

KRIS' TIPS FOR STUDYING ABROAD IN ITALY

Kris L'Heureux participated in the Mediterranean Lifestyle and Diet program in Verona in 2023 and had a fantastic experience. Here are his tips for studying abroad in Italy.

BEFORE YOU LEAVE



- Have a **list of goals**, even if they are small, such as “try x at x restaurant”.
- **Inform your bank** of your travel plans and check for a **cell phone plan** abroad.
- Research attractions in advance to secure entry to popular places like the Cathedral of Santa Maria del Fiore.

CONSIDER YOUR BUDGET



- Carry a **coin pouch with change**, as public bathrooms often charge for entry through coin inserts.
- **Bring extra money**, it is better to bring more than not enough.
- **Don't buy the first souvenir you see**. Many vendors will sell the exact same products at different prices.

THINGS TO KEEP IN MIND WHEN YOU'RE IN ITALY



- When visiting a **Catholic church**, it is respectful to not have shoulders showing or clothing such as ripped pants.
- The **presence of military** with weapons at train stations and other public places is normal.
- Some restaurants in Italy charge a **coperto**, a small per head cover charge (around EUR 1–3) for servings of bread, oil, salt, and pepper at the beginning of the meal. **No extra tip is required here**.
- Bring at least one pair of **comfy shoes**.
- **Always let someone know where you are going, specifically during the night**.
- Use **Google Lens** to translate text through your camera.
- Google Maps offers **offline map downloads**, which is useful when you have no data or wifi while exploring.
- **Avoid tourist-style places** for authenticity and to avoid traps.
- Plan for a backup if dining with multiple people, as **some restaurants don't split payments or accept cards**.
- If you have **food allergies**, be cautious and make sure to read all the ingredients of a meal.
- **Groceries** are much cheaper, but it is not expected to buy a month's worth of groceries at a time as many do in the US. Buy a couple day's worth at a time.

AFTER YOU COME BACK



- Take advantage of **university free printing** after the trip! Print out pictures to make scrapbooks, postcards, gifts, etc.
- **Share your amazing experience with other students, friends, and family!**