



GUIDE BEST COURSE

FROM 23/07 TO 29/07



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MOVING IN THE CITY

BUSES AND TRAMS

The city is served by 350 bus routes and 6 tram routes which operate from 05.30 to 24.00. Night bus service comprises 22 routes operating from 00.00 to 05.30 with a frequency of half an hour. For lines tables and public transport maps visit official site of public transportation in Rome:

www.atac.roma.it

SUBWAY

Rome's subway system is made up of three separate lines, Line A Line B, Line C. The first two that intersect at

Termini, the main train station. Both lines run from 05.30 to 23.30 with a frequency of about 5 minutes from Sunday to Thursday.

On Friday and Saturday lines run from 05.30 to 01.30.



TICKETS

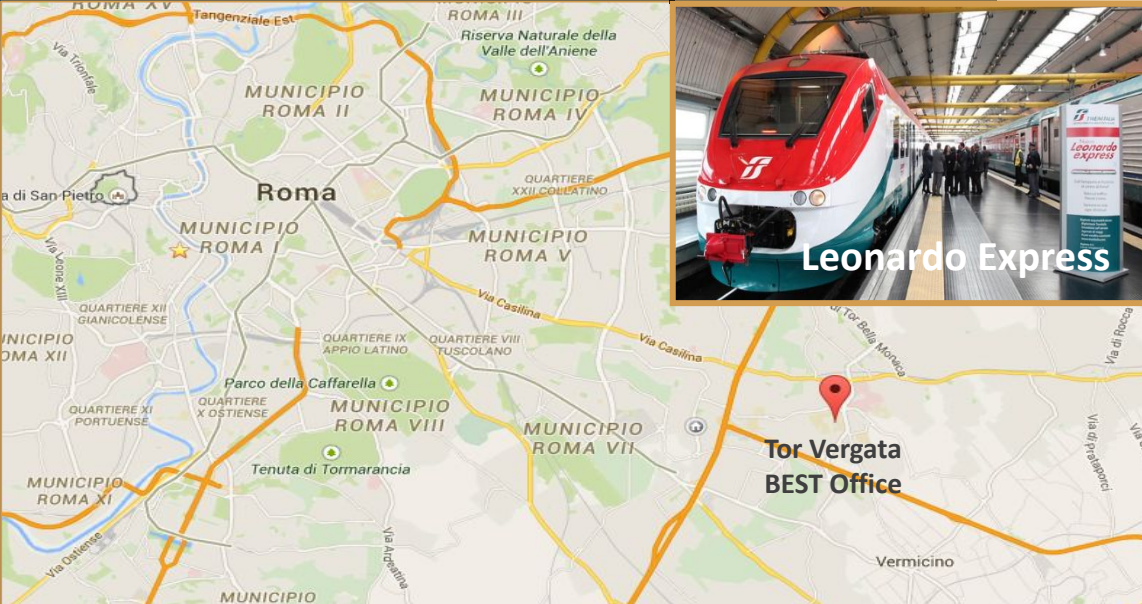


BIT - 1,50 € valid for one subway trip, including switches, and any bus or tram you like for 100 minutes.

BIG – 6,00 € valid for one day, until 24:00

BTI – 16,50 € valid for three days, until 24:00 of third day

CIS – 24,00 € valid for a week, until seventh day



GETTING TO THE MEETING POINT

You should provide by yourself tickets to arrive to the meeting point on sunday 23th and leave from Rome on saturday 29th. You can buy the ticket of your choice at any metro station, using the ticket machines. During the course we will provide all the tickets for you. Till 15:00 the MEETING POINT will be our BEST office, located in Engineering Faculty in the university of Tor Vergata.

ARRIVING BY PLANE

Rome has two major airports, Leonardo da Vinci (Fiumicino), for scheduled flights, and Ciampino which handles mainly low-cost and charter flights.

FROM FIUMICINO

1) Take the train called "Leonardo express" to Termini, the main train station in Rome. The journey takes about 30 minutes, and the fare is €14,00. Trains from Fiumicino to Termini leave from 6.23 to 23.23, while trains from Termini to Fiumicino leave from 5.52 to 22.52, both with a frequency of half an hour. Tickets can be purchased from vending machines located inside.

Arrival Hall and at the railway station, as well as from any ticket office.

There are also several buses, From Fiumicino to Termini, which cost about 4-6€. Trip frequency is about 30 minutes. For more information, visit:

<https://www.adr.it/fiumicino>

GETTING TO THE MEETING POINT



FROM CIAMPINO

2) At Termini station take the subway, Line A (orange), direction Anagnina, and get off at the last stop (Anagnina).

3) Go upstairs to the bus station of Anagnina, and find the stop of the bus "20 express", it leave from 5.30 to 23.30.

If you come to the station with subway, you don't need to buy another ticket: just keep the one you used for the metro trip.

You have to get off at the sixth stop, called "Cambridge/Economia".

BEST Office is at the second floor in the grey building, called "Didattica", on the left side of the road.

1) Go out of the airport and take the bus "Atral" that goes to Anagnina. On Saturday and Sunday buses leave with a frequency of 40 minutes from 6:30 to 22:40, and the journey takes about 20 minutes. Anagnina to Ciampino leave from 6:30 to 23:10. The ticket costs 1,20 € and you can buy it directly from the driver. You can be asked to pay another €1,00 if you have a big luggage. For more information, click:
<https://www.atral-Lazio.com/it/ciampino> or <https://www.adr.it/ciampino>

2) Find the stop of the bus "20 express". If you come to the station with bus, you need to buy another ticket (BIT). You have to get off at the sixth stop, called "Cambridge/Economia". BEST Office is at the second floor in the grey building, called "Didattica", on the left side of the road.

GETTING TO THE MEETING POINT

TAKING A TAXI

You can simply take a TAXI! In this case the exact address is:

Facoltà di Ingegneria

Università degli Studi di Roma Tor Vergata
Via del Politecnico, 1 00173

Due to recent agreements, the fare of the taxi drivers of Rome from the airports is more than 50,00€, inclusive of luggage, for a maximum of four passengers, for all destinations in the central area of the city. Taxi can be called by telephone at the following numbers:

06 6645 Pronto Taxi **06 88177** Cosmo Taxi **06 4157** Radio Taxi

ARRIVING BY TRAIN

Rome has four train stations. When you buy the ticket, select “Termini”, the main central station. Then follow steps **2)** and **3)** on page 5.



UNIVERSITY RESIDENCE

That's where we'll sleep!

The residence is located not far away from the Engineering Faculty and provides rooms with private bathroom.

It is very nice and comfortable...but *probably* we won't spend much time there!



WHAT TO BRING

WHAT IS VERY IMPORTANT TO BRING

Comfortable shoes and leisurewear: there will be sports and games

Bring a music CD with your favourite song(s) from your country

Swim-suit (just in case)

Old clothes for some activities

Personal medication (also against allergies)

Drinks and Food of your nation

Your country flag

Medical and general travel insurance (sanitary card)

ID, passport and/or Visa, if required

Bring your Alarm clock! it's very important for your bed

Sleeping bag, or one mattress cover, and a pillow cover, and towels (they're very important because the residence don't provide them)

Huge, tremendous, incredible sense of humour, and lots of energy!

Last, but not least! ...if you want to leave a memory of you to our fantastic organizers, just bring to us a little present that represent you and your country!

AND DON'T FORGET TO...

Enjoy yourself

Explain your culture, cooking some special food and preparing some special drink (IYKWIM!)

Sing typical songs

Follow the lessons with open eyes

Your BEST interest

Respect the organizers



PRATICAL INFORMATION



MONEY AND BANKS

The local currency is Euro. Rome is quite expensive but not as much as Paris or London. You can change money in the banks and in exchange offices. Both are open on weekdays from 9 to 17.00, with a lunch break around midday. Don't change too much money at the airport or railway station. When you arrive in Rome, you can change in the banks at a much better rate!

Everywhere you can pay with cash money. Electronic paying is also popular, in fact you can use **VISA, VISA Electron, MasterCard, American Express** and **Maestro**.

SOME PRICES

1 beer	1,50-5 €
1 pizza + 1 beer	8-15 €
1 packet of cigarettes	5,20 € (Malboro)
1 can of Coke	1,50 €
An ice cream	1,50-3 €
1 sandwich	2,60-3 € (at our uni)
1 McDonalds Maxi Menu	7,50 €
A bottle of wine	4-15 € (supermarket)
A postcard	1 €
1 Bus/Tram/Metro ticket	1,50 €

PRATICAL INFORMATION



SHOPPING TIME TABLE

Shops close around 7.30 p.m., meaning that some of them will close at 7.00 or maybe at 8.00. Near our university you will find a lot of hypermarkets (2 Carrefour); keep in mind that taxes are always included in the price. For more specific information you can always ask to us

FOOD

We use to eat in these hours:

Breakfast	7.00 – 8.00
Break	11.00 – 11.30
Lunch	13.00 – 14.00
Break	16.30 – 15.00
Dinner	20.30 – 21.00

For breakfast we use to eat:

Cappuccino / Coffee
Croissant / Cookies / Cereals
Milk / Tea
Bread and jam.

PRATICAL INFORMATION



ELECTRICITY

Voltage Frequency Socket: 127/220 V 50 Hz F, L

EMERGENCY LOCAL NUMBERS

112	Public emergency service
113	Police
06 67691	Municipal Police
06 58201030	Emergency Doctor
118	Ambulance emergency
06 49978000	Poisons emergency

MOBILE PHONE

The international code for Italy is 0039. If you bring your mobile, there should be no problem to find a network to roam but pay attention that you will even have to pay when someone is calling you! Usually they are really high.

PRATICAL INFORMATION



HEALTH

You will need to get a medical insurance which might be useful if you accidentally get hurt for any reason (you should bring with you at least E-111 Form for EEC citizens).

If you are looking for a pharmacy (in Italian: FARMACIA), then you have to look for a green or red cross on the streets. There are many of them so it will be quite easy to find one.

Every pharmacy is open during normal shopping hours, but there are some who are open also during the night and during holidays.

If you have some particular need or habit, don't forget to bring your personal medicine pack, since it will be probable that you will not find exactly the same here. If you follow any diet or allergies please let us now in time so that we can arrange something for you. If you need an ambulance, the 118 phone number is always the one to use.

PRATICAL INFORMATION

MINIMAL ITALIAN DICTIONARY



Italiano

Ciao
Buongiorno
Buonasera
Mi chiamo
Prego
Quanto costa?
Ho sete!

English

Hello
Good morning
Good evening
My name is
You are welcome
How much is it?
I'm thirsty!

Italiano

Si/No
Dove si trova...?
Piacere di conoscerti!
Buonanotte
Mi piaci
Ho fame!
Grazie
Che cos'è?

English

Yes/No
Where is...?
Nice to meet you!
Good night
I like you
I'm hungry!
Thank you
What is this?



CONTACT

Office Local BEST Group Roma Tor Vergata
Facoltà di Ingegneria
Università degli Studi di Roma Tor Vergata
Via del Politecnico 1, 00133 – Roma
E-mail: rometv@best.eu.org

Main Organizer

Gabriele Ottaviani
gabriele.ottaviani@best-eu.org
+39 3398806920



President

Matteo Stromieri
matteo.stromieri@best-eu.org
+39 3279586910

BEST Events Responsible

Abiel Fsaha Ftwi
abiel.fsaha@bestorvergata.it
+39 3451302613

