

# italian culture

## PARLA ITALIANO

Learning a new language can be hard, but the best thing you can do is practice. Here are some basic phrases to get you started:

Italian Word	Pronunciation	Meaning
Ciao	chow	Hi/Bye
Grazie	GROT-zee-ay	Thank you
Prego	PREH-go	You're welcome
Scusa	SCOO-uh	Excuse me
Permesso	per-MAY-so	Let me get through
Mi chiamo...	Mee key-AH-mo...	My name is...
Piacere	pee-ah-CHAIR-ay	Nice to meet you
Come ti chiami?	CO-may tee key-AH-mee	What is your name?
Parli inglese?	PAR-lee in-GLAY-say	Do you speak English?
Non parlo italiano.	known PAR-low it-al-ee-A-no	I do not speak Italian
Vorrei...	vor-RAY	I would like...
Dov'è...?	DOE-vay	Where is...?
Quanto costa?	Quanto costa? KWON-to KO-stah	How much does it cost?

## VIVI ALL'ITALIANA

### TIDBITS ON ITALIAN LIVING

- Don't go outside with wet hair. Most Italians believe this is bad for your health, and you will be stared at by all and yelled at by every Italian *nonna* you see. Never leave your apartment without blowdrying your hair and save yourself some grief.
- Dress nicely- Italians dress nicely, even to go to the gym or grocery store. It is a form of respect for yourself and those around you. Don't wear sweatpants or gym clothes when you're out and about, and embrace the opportunity to hone your fashion sense!
- No flip-flops- these are beach shoes, not everyday footwear
- Cover your neck- in winter, and even spring when it's chilly, it's best to wear a scarf and cover your neck.
- *Pausa*- During the day, usually from 2pm until 4 or 5pm, many shops, supermarkets, and other businesses are closed. While this may seem frustrating, it is best to embrace the slow pace of life in Italy and work around the schedule.

- Most businesses are also closed on Sunday.
- The sense of time in Italy is very different than in the United States. Italians are not in a fret to get from one place or another. They value spending time with each other over being punctual. People walk slower, “being late” has a different reference point, and it could take you more than twice the amount of time to complete any chore. Embrace the slower pace of life and enjoy the chance to soak up a more relaxed lifestyle.

## rome top 10’s

### Top 10 ways to look like a tourist

#### **BELIEVING WHAT THE STREET VENDORS TELL YOU**

There’s always a catch; free roses aren’t really free, and sometimes even taking pictures can cost you some money.

#### **BEING LOUD IN PUBLIC**

A group of Americans can really stick out. Italians are generally not boisterous in public, especially on public transportation. Therefore, PLEASE do not yell across a room, in the grocery store, etc. and be aware of your volume, especially on the bus/metro.

#### **GETTING PICK-POCKETED**

Don’t get so caught up in the exciting things around you that you stop looking out for yourself. Girls, wear your purse with the zipper to the front, and guys, wear your wallet/money clip in your front pocket.

#### **HESITATING WHEN CROSSING THE STREET**

It may seem weird that people just walk into oncoming traffic, but you can do it too. When you make a decision to go, walk at a steady and confident pace.

#### **GOING ANYWHERE WITHOUT YOUR BUS/METRO PASS**

You don’t always have to show the pass, but if you’re caught without it, it will cost you 50€

#### **REFUSING TO SPEAK ITALIAN**

You will not be fluent after a few days or weeks, but even the tiniest effort will communicate to people around you that you care enough to try. You can do it!

#### **PAYING FULL PRICE ON THE STREET**

Go ahead and haggle. Every street vendor has the same knock-off junk.

#### **NOT BEING ABLE TO GET OFF A BUS**

If you are getting off at the next stop, move towards the center of the bus (try to get on from the front or back, off in the middle). If people are in your way, firmly say “PERMESSO” and push like you mean it.

#### **GOING AROUND BY YOURSELF**

Especially at night.

#### **GOING LEFT**

If Italians try to *baci* you (kiss you on the cheeks) when you leave, ALWAYS GO RIGHT FIRST. Your mistake could be embarrassing!

## Top 10 Hidden Secrets of Rome

### THROUGH THE AVENTINE KEYHOLE

Up on Aventine Hill there's a wonderful view you'd never know existed. Head to the locked green gates of the Priory of the Knights of Malta and find the ornate keyhole. Look through this keyhole and you will see the impressive dome of St Peter's Basilica standing majestically at the end of a tree-lined avenue. Such a view doesn't stay secret for long so you may have to wait a little for your chance to take a peek – but it's well worth it.

### DOMUS ROMANE DI PALAZZO VALENTINI

Fascinating ancient sights are to be found all over Rome, but the Roman Villas at Domus Romane di Palazzo Valentini, discovered under a 16th century palace, offer a different experience altogether. This clever, original yet lesser-known attraction uses multimedia technology to bring the ancient ruins to life, recreating how the rooms and features would have looked all those years ago. Impressive stuff!

### RIONE MONTI

With a real lived-in feel, the quiet area of Rione Monti, or just 'Monti', is becoming the place to visit for arty shops, quirky markets, and vintage clothes stores. Mercato Monti in particular is an increasingly popular destination for the local Romans to not only shop, but to socialize too. A DJ sets the mood, and an aperitivo can be enjoyed whilst browsing the clothing, bags, and jewelry on offer from the area's young designers and vendors. This cool market can often change locations.

### SAN LUIGI DEI FRANCESI

There's plenty to entertain art lovers in Rome, but the Caravaggio paintings in the church of San Luigi dei Francesi are not to be missed. Telling the story of St. Matthew, Caravaggio's three masterpieces; Calling of St. Matthew, Matthew and the Angel, and Matthew's Martyrdom are thought to be the finest baroque paintings in the world. And they can all be found in this lesser-known church near the Pantheon.

### THE NON-CATHOLIC CEMETERY

If the buzz and busyness of Rome city centre all gets a little too much, take some contemplative time out at the Protestant Cemetery, now known as the 'Non-Catholic Cemetery'. This peaceful spot backs onto the Pyramid of Cestius and is a great place to relax in the afternoon sun. You'll spot a few well-known names on a wander around the tombstones too, like English poets John Keats and Percy Shelley.

### CAT SANCTUARY

Did you know that Rome is home to more than 300 000 cats, most of whom live outdoors? Over the last twenty years many of these strays have taken refuge in the Torre Argentina excavation site, being fed by local residents in the area, it's become their home. In the early 1990s, a cat shelter opened there, where more than 400 cats live, pampered daily by volunteers. The Roman Cat Sanctuary, Largo di Torre Argentina. Open daily from noon until 18:00.

### CHIESA DEL GESÙ

Every afternoon at 5:30pm you must sit down in front of the tomb of St Ignatious of Loyola and see the light and sound show. It lasts only 30 minutes and it is amazing!

#### **SAN LORENZO**

This is THE alternative neighborhood of Rome for everything cultural and everything hip. Cheap bars infested with foreign and Italian students in the afternoon, pop-up sidewalk cafes and *festino*, street parties. It's where the arty and intellectual feel most at home, opposite the Campo dei Fiori. You might say it's Rome's Camden Town. Enjoy Peroni for no more than a Euro. San Lorenzo District, around the piazza Tiburtini, south of Termini Station.

#### **CENTRALE MONTEMARTINI**

This impressive architectural museum was built in a former power plant in Ostiense. It welcome the newest acquisitions from the Capitole Museum. Imagine ancient statues juxtaposed against an industrial backdrop, a striking contrast. Centrale Montemartini, Via Ostiense 106, open Tuesday to Sunday from 9:00 until 19:00.

#### **CHURCH OF ST. IGNATIUS LOYOLA**

This baroque church was the second Jesuit church built in Rome. It's frescos and trompe l'oeilpaintings by Andrea Pozzo in 1685 alone are reason not to miss this. The ceilings give the impression that they're vaulted which is not the case at all because the churchyard neighbours didn't want shade in their garden at the time when the church was built. Church of St. Ignatius Loyola, Via del Caravita 8.

### **Top 10 photo spots you can't miss while in Rome**

You could say "all rolls lead to Rome", although analog photography is becoming more and more abandoned. However, Rome has plenty of spots your camera does not want to miss! Here are our top 10.

#### **GIANICOLO TERRACE**

The Gianicolo hill is one of the most evocative places in Rome. It's not very popular for tourists, because it's not one of Romulus and Remus' seven hills. From its main terrace on Piazza Garibaldi you can see most of the city from above. At your back you will St.Peter's dome, in the Vatican City. Important warning: do not shoot pictures at noon. Why? Because the cannon right below the terrace shoots too! No worries though: it is loaded with blanks.

#### **CASTEL SANT'ANGELO**

Built on the site of Emperor Hadrian's tomb, this castle was the Pope's fortress during the Middle Ages, then a prison, and then a fortress again. Now it is a National Museum, and inside its walls you can explore a small medieval village. Climb to the top for a great view over the castle itself, the Tiber river, the Vatican, and most of the city. It's also a great place to watch a sunset!

#### **APPIA ANTICA**

Off the tourist loop, the Appian Way starts from the Baths of Caracalla and is still made of the original Roman pavement. On Sundays it is a pedestrian area, and you can walk or ride your bike for miles. You will find forgotten remains of the Roman age as well as aqueducts and.. herds! Yep – did you know that Rome is the European city with the biggest countryside?

#### **EX MATTATOIO DI TESTACCIO**

The former slaughterhouse lies between river Tiber and the popular neighborhood of Testaccio by a hill entirely made of remains from the Roman age (basically an ancient dump). The Mattatorio has been renovaded and now hosts the department of Architecture of the Università di Roma Tre,

the MACRO Museum of Contemporary Art, the Città dell'Altra Economia (conference hall and market of local and organic products), and a community center. Still, the original hooks and rails remain! Diversity is one of the key words for this spot of the city. You can even climb a temporary bamboo building that will let you see everything from a new perspective!

#### **IL QUARTIERE OSTIENSE**

The Ostiense district is probably one of the most interesting parts of the contemporary city. It includes the Pyramid of Cestius, the Non-Catholic Monumental Cemetery, the industrial sector from the twentieth century, the former powerhouse Montemartini (now a museum), and the complex of the gasometers. Today it is an important center for culture and sciences and hosts the main campuses of the Università degli Studi di Roma Tre, one of the public universities of Rome. Street art and graffiti cover many of its walls and buildings.

#### **GARBATELLA**

Built in the 1910s in the style of the British garden cities, this neighborhood has never stopped vibrating. Garbatella is populated by both elderly people and youngsters, and offers interesting community spaces in its housing complexes- a farmer's market, two theaters, movies, many community centers, activities and events throughout the year. You won't find two buildings that look alike- some are designed according to a unique style called barocchetto romano, and others are neoclassical. Many gardens and pine trees coincide with other unique characteristics in the streets.

#### **EUR**

This acronym stands for "Esposizione Universale Roma," the International Exhibition that was supposed to be hosted in Rome in 1942. World War II never allowed this event to take place, but it had already been planned and partially built when the conflict started. Rationalism and neoclassicism were forced under the principles of the fascist dictatorship. In the past decades the EUR has evolved and has always hosted the busiest workers and the most innovative architecture in Rome.

#### **MUSEO MAXXI AND AUDITORIUM PARCO DELLA MUSICA**

The Flaminio neighborhood has changed its face in the past decade, especially thanks to the museum of contemporary art MAXXI and the Auditorium, planned by architects Zaha Hadid and Renzo Piano respectively. Unusual lights and shapes for a city like Rome? Only for those who do not know it enough!

#### **STADIO OLIMPICO E FORO ITALICO**

The Olympic stadium was renovated on the occasion of the FIFA World Cup in 1990, and again in the late 2000s. It lies in the area of the Foro Italico, the sport district planned and built under Mussolini's regime. The contrast of white marble and shady areas create a magical environment for photographers like you.

#### **RAMPA PRENESTINA E FORTE PRENESTINO**

This is an urban art spot. Rampa Prenestina was originally used as a ramp to access the storehouses for the film studio of Cinecittà. Abandoned during the 80s, it has become one of the main spontaneous museums of street and urban art in Rome. In the early 2000s, it hosted a festival of street art sponsored by the City of Rome. Not far from the Rampa, Forte Prenestino is a former fort dating back to the second half of the 19th century. For almost 30 years it has been a social center where many artists work and create a huge collection of graffiti, murals, urban art, and street art.

## The Top 10 things every foodie should do in Rome

There are places every foodie should visit, and Rome hosts so many of them! Here are the Top 10 things every foodie should do in Rome. First of all, you need to know how local people would call a foodie: *un amante della buona cucina* (a good cuisine lover), *un buongustaio* (one with good taste), or *una buona forchetta* (a good fork, through this is pretty informal).

### SUPPLÌ SURPRISE

This will be the unexpected delicacy of Rome. Supplì are stuffed rice balls, filled with a ragù sauce and a lot of mozzarella. After a supplì is deep fried, the mozzarella core becomes simply irresistible! You can have a supplì while walking through the streets of Rome or as an appetizer before you order a pizza or a calzone. But remember: you can only find them in Rome. Some of the best supplì can be found in the neighborhood of Trastevere – via di San Francesco a Ripa 137.

### THE ROMAN TRADITION: PASTA ALLA GRICIA AND CORATELLA

You should know that Roman cuisine has poor roots, but this does not mean food has a lower quality or a bad taste. For more than a thousand years, the subjects of the Papal States were allowed not much more than the wastes of the higher food supplies, reserved for the papal court and the aristocracy. As a consequence, many of the recipes have ingredients such as cheek lard (*pasta alla gricia*), bacon (*pasta alla carbonara*), bacon rind (*fagioli con le cotiche*, a bean soup), tripe (*trippa alla romana*), as well as pork and lamb entrails. *Coratella*, a second course made with lamb heart and lungs, is a must: first taste it, it is worth not being too picky! Good, typical Roman *trattorie* can be found in the neighborhoods of Garbatella (La Nuova Cantinetta), San Lorenzo (Trattoria da Marcello), and Trastevere (Trattoria da Augusto).

### JEWISH CUISINE BETWEEN ARTICHOKE AND SWEETS

The Jewish neighborhood, formerly the Roman ghetto, still has a strong cultural identity, which is also reflected in its food. Around the Portico di Ottavia you can sit down and have a typical Roman Jewish meal: you do not want to miss the *carciofi alla giudia* (deep fried artichokes – Jewish-Roman style). After lunch (or dinner, of course!) you might go for a walk throughout the ghetto and have a biscuit or a slice of pie at Pasticceria Boccione (via del Portico d'Ottavia 1) where you will find some unknown Roman traditions in terms of sweets: old recipes made with ricotta, nuts, honey, spices, jam, chocolate, and sour cherries!

### GELATO: NOT ALL THAT GLITTERS IS GOLD

It might not be surprising that there is a gelateria on every block in Rome. But you should not trust the tourist shops- a good gelato has no shocking colors and does not overflow its bowl! Suggestions: Fior di Luna (Trastevere), Gelateria del Teatro (by Piazza Navona), Fata Morgana (San Lorenzo), Danielgelo (by St.Paul's Basilica), and Giolitti (near the Pantheon).

### PIZZA AL TAGLIO AT FORNO CAMPO DE' FIORI

Hey, foodie! You still there? Go try the pizza-to-go from the bakery shop (forno) of Campo de' Fiori. We recommend *Pizza rossa*: tomato sauce and extra virgin olive oil – the simpler the better!

### SICILIAN SWEETS

Although this is not local, it definitely deserves a spot in our Top 10! It's not hard to find Sicilian pastries made with ingredients shipped everyday from Palermo and Catania: cannoli, cassate, and brioche. You should try them at Pasticceria Mizzica (La Sapienza university area – Piazza Bologna) or I Dolci di Nonna Vincenza (city center).

### FILETTO DI BACCALÀ

The original fried codfish is another must, and it can be only found in Largo dei Librari (between Campo de' Fiori and the Jewish neighborhood).

### PIZZA (TONDA) ROMANA

*Tonda* means round, and you will want to have this entire pizza-in-the-round for dinner. Just sit down at a pizzeria (Baffetto, Ivo a Trastevere, La Montecarlo). Unlike Neapolitan pizza (and the Chicagoan one, of course!), Roman pizza is very thin. Fiori di zucca, margherita, and capricciosa are only some of the many you can order.

### THE ULTIMATE FRONTIER: A COUPLE OF GOURMET RESTAURANTS

Once you are done with all the rest, dear foodie, you might want to check out how tradition meets innovations at Ristorante Spirito Divino and Enoteca Ristorante Il Bacocco, both in the area of Trastevere. You will find old tastes from the Roman age as well as new combinations you would

## exploring rome

### Eating out in Rome

#### BAR

A place to get sandwiches and coffee drinks. They do usually serve alcohol, but it's mostly coffee and snacks.

Go first to the cash register and pay. They will give you a receipt to take to the bar. You might need to be a little aggressive if there's a crowd. It helps to hold the receipt up a little so the barrista can see it

You will usually have to pay an extra fee to sit down, especially in the center.

### Coffee Cheat Sheet

**Caffé** = a small shot of espresso, meant to be taken quickly.

**Cappuccino** = espresso plus milk with foam on top - Italians don't drink this in the evening

**Caffé macchiato** = shot of espresso with a "mark" of milk.

**Caffé latte** = a medium sized glass of hot milk with a little bit of caffè.

**Caffé latte freddo** = cold version of the above; like a frappuccino (only available in the summer)

**Latte** = Don't order like at Starbucks or you'll get a glass of plain milk.

Altre bevande (Other drinks)

**Ciocolata calda** = Hot chocolate.

**Succo di frutta** = Fruit juice. Arancia (orange), arancia rossa (red orange), pera (pear), mela (apple), pesca (peach).

**Té caldo** (tay CAHL-do) = Hot tea - they may let you choose the flavor

**Cornetti** (like a crossant) are a typical Italian breakfast treat. Choose from flavors such as *Ciocolato* (chocolate), *Marmelada* (jam, usually apricot), *Crema* (cream filling), *Integrale* (whole wheat), *Miele* (honey), *Simplice* (plain)

Best espresso in Rome: Café Sant'Eustachio near the Pantheon. It's no secret that Italians love their coffee. So the café serving the best coffee in Rome is no secret to the locals either. But it's a real find if you're a tourist. Sant'Eustachio sits between the Pantheon and Piazza Navona, and its espressos are quite simply out of this world. So out of this world, in fact, that the recipe remains closely guarded – to the point the baristas are even hidden away behind screens so you can't see how they make it!

#### RESTAURANTS AND TRATTORIE

Don't tip. Waiters are paid a full wage and don't expect tips. Most Italians just round up to the nearest dollar. If they're trying to get you to pay, they're just trying to take advantage of you.

#### A little advice...

Make sure you account for the cost of drinks; there is no tap water. If you want water without bubbles, ask for *acqua senza gas* or *naturale*.

If they bring food you didn't order, send it back. Or pay the hefty bill at the end!

There is often a bread charge regardless of whether or not you actually eat it.

A "coperto" is a sort of tax/tip. If this is on the bill you don't need to pay ANY tip.

When you are ready for the bill, you must ask for it: "Il conto, per favore!"

Restaurant recommendations in Rome (average 15/28 euros per person for a full meal):

- La Vacca Mbriaca- Via Urbana 29
- Il Bocconcino- Via Ostilia 23 near Colosseo
- Il Corallo- Via del Corallo 10 near Piazza Navona (great pasta and pizza!)
- Il Margutta- Via Margutta near Spanish Steps (Mediterranean/Vegetarian only at lunch)
- Antico Forno- Via Amerigo Vespucci, 28 in Testaccio (real Roman food!)
- Osteria Zi Mberto-. Piazza San Giovanni della malva, 14 in Trastevere
- Mama Eat- Via San Cosimato 7 in Trastevere
- Insalata Ricca- salad bar in Trastevere, Via Giulio Santini 12 (cheap !)

Also, go to the Jewish area called "Ghetto;" it's only 10 minutes from Trastevere. Restaurant in this area are a bit more expensive than Trastevere, but it's really worth it, so try to go at least once! If you go there, make sure you book a table for lunch or dinner at GIGETTO AL PORTICO D'OTTAVIA (It's a little expensive, like 30EUR per person, but so worth it!) or at BAGHETTO restaurant for the best Roman Jewish food!



## PIZZA

Pizza al taglio (“pizza by the cut,” pay by weight)

Point to what you want (questa = this one)

More = piu’ (pyoo), less = meno (MAY-no)

Scaldo/calda? = Heated up?

Porta via = take away (wrapped up)

Mangia subito = eat it right now

Also try a supplì (soo-PLLEE)! They’re a Roman specialty (magical cheesy rice balls breaded and fried!)

There are two kinds of round pizza that you can find in Italy: Roman and Napolitano. The Roman pizza is paper thin, while the Napolitano pizza has a thicker crust.

## APERITIVO

The aperitivo is one of the hidden secrets of Italian cuisine. An aperitivo is done before dinner (between 6.30 and 8.30) and includes a drink and some food. Depending on the place, this can range from finger foods to a large spread of various dishes. You pay a set price for the drink and food, and it’s usually a very good deal.

A typical aperitivo drink is a Spritz- Soda, prosecco/ sparkling white wine, and usually Campari (a type of bitters)

Nice bars for aperitivo:

- Bar dell Pace- near Piazza Navona (No buffet)
- Freni e Frizioni- Trastevere
- Baylon Café- Via San Francesco a Ripa Trastevere
- Bar San Callisto- the cheapest bar in Trastevere! It’s in piazza San Callisto, and it is very popular among Italian students and International students (No buffet)

## PASTICCERIE

This is like a bakery, with many pastries and sweets. Remember that Italian sweets are not as sweet as you might be used to and many contain a bit of alcohol.

## GELATERIA

How to Order Gelato

Cono = cone

Coppa = cup

Piccolo/piccola = small

Medio/media = medium

Grande = large

You can ask the gelato scooper, “Quanti gusti?” = how many flavors

They will ask, “Panna?” (which means “Do you want Whipped Cream?”) you can answer *Si* or *No*.

## GLUTEN FREE CAFÉS AND RESTAURANTS

### **Stazione Termini – Nazionale – Cavour – Colosseo**

- Taverna Barberini, via delle Quattro Fontane 160, 06 488 36 19 – 333 18 88 679

### **Piazzale Flaminio – Piazza del Popolo**

- Tramvì, via Flaminia 82, 06 326 00 432

- La Penna d'Oca, via della Penna 53, 06 320 28 98

- Ristorante AdHoc, via di Ripetta 43, 06 323 30 40

### **Prati – Musei Vaticani**

- Renovatio – La Soffita, Piazza Risorgimento 46a (ang. via Crescenzo), 06 688 92 977

### **Via Veneto – Porta Pinciana**

- Alex Cafè, via V.Veneto 20, 06 482 36 18 (€€!)

- Il Piccolo Mondo, via Aurora 39, 06 420 16 034

### **Circo Massimo - Aventino**

- Il Giardino degli Aranci, via si San Teodoro 48, 06 679 88 66 (Roof Garden - €€€!)

### **Centro Storico**

- Caffè Universale, via delle Coppelle 16a, 06 683 92 065

- Pantharei, via della Minerva 18, 06 890 21 922

### **Piazza Venezia – Largo Argentina – Campo de' Fiori**

- Ristorante Bibliothè, via Celsa 4, 06 678 14 27

- Voglia di Pizza, via dei Giubbonari 33, 06 687 52 93

### **Trastevere**

- Mama Eat, via San Cosimato 7, 06 580 62 22

- Da I Sandri, via Roma Libera / Piazza San Cosimato 19, 06 581 64 69 – 393 034 91 23

- Tulipano Nero, via Roma Libera 15, 06 580 61 28

### **Piazza Bologna – Università La Sapienza**

- Ristorante Pizzeria La Mimosa Fiorita, via Bari 11a, 06 442 91 958

### **San Giovanni**

- Ore 20, via Magna Grecia 2, 06 648 21 313

### **Ostiense**

- Le Bistrot, via delle Sette Chiese 160, 06 512 89 91

## Shopping in Rome

Rome is no doubt one of the main centers for shopping in Italy, and the numerous districts provide a shopper's paradise. Whether you are looking for high fashion, antiques, furniture, or home accessories, Rome will provide you with a huge choice. You can even admire the wonderful monuments, statues, and fountains as you shop downtown!

### MAIN SHOPPING DISTRICTS

- **Pantheon and Via del Governo Vecchio**- Via del Governo Vecchio is full of many secondhand clothing shops, ideal places to pick up some real fashion bargains, including jewelry. There are also many more traditional, chic boutiques. In May and October, these narrow streets are lit by torches after dark, and shops stay open late for the antiques fair. Nearby Via del Monsarrato and Via Giulia have many art galleries and antique shops.
- **Via Cola di Rienzo**- Via Cola di Rienzo is a long, straight avenue between Piazza del Popolo and the Vatican. You can find shops selling clothing, houseware, gourmet foods, books, shoes, bags, and even coins. The street is always full of traffic, so it is easiest to walk down one side and up the other, rather than crossing frequently.
- **Via del Corso**- Via del Corso is home to a range of fashion stores mostly aimed at younger customers, and clothes are reasonable priced in most cases. Resembling a shopping mall, this street attracts crowds of both Romans and tourists. Shops sell jeans, sporting equipment, clothing, accessories, antiques, and general houseware.. Nearby you can find antique stores, many restaurants, and trendy cafés.
- **Piazza Colonna and Piazza Barberini**- With a large department store (Rinascente), a bookstore, boutiques, and shops selling shoes, bags, classic clothing, leather goods, and numerous other items, Piazza Colonna and Piazza Barberini are very popular commercial areas.
- **Centri commerciali (shopping malls):**
  - Centro Commerciale Parco Leonardo- Viale Bramante, Fiumicino (Rome)  
How to get there: Take the train that goes to Fiumicino from Piramide Station (Line B Metro stop). It will take you about 20 minutes. Tickets cost 1,90 €
  - Cinecittà Due- Via Palmiro Togliatti, 2 (Cinecittà area)  
How to get there: Take the subway (Line A- direction Anagnina) and get off at either the Subaugusta or Cinecittà stops.
  - Forum Termini (Termini Station)
  - Centro Commerciale Anagnina- Via Torre di Mezzavia (Anagnina Are)  
How to get there: Take the subway (Line A- direction Anagnina) and get off at the last stop (Anagnina)

## Music in Rome

### **AUDITORIUM PARCO DELLA MUSICA**

Viale Pietro de Coubertin (off Viale Tiziano- Bus 910 from Termini Station)

[www.auditorium.com](http://www.auditorium.com)

Ever since 2002, the Auditorium Parco dell Musica has become a consolidated reality on the cultural scene of both the city of Rome and the entire country, a resounding success in terms of the quality of its programs and the consistently high audience turnout. The facilities concerts of symphonic and chamber music are intertwined with the most varied and versatile of concert programming, from jazz to pop, to rock, world music, and beyond; as well as film premiers, stage plays, art exhibits, and literary performances. The festivals and other events have fast become “must sees” on the cultural calendar, while the auditorium’s halls host more and more fashion shows, conferences, conventions, and meetings at an institutional level.

### **TEATRO DELL'OPERA**

Piazza Beniamino Gigli, 7 (Repubblica Metro stop- Line A)

[www.operaroma.it](http://www.operaroma.it)

Also known as the Teatro Costanzi, Rome’s most important theatre is an attractive Opera House, which puts on extravagant opera productions, interspersed with ballets. The Teatro dell’Opera has its own orchestra and ballet company, both of a high standard. Such artistic creativity has left the Teatro with an enormous number of documents and testimonials on its hands which now, after a long reorganization, have been opened up to the public. The outdoor theatre at the Baths of Caracalla, with the Roman ruins as a backdrop, is the venue for the opera company’s summertime presentations in Rome.

### **SAINT PAUL'S WITHIN THE WALLS**

Via Napoli, 58 (Repubblica Metro stop- Line A)

[www.stpaulsrome.it](http://www.stpaulsrome.it)

St Paul’s Within the Walls American Episcopal Church of Rome, built in 1873, was the first non-Roman Catholic church to be built inside the walls of Rome. It now houses a multi-ethnic, multi-cultural congregation and is the home of the Joel Nafuma Refugee Center. The present repertoire of sacred and liturgical music of this church is of a notable breadth and variety. Within it can be found Gregorian chant, chorales of Lutheran origin, original English compositions of various periods, new American compositions, spirituals, and much else. The community of St Paul’s is made up of many different nationalities (from Africa, Europe, North and South America), all influenced by different traditions: in the choir of St Paul’s a wide range of music is sung, with the aim of representing the many different facets of the unique congregation.

### **ALEXANDERPLATZ JAZZ CLUB**

Via Ostia, 9 (St. Peter’s- Vatican Area)

[www.alexanderplatz.it](http://www.alexanderplatz.it)

A historical club of the city, Alexanderplatz is known to the public for its intense concert activity that has also been a player in important jazz festivals. Alexanderplatz is characterized by a warm and Mitteleuropean environment and for the unique marks of the signatures and graffiti on the club’s wall by the most prestigious international jazz artists. The club offers a kind and professional service, an international cuisine, with a strong Mediterranean flavor and an excellent

American bar. Consistently with the uniting spirit of music, Alexanderplatz has always looked for a fine balance in between quality and price.

#### **BIG MAMA**

Vicolo San Francesco a Ripa 18 (Trastevere area)  
[www.bigmama.it](http://www.bigmama.it)

Ever since 1984, Big Mama has been considered one of the best places to listen to live music in Rome. Better known as “Home of the Blues in Rome,” Big Mama offers daily jazz, rock, ethno, and blues concerts.

#### **GREGORY’S JAZZ CLUB**

Via Gregoriana, 54a (Spanish Steps area)  
[www.gregorysjazz.com](http://www.gregorysjazz.com)

For over ten years, the shows at Gregory’s Jazz Club have satisfied the most refined palates of jazz lovers. The impressive concert hall on the upper level will strike you with its intimate environment. The lights, the sofas, and, most importantly, the perfect acoustics are the ingredients that , along with the excellent music, make Gregory’s a club for which appropriate comparisons can only be found in historic New York night clubs. Gregory’s is able to recreate the same atmosphere by bringing together the best Italian musicians with young emerging talents in a place that is more than a simple jazz club.

## **Parks and Gardens**

#### **VILLA DORIA PAMPHILI**

The main entrances are at San Pancrazio Gate- Via di Porta San Pancrazio, and the Janiculum Hill (Buses 710, 870, 31, and 44)

One of the closest parks out your back door is Villa Pamphili. As the largest landscaped park in Rome, you can explore the villa, gardens, and even a small lake. It’s the perfect place for a bike ride or an afternoon jog. If you are feeling suffocated by the city, this is a close, easy way to enjoy the outdoors and forget the traffic and frenetic streets of Rome.

Vivi Bistrot Villa Pamphili- If you’re looking for a great place to relax and take a coffee, check out Vivi Bistrot. Nestled among the green of Villa Pamphili, it’s also the perfect place for a picnic! Check out the website at <http://romafamilywelcome.org/vivi-bistrot-villa-pamphili/>.

#### **VILLA BORGHESE**

The main entrances are at Piazzale Flaminio and Porta Pinciana (Spagna or Flaminio Metro stops- Line A)

Villa Borghese is situated near the Centro and can easily be reached via the Spanish Steps or from Piazza del Popolo. Popular with locals and tourists alike, the beautiful area is a great place to stroll, rent a bike, or simply relax with a picnic. There is lake where you can rent boats, a cafe’, a zoo, and several museums that can be found within the grounds of the park. The *Pincio* can be found in Villa Borghese, directly above Piazza del Popolo. This overlook provides incredible views of the city and is a great place to people watch.

The park offers a pleasant refuge from the hectic streets of Rome. Also known as the “park of museums,” Villa Borghese is home the Borghese Gallery, the Galleria Nazionale d’Arte Moderna (modern art), and the Etruscan National Museum. You can also find an amphitheater (Piazza di

Siena), an 18th century arch (Arch of Septimus Severus), and a replica of Shakespeare's Globe theatre where they perform his plays throughout the summer.

The Galleria Borghese houses some of the most beautiful collections of art in Rome. You will need to make a reservation for a 2-hour time slot. This can be done online or at the gallery itself. You won't want to miss visiting this amazing collection of paintings, sculptures, and antiquities that were collected by the Borghese family, including pieces by Bernini, Raphael, Canova, and Caravaggio.

#### **VILLA ADA**

Villa Ada is a large park in the northeastern part of the city. Once owned by the royal family of the Savoys, it is now a public park. You can rent canoes, bikes, or riding horses to explore the grounds. You can also find the ancient archeological site of Monte Antenne, an old Roman village, as well as the catacombs of Priscilla.

#### **VILLA TORLONIA**

Via Nomentana, 70 (Buses 90, 84, 62, 60, and 36)

The park of Villa Torlonia is the most famous English landscape garden in Italy. It contains thirteen garden pavilions representing exotic parts of the world. These include a kiosk in the Moorish style and a Swiss chalet in the liberty style. The extravagant neo-classic complex includes several buildings: the villa, a reproduction of an Etruscan tomb, an exotic garden, and a theatre. The villa has elegant stuccos, polished marble, and a ballroom with crystal chandeliers. The private chambers contain frescos, giving the illusion of an ancient Egyptian temple in one room or a Gothic cathedral in another. The villa houses part of the Torlonia collection of neo-classic sculpture.

Under the villa and the park lies an extensive system of catacombs. Catacombs are frequent in Rome, but these are special since they are the only Jewish catacombs in Rome, their walls showing typical Jewish ornaments. A part of the catacombs was transformed into a bunker for fascist Italy's dictator, Benito Mussolini. The bunker and villa have been closed for decades because the property was managed by the park system, which was only interested in the park. Now both have been restored and are open to the public.

#### **CAFFARELLA PARK**

Via Latina (Colli Albani metro stop- Line A)

A truly unique spot with a strange and sometimes spooky atmosphere, the Valley of the Caffarella is a timeless stretch of land which borders the built-up areas of southern Rome, cutting right into the modern city between the Via Appia Antica and Via Latina. It follows the course of the small river Almone through a green and hilly landscape. It is a protected public park, and it is home to many species of birds and animals that have vanished from much of the remaining Roman countryside. There is a wild feeling about the terrain, parts of which are still used for agricultural purposes, and you may encounter flocks of sheep guarded by shaggy white dogs.

The area is dotted with archeological sites- the home of the nymph, an imposing nymphaeon (Ninfeo di Egeria) is one of the best preserved and most visible ruins. There are many prestigious Roman tombs and villas in the area just outside the city walls and a few of these are well-preserved. Others have eroded into massive stumps of wall sticking out of the grassy landscape.

## Rome's Markets

### PORTA PORTESE

Location: Via Portuense and Via Ippolito Nievo (Trastevere area)

Hours of operation: Sundays, 6.30am- 2pm

This is the main flea market in Rome. Here you will find a bit of everything- stamps, clothes, antiques, electronic devices, food, movies, and records. Make sure you try your hand at haggling, if only for fun. Watch out for pickpockets!

### PIAZZA VITTORIO MARKET

Location: Piazza Vittorio Emanuele (Vittorio Emanuele Metro Stop- Line A; this is NOT the same as the Vittoriano monument/ Wedding Cake!)

Hours of operation: Monday- Saturday, 7.30am- 2pm

This used to be the most popular market among local Romans. Lively, hectic, crowded, yet with many stalls offering a wide variety of inexpensive food, and not only fruit and vegetables. Here you will find foodstuff and groceries from all over the world, as there are stands run by immigrants or selling food for immigrants. The market used to be located in the little park of the Piazza Vittorio, but it has now moved onto the premises of the former *Centrale del Latte* (Milk Plant) in the nearby Via Principe Amedeo.

### CAMPO DE' FIORI MARKET

Location: Piazza Campo de' Fiori

Hour of operation: Monday- Saturday, 7am- 1.30pm

This is the most famous and picturesque flower and vegetable market surrounded by the characteristic square. Everyday the piazza fills with stalls selling all kinds of delicious food. It is a bit expensive, like most things in the historical center.

### TESTACCIO MARKET

Location: Piazza Testaccio

Hours of operation: Monday- Saturday, 7.30am- 1.30pm

This market has been an attraction for locals and tourists alike for a long time. With sturdy stalls and just about any meat, dairy, or vegetable product you could want, Testaccio Market provides its shoppers with a genuine Italian market experience. Clothes, shoes, and other knick-knacks can be found if you just look hard enough.