. Again, after a while, it will seem commonplace for you to take an evening stroll in a state of high alert.

As you begin to enter small shops or go to your first restaurant, you will notice that the space issue again rears its head. Those days of ambling through the jumbo-sized aisles of Hy-Vee without looking where you are going are over. An Italian shopkeeper views a large group of Americans entering his store with the kind of dread we have for a tornado warning. He knows disaster is going to strike, but where?

In a restaurant, you may be seated at a table where, once again, you need to eat with elbows in, lest you want to bang into those people who are theoretically seated at the table next to you. They will be engaged in an animated discussion or argument, impervious to your existence, 14 inches away. If the fellow next to you is having spaghetti Bolognese, wear a napkin. This is the way of the city.

You will also be using public transportation in Rome. It is quite similar to systems in other big cities. During rush hours you will be crammed so close to strangers that not talking to them seems rude since so many of your body parts are in contact. But as in the restaurant, this is typical of cities. Just make sure that your fellow commuters' hands are not in your pockets.

In the next few months, you will accrue a hundred new stories about your new compressed life in this vital city. There will be times when it seems you have had enough. You will miss the liberating sensation of having so much space of your own, but you will return soon enough to your world in Iowa. After a couple of weeks back home, however, most of you will again feel a twinge of yearning for that concentrated, frenetic life in Rome.

Preparing to Return Home



photo: Erin French



photo: Brett Bacon



photo: Jessica Hibbs

Coping with Re-entry

from the ISU Student Handbook produced by the ISU Study Abroad Center

- Just as you will have to brace yourself for a period of psychological disorientation when you leave the U.S., you should know that after your time abroad you might also have to prepare yourself for a parallel period of readjustment when you return home.
- Before you return home, prepare yourself for the adjustment by connecting with family and friends. Also, find out what's happening in the U.S. Stations such as CNN are available worldwide, and many newspapers (including the ISU Daily) are available online.
- It takes time to get used to being back home, and it can be quite stressful. Do not try to jump back into your old life. If possible, give yourself a few "transitional" days to relax and reflect before returning to a busy schedule.
- Acknowledge re-entry as a part of your overseas experience. It is easier to deal with the mood swings that often accompany reverse culture shock if you are aware that it is normal to have these feelings. Almost all returnees experience some adjustment difficulties.
- Situation: You may feel confused, especially during the first few weeks after your return, because the values, attitudes and lifestyles you learned while abroad conflict with those back home.

Recommendation: Differences in cultural patterns require time to explore and understand. Take time to evaluate both cultural perspectives before deciding on your preferences and integrating them into your lifestyle.

- Situation: Family and friends at home may not seem interested in hearing about your experiences abroad.

Recommendation: Realize that they may be adjusting to changes that have taken place in you. They may never have had an experience comparable to yours and so may have difficulty relating to it. Be patient and seek out other returnees who can help put your experience in perspective.

- Situation: Friends and family may treat you as the same person you were before you left, without recognizing the changes you have been through. As a result of these changes, however, you feel a need for new or modified personal relationships that acknowledge the new dimensions of your personality.

Recommendation: Remember that your friends and family may not have been expecting you to change. They may be uncertain about how you feel and how you have grown. Discuss your feelings with them and try to encourage positive changes in old relationships. Also, seek out new friends who are compatible with who you have become.

Additional Re-entry Adjustment Advice

- If you do find that you are experiencing a great deal of stress, practice stress management techniques: exercise, maintain a healthy diet, get plenty of rest, etc.
- Keep a journal. This will help you make sense out of what you are feeling, how you have changed, and what you have gained from your time abroad.
- Keep in contact with the friends you made in your host country through phone calls, letters, e-mail, etc.
- Continue to explore the new hobbies and interests you developed abroad. Look for ways to use new skills you may have acquired in your host country. Integrate the new you with the old.
- Find ways to share your experience with others. Make yourself available to advise other students who will be studying abroad in your host country, and befriend exchange students from your host country. Remember that they are going through the same process of culture shock and adjustment that you did while abroad. You can learn a lot from one another and help each other in the process. Join clubs or organizations that have ties to your host country or that have an international focus.
- If you find that you miss your host country, see films, eat food, and listen to music, etc., from that country. Also, look at your photo albums and reread your travel journal.
- Remember the importance of having a support system. It is particularly helpful to form a support group of people who have been through similar experiences. Get together regularly and discuss your time spent abroad and your feelings about being back home. If you still find you are having a great deal of difficulty, seek help for a counselor, psychologist, or study abroad adviser knowledgeable in this area.
- Plan to use your experience abroad as a marketable skill. Transferable skills include working with diverse work teams, demonstrating flexibility, solving problems creatively, dealing well with change, taking initiative, willingness to take risks, demonstrating sensitivity to people from other cultural backgrounds, willingness to travel.
- Be patient! Re-entry may take some time, but most returnees find the process to be a valuable experience leading to personal growth and increased self-knowledge.

Possible Outcomes of an International Experience

Skills

- Establish rapport quickly
- Function with a high level of ambiguity
- Achieve goals despite obstacles
- Take initiative and take risks
- Time-management skills
- Identify problems and utilize available resources to solve the problems
- Accept responsibility
- Communicate despite barriers
- Learn quickly
- Handle difficult situations
- Handle stress
- Lead others in formal and/or informal groups
- Conduct research despite language and culture differences
- Cope with rejection
- Adapt to new environments
- Understand an organization's culture
- Learn through listening and observing

Qualities

- Self-reliance
- High level of energy
- Enthusiasm
- Appreciation of diversity
- Perseverance
- Flexibility
- Tolerance
- Open-mindedness

Recommended Readings & Films



photo: Andrew Jensen



photo: Paula Curran



photo: Brett Bacon

Readings

History of Italy

- *Italy: A Short History*, Harry Hearder and Jonathan Morris
- *A Concise History of Italy*, Christopher Duggan

History of the City of Rome

- *Rome: The Biography of a City*, Christopher Hibbert
- *The Ancient Roman City*, John E. Stambaugh
- *The Civilization of the Renaissance in Italy*, Jacob Burckhardt

Italian Artists

- *The Lives of the Artists*, Giorgio Vasari
- *Bernini*, Howard Hibbard
- *Caravaggio*, Catherine Puglisi

American Visitors in Italy

- *The Marble Faun*, Nathaniel Hawthorne
- *Collected Travel Writings: The Continent*, Henry James
- *The Smiles of Rome: A Literary Companion for Readers & Travelers*, Susan Cahill

The Cenci Family and the Myth of Beatrice

- *The Cenci*, Percy Bysshe Shelley

Historical Fiction

- *Pompeii: A Novel*, Robert Harris
- *Memoirs of Hadrian*, Marguerite Yourcenar and Grace Frick
- *The Silver Pigs: A Detective Novel of Ancient Rome*, Lindsey Davis
- *The Name of the Rose*, Umberto Eco
- *The Agony and the Ecstasy: A Biographical Novel of Michelangelo*, Irving Stone
- *Death in Venice*, Thomas Mann
- *Death at La Fenice*, Donna Leon
- *The Heart of Rome: A Tale of the "Lost Water,"* F. Marion Crawford

Travel Writing

- *Italian Journey*, Johann Wolfgang Von Goethe
- *Rome and a Villa*, Eleanor Clark
- *One Hundred and One Beautiful Small Towns of Italy*, Paolo Lazzarin
- *The World of Venice (revised edition)*, Jan Morris
- *The City of Falling Angels*, John Berendt

Fiction and Non-fiction

- *Bella Tuscany* and *Under the Tuscan Sun*, Frances Mayes
- *The Birth of Venus*, Sarah Dunant
- *The New Italians*, Charles Richards
- *Pass the Polenta: and Other Writings from the Kitchen*, Teresa Lust
- *The Stones of Florence*, Mary McCarthy
- *A Thousand Days in Venice: An Unexpected Romance*, Marlena de Blasi
- *Without Reservations: the Travels of an Independent Woman*, Alice Steinbach

Guidebooks

- *Blue Guide Rome*, Alta MacAdam
- *Let's Go Italy*
- *Rick Steves' Rome*, Rick Steves
- *Rome Eyewitness Travel Guide*, DK Publishing
- *Rome: An Oxford Archaeological Guide*, Claridge, Toms, and Cubberley
- *Streetwise Rome*, Michael Brown
- *City Secrets: Rome*, Robert Kahn, Angela Hederman, and Pablo Conrad

Films

Imperial Rome

- *Ben Hur*, William Wyler
- *Cleopatra*, Joseph L Mankiewicz
- *I, Claudius*, Herbert Wise
- *Spartacus*, Stanley Kubrick, director
- *Titus*, Julie Taymor

Medieval/Renaissance/Ottocento

- *The Agony and the Ecstasy*, Carol Reed
- *Casanova*, Lasse Hallstrom
- *The Merchant of Venice*, Michael Radford
- *The Name of the Rose*, Jean-Jacques Annaud

Rinascimento

- *Death in Venice*, Luchino Visconti
- *The Leopard*, Luchino Visconti
- *1900*, Bernardo Bertolucci
- *A Room With a View*, James Ivory

Fascism

- *The Garden of the Finzi Continis*, Vittorio De Sica
- *Night of the Shooting Stars*, Paolo and Vittorio Taviani
- *Open City*, Roberto Rossellini
- *A Special Day*, Ettore Scola
- *Tea with Mussolini*, Franco Zeffirelli

Neo-Realism

- *Accatone*, Pier Paolo Pasolini
- *The Bicycle Thief*, Vittorio De Sica
- *Open City*, Roberto Rossellini
- *Umberto D.*, Vittorio De Sica

The Fifties

- *Cinema Paradiso*, Giuseppe Tornatore
- *Il Postino*, Michael Radford
- *Roman Holiday*, William Wyler
- *The Talented Mr. Ripley*, Anthony Minghella
- *I Vitelloni*, Federico Fellini

The Sixties

- *Contempt*, Jean-Luc Godard
- *La Dolce Vita*, Federico Fellini
- *Fellini's Roma*, Federico Fellini
- *The Shoes of the Fisherman*, Michael Anderson

Italia Oggi

- *The Belly of an Architect*, Peter Greenaway
- *Beseiged*, Bernardo Bertolucci
- *Bread and Tulips*, Silvio Soldini
- *The Comfort of Strangers*, Paul Schrader
- *The Embalmer*, Matteo Garrone
- *Johnny Stecchino*, Roberto Benigni

Contact Information



photo: Erin French



photo: Paula Curran



photo: Jessica Hibbs

Studio at Palazzo Cenci-Bolognetti

Address: Iowa State University Rome Program
Piazza delle Cinque Scole 23, int. 3
00186 Rome, Italy

Telephone: 06.6880.8552

Fax: 06.99.701.351
Dialing prefix from U.S.: 011.39/from Europe: 39

Mail: All mail should be sent to the studio address. You will be unable to receive mail directly at your apartment.

Housing Office

Address: Vicolo di Santa Maria in Cappella, 6
00153 Rome, Italy

Telephone: 06.5809.333
Dialing prefix from U.S.: 011.39/from Europe: 39

Taxi directions: Vicolo Santa Maria in Cappella, 6 (Casa di Riposa di Santa Francesca Romana)
Sta a l'angolo di Via Pietro Piretti e Via A. Jondolo.

Embassy of the United States of America

Address: Via Vittorio Veneto, 119/A
00187 Rome, Italy

Telephone: 06.4674.1 (switchboard)

Fax: 06.4674.2356
Dialing prefix from U.S.: 011.39/from Europe: 39

Website: italy.usembassy.gov

Italian Emergency Contacts

Police (general emergency): 113 Carabinieri: 112

Ambulance: 118 Fire: 115

Phrases: Hello, my name is... /Pronto, mi chiamo...

I live in Via... /Abito in Via...

My phone number is... /Il mio numero di telefono è...

Please come immediately... /Venite subito per favore...

I would like an ambulance... /Vorrei un'ambulanza...

Someone fell... /Qualcuno è caduto...

Some is sick... /Qualcuno sta male...

Someone has been poisoned... /Qualcuno è stato avvelenato...

Someone is bleeding... /Qualcuno sta perdendo sangue...

Someone broke his leg/arm... /Qualcuno si è rotto la gamba/il braccio...

Send a fire unit... /Mandate una squadra...

There's a fire in the house... /C'è un incendio in casa mia...

Send a squad car... /Mandata una volante...

There's a thief... /C'è un ladro...

There's a robbery going on... /C'è un furto in corso...

There's a strange man/woman around here... /C'è un uomo strano/una donna strana in giro...

ISU Emergency Contacts

ISU Police (24/7): 001.515.294.4428

Study Abroad Center: 001.515.294.6792

Erin French: 001.515.294.7153

The numbers above include the correct dialing prefix to call them from Rome.

If you need to call someone at ISU from Rome, remember they will be seven hours behind you. For instance, if it is 7 p.m. in Rome, it is noon in Ames.

Conclusion



photo: Brett Bacon



photo: Katie Galasso



photo: Erin French

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Nondiscrimination Statement

Iowa State University does not discriminate on the basis of race, color, age, religion, national origin, sexual orientation, gender identity, sex, marital status, disability, or status as a U.S. veteran. Inquiries may be directed to the Director of Equal Opportunity and Diversity, 3680 Beardshear Hall, 515.294.7612.

Rome Program Online

Information about the Rome Program can be found online at www.design.iastate.edu/ROME and by searching at isuabroad.iastate.edu. This handbook is available online at www.design.iastate.edu/ROME/studenthandbook.php.

Information Accuracy

The information presented in this handbook is accurate as of December 2010. Many items included are subject to change, and students should double check information rather than relying solely on this handbook. Inaccuracies should be brought to the attention of Erin French.

