

## Practical Information on the F.C.I.S.M. Course in Bergamo

The information on this page has been provided by the students of the 43rd Course, 2003/04 and updated by the students of the 47th, 2007/2008, 49th, 2009/10, and 61st, 2021/22 courses for the benefit of future students of F.'C.I.S.M.' and does NOT constitute a part of the Centre's official website.

*"Your year in Bergamo is going to be an incredible adventure, for both the intellect and the soul. None of this information is meant to be authoritative nor exhaustive, but is just to serve as a jumping off point so that you can be better prepared. We hope this helps you avoid expensive mistakes and allows you to relax and concentrate on learning Montessori (which is why you're here!)"*.

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## General Information

This guide is meant to be helpful. There will likely be many things not included in this that you will learn along the way as you navigate moving to another country and becoming immersed in the local culture. What is included is accurate as of 2022. As most things change over the years, Bergamo and the Centre will as well, so if you are a member of a current class and you want to update this document, just ask the secretary at the Centre.

Good websites for general information about living in Lombardia (Bergamo) are: <http://milan.angloinfo.com/> and <https://www.yesmilano.it/en>. Here you will find information on schooling, living, going out, etc.

Helpful Apps:

- Google Translate (download languages for offline use)
- AllTrails (for hiking)
- Simple Scanner (for PDF scans)

## Applying

Utilize all the information on the FCISM website and don't be afraid to contact the secretary if you have any questions. See the information in the Banking / Bills section of this document in regards to sending the application payment.

## Before You Leave

Most (if not all) Italians will agree, there is a lot of bureaucracy in Italy. Unfortunately you will have to join in on the fun in order to study in Bergamo.

## Visa

Take care of all your **visa** business WELL IN ADVANCE. Please read all the information on your local Italian consulate/embassy's website and do not be afraid to email them WELL IN ADVANCE in order to understand what paperwork you need to provide and when you can get an in-person appointment.

Return Flight: Book well in advance as the summer can be a busy travel time.

Health Insurance: [Here](#) is a helpful site for EU and non-EU students.

## Reading

As noted on the FCISM website, there are 10+ required readings and additional recommended readings. You can buy these online on kindle, through the [AMI website](#), [Neinhuis](#), or from used book sites. We recommend the Kalakshetra or Clio translations of the books, but the translations available on the AMI website are also good. Please note some publishers have different titles for some books due to being renamed at some point since they were written.

Since most of your time will be spent on Albums and Charts, we STRONGLY RECOMMEND reading all/as many books as possible before you come. They are dense, but good. If you want to look out for key themes while reading: planes of development (especially the 2nd plane, years 6-12), absorbent mind, sensitive periods, cosmic education, concentration, imagination, environment, and role of adults.

### **Packing**

Bring layers of clothes as the temperature can vary considerably: between days; and between the outside temperature and the inside temperature of Centre. It gets cold/hot in class and many of us brought jackets to take on and off when needed. Bring rain gear.

Also, most heating in apartments is controlled by date, not by outside temperature. Some students were very cold in their apartments because the heating was not switched on until mid October.

The dress code in the Centre is fairly casual (jeans, sweaters, etc.). For observation weeks, you will want nicer clothes in neutral or dark colors (clothes that don't draw attention). You will need to wear indoor shoes in the Centre - most students wear slippers or similar and leave them there overnight.

School supplies: most school supplies you can find at numerous stores throughout Bergamo. Index cards were a little hard to come by, but not impossible to find.

## **Once You Get Here**

### **Codice Fiscale (Italian Tax Code)**

As part of living in Italy under a study visa and part of the Permesso di Soggiorno process, you will need to apply for a Codice Fiscale (Italian Tax Code). During the 61st course, we were able to submit scanned copies of the necessary paperwork via email and then received our tax code via email. The Centre will assist you, but click [here](#) for a helpful step-by-step guide. You can do this before or after you get here (most of us did it once we were here).

### **Permesso di Soggiorno (Permit of Stay)**

The Centre will let you know what documents you need to bring to be prepared to apply for this document.

### **Transportation**

Traveling around Bergamo, Milan, and most of Italy is easy as there are significant public transit options available including trains, buses, trams, metro, bike sharing, car sharing, scooter sharing, etc. As you aim to figure out how to best navigate from point A to point B, the following apps/websites are very helpful to use:

- Moovit App (connects real time information from all public transport in

Lombardia)

- Trenitalia App (primary national train company)
- Trenord App (regional train company owned by Trenitalia)
- Google Maps

### **A Few Important Tips**

Before major travel, always check to see if there will be a strike. Most unions in Italy announce before they go on strike, so check [here](#) for the most up to date strike calendar. Google Maps does not always have the most up to date information on public transit, so we suggest utilizing the Moovit App. Nearly all the major train stations in Milano have regular trains going to and from Bergamo. You can check the train monitors for all the Italian train stations [here](#) to see departure/arrival times.

### **Getting from the Airport (MXP, LIN, or BGY) to Bergamo**

Train:

- From MXP: Take the MXP Express train to Milano Centrale or Milano Porta Garibaldi, then take another train from either of those two stations to Bergamo
- From LIN: Take a bus or taxi to the Milano Lambrate train station, then take a train from there. Once the M5 metro line is complete, you will be able to take the metro from LIN to any of the train stations.
- From BGY: No train available, just short bus ride.

Bus:

- From MXP: The [Orio Shuttle](#) travels from MXP to the Bergamo Airport (BGY) and back a few times daily. There are also a few other private bus companies which do the same.
- From LIN: Only option is taking a bus to the train station, then taking the train to Bergamo
- From BGY: Get on the #1 Bus which drops off in Porta Nouva (center of the lower city) but will continue.

Taxis anywhere can be pretty expensive. Always remember to ask the general cost of fare before getting in a taxi to avoid surprises. There are additional charges for luggage and night time. As of 2022, the estimated cost of a taxi to/from MXP from/to Bergamo is about €200+. You can book a car service ahead of time through a website such as [Milan Airport Transfers](#), usually for €90-115 if you want a smooth arrival with all of your bags or if you get in at an odd hour.

### **Buying Tickets**

Train:

- You can buy train tickets at the train station using a machine or at the ticket office. You can also create an account with Trenitalia or Trenord and buy online or in the App. There are also discount cards (CarteFreccia) available.
- Regional tickets are fairly inexpensive (less than €6 one-way to/from Milan).

- If only traveling in the Lombardia region, the Io Viaggio day-pass (which you can buy at the station) allows you to use any form of public transportation in the region all day for a low flat fee (including the Milan metro).
- Be sure to carry a form of identification on you when you travel as the police are known to do random checks

#### Bus:

- Bergamo's public bus system (ATB) is easy to use. Tickets cost €1.30 and are good on all forms of ATB transport for 75 minutes (including the funicolare).
- You can buy tickets on the bus using contactless payment including ApplyPay, Google Pay, etc. You can also use coins at the machine towards the front of the bus.
- We recommend looking into a bus pass through the ATB website or office in [Porta Nuova](#). If you have your school ID and/or are considered a youth, you may be able to get a discount.

DO NOT try to ride the bus or train without a ticket or without validating (yellow or orange machines which stamp your ticket with the day/time). Students have done it and the fine if caught can be high. Many officers also don't accept the "I didn't know because I am a foreigner" excuse.

#### Other Transportation Notes

- Flights: A few budget airlines including Ryanair & EasyJet fly in/out of BGY (only 25 minutes from Porta Nuova!)
- Buses: Flixbus and other similar bus companies leave from Bergamo, providing cheap travel throughout Europe
- Trains: Trenitalia, Trenord, and Italo leave from Bergamo and many more leave from Milan (OBB, SBB, SNCF, etc.)
- Uber and Lyft are not readily available in Italy, but sometimes you get lucky and they are much more affordable than a taxi.
- SkyScanner, Hopper, and Kiwi are great sites/apps to use to search for flights
- Personal contact: Efreem +39 329 895 3765
  - Airport transfers are 20 EUR for Bergamo (downtown) (similar to uber/taxi if you're in a bind)
  - Airport transfers from Milan airport to Bergamo downtown are 90 EUR (120 EUR for more than 1 person)
  - He's great when you need a last minute solution and speaks English :)

### Housing

#### General Information

The Centre is NOT responsible for finding you housing or acting as a go-between for you and your landlord. The following information is only to help you find something for when you arrive, since waiting until the last minute to find housing can be costly and nerve-racking.

## Utilities

Depending on how you rent, the cost and set-up of utilities like water, gas, electricity, etc. may or may not be included. Be sure to discuss this before you sign a contract. Many agencies will assist you in getting these set up.

Gas and electricity bills can be expensive, especially in the winter. If they are not included, ask your landlord for an estimated cost during the winter. Unexpected bills can come as quite a shock if you are not used to paying for gas or electric heating.

## FCISM Contacts

There are a few landlords who have rented to CISM students in the past and likely will again. Ask in the Facebook group for the most up-to-date contact information.

## Agencies

You can find an apartment to rent by yourself or to share. By law, FCISM is not allowed to give out the names and contact information of other students, so you can look into who you are going to share with when you get here or connect with people through the Facebook group. A single apartment to rent by yourself can cost anywhere from €500-€750 NOT including utilities (called "spese" or "consumo"). You can plan on approximately €100-€200 a month for utilities, depending on the size of the apartment and how much you are consuming (heat, water, etc.).

From various students experience's, it is better to call agencies by phone instead of by email. Here are a few agencies that those from the 61st class used:

- Linea Casa Bergamo (Marco Lecchi). The agency charges a 10% commission fee based on the first year rent amount. Contracts differ per housing option. I stayed in a studio apartment on Via Pignolo for 550 EUR/month, not including bills (about 100-150 every 2 months). Marco speaks a tiny bit of English but we managed to communicate via Google Translate. He helped with setting up gas and electricity and is always available for questions. Can highly recommend.
- Cristina Lancini (Italian/English-speaking) ; Via Pignolo 52  
+39 340 473 5306
- Fulvio from Stanza Seplice (Italian/English-speaking); Via Andrea Fantoni 5 (5 mins walk to the center) contact by whatsapp +39 329 984 0045 or email [commercialebergamo@stanzasemplice.com](mailto:commercialebergamo@stanzasemplice.com)
- Maria Carolina Agliardi (Italian/English-speaking); Via Pignolo, 15 mins from the Centre. Contact by email [mariacarolina.agliardi@gmail.com](mailto:mariacarolina.agliardi@gmail.com)
- [Affiliato Tecnocasa Bergamo](#) - Marco helped us and speaks English.  
Phone: +39 035 034 7068

More room on Stanza Semplice website:

<https://www.stanzasemplice.com/en/apartments/bergamo>

You also may be able to find an apartment through online sites such as <https://www.idealista.it/en/> where individuals and agencies list properties including those which are fully-furnished.

#### Important Notes:

- Many agencies only offer multi-year contracts, but there is almost always an option to end the contract early as long as you give them enough lead time, usually 6 months.
- Sometimes “fully-furnished” includes all the furniture, but not a mattress, so be sure to clarify before you sign a contract.
- Some of the 61st class as well as previous classes have rented a hostel or Airbnb temporarily until they found a more permanent apartment through an agency or Airbnb.

#### **Airbnb**

Some of us utilized Airbnb in order to either find short term housing while we secured a more permanent apartment OR rented entirely through Airbnb. Some of us in the 61st class rented through Airbnb to start, then paid our landlord directly (and sometimes you can get a discounted rate going direct). If you go outside Airbnb, know they are no longer responsible if something goes wrong with you and your host. Be sure you are comfortable going direct before you do, and most hosts seem to be comfortable just going through Airbnb.

#### **A Few Tips**

- Sharing bedrooms: Our recommendation - don't do it - other than with your life partner (and even then think twice if you are studying!). Also, don't use a living room as a second bedroom. Your work schedules are likely to be different. If you are handing in albums at different times, one of you will be working round the clock to get things printed while the other wants to relax. Don't go there!!
- If you want to stay out of any issues, be sure to get a receipt of some sort every time you pay your landlord/lady.
- Make sure you read your contract! One of the students almost lost €500 due to a misunderstanding on the return of the deposit.
- If you can, find an apartment where you can control the heating independently. You will have potentially a higher gas bill but you will have heat when you want it.
- You may be wondering “how do I pay rent if I do not have an Italian bank account?” See the “Banking / Bills” section below for more detailed information on how you can open an Italian bank account. If through Airbnb, you can just pay via credit card.

#### **For Visitors**

Airbnb is likely the best bet, but there are a number of hotels and Bed & Breakfasts in Bergamo.



## **School Work**

### **General Information**

You will know this if you know anyone who has done an AMI course ... It is a LOT of work! We recommend heading in with that perspective and coming at it with a grateful attitude. The Bergamo Centre is amazing, and you will have a transformational experience here. Don't come in with big ideas about traveling around Italy on the weekends, but be excited to get an unbelievably rich Montessori training.

### **Albums**

Over the course of the year, you will create albums for each subject area that you will use for the rest of your teaching career. These albums will contain psychology and theory lecture notes as well as all the lessons for ages 6-12 and an overview of the lessons of ages 3-6. During class, you can take notes by hand or with your computer. Most of us used MS Word or a similar application. Make sure all of your work is backed up somewhere. Please know, there is no wifi for the students at the Centre.

These albums are the primary work you will be accomplishing and you will be spending time on them nearly every day. Be able to type quickly. If you cannot type quickly, some of us took notes by hand and then inputted them into the computer later. This worked well and is quite acceptable. As you create your albums (likely over 1000+ pages by the end of the year), know your computer and what it can do for you (i.e. [how to construct a table of contents](#)). We recommend being comfortable with making titles and headings in a document.

Take care of your wrists early! Hand and wrist fatigue sneak up quickly with so much typing. At least 2 students had trouble with painful wrists towards the end of the school year through typing. Past students have suggested bringing a rolled up small towel into class as a rest/means to raise your wrists to a good level when typing for a long period on a laptop.

We recommend that you have a good computer battery that lasts at least 4-5 hours and/or a second, external battery. You cannot count on recharging your computer or your phone at the Center. If you are not going home at lunchtime to recharge your computer and do not want to borrow other people's notes, then you are likely going to need an external battery for your pc.

### **Charts**

Another major work you will accomplish this year is coloring 100+ charts. These charts will help you as you give lessons and present material to your class. Keep in mind, unless you are going to make them from scratch (VERY difficult), you will need to purchase the uncolored charts that the Centre provides. This is an additional cost

but absolutely necessary - budget at least 200 euro for these uncolored charts, plus more for the colored pencils. (You will use multiple pencils of several colors!)

On the topic of materials available for purchase, the Centre has many other paper materials that they make available for students to purchase throughout the year. These are completely optional, and offered as a help. It would be very expensive to buy all of them (several hundred euro), but keep in mind that alumni are not welcome to write in an ask to purchase them after their course is over. This is your chance, and you can decide what you want on a case-by-case basis.

A few chart tips:

- Primarily use Faber-Castell color pencils (you can buy them at Colorifico near the Centre). They are expensive, but their quality is worth it and necessary to create good looking charts.
- Get started early. These charts are incredibly time intensive, so as soon as you can, start coloring. It will become your pastime for all spare moments :)
- Many of the 61st class bought tubes or carrying cases at the Colorifico/similar stores in order to carry them to/from the Centre when needed. Previous students often leave some at the Centre for future students' use.

### **Album Submissions / Printing**

Nearly all the album submissions throughout the year will be electronic with the exception of the final album submission (which it is necessary to print and put into binders). Usually, 1-2 students can choose to submit hard copies throughout the year if there is a reader in the area. If you are submitting electronically throughout the year, you will only need to print out your albums at 2 points (February and June).

You can print (and photocopy if needed) at a few stores in Bergamo, but this can be expensive. Buying a printer and ink can also be expensive, so consider both options as you decide which way to go. Some of us bought printers, some did not. If you do need a printer, your best bet is the Unieuro (a few locations throughout the city). A good print shop is [Eliorobica](#). If you hold off on buying a printer until Black Friday (the last Friday in November), you can find some good deals.

You will need paper and binders to turn in your final album submission. You can find these at numerous stores, but the OneFashion on Via Camozzi had both cheap paper, binders, and plastic sleeves for the pages (if wanted).

Since albums can total 700-1000 pages, please take all of the above information into consideration when planning your budget and what to pack. Also, it is advised to bring a small school supply box/bag with you containing the basics.

## **Reading**

As noted on the FCISM website, there are 10+ required readings and additional recommended readings. You can buy these online on kindle, through the [AMI website](#), [Neinhuis](#), or from used book sites. We recommend the Kalakshetra or Clio translations of the books, but the translations available on the AMI website are also good. Please note some publishers have different titles for some books due to being renamed at some point since they were written.

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## **Observation Weeks**

One additional education experience is 3 observation weeks during the school year. You will travel (likely to another European country) for 1 week in the fall and 2 weeks in the spring to observe at an AMI classroom. The cost of these weeks is NOT included in the tuition, so you will need to pay for travel, food, accommodations, etc. while there. The Centre will provide you a list of approved AMI accredited schools for you to visit during the first month and you will choose a site and contact the school to see if they can accommodate you. You will likely need to stay in a hotel and pay for all your meals and local transportation there, but occasionally the school may have lodging/lunch meals available for you.

## **Practical Living Information**

### **Cell Phones and Internet Access**

It is very easy (and necessary) to sign up for a phone plan here. The phone prices are relatively inexpensive for unlimited national talk, text, and a lot of data. For the Permesso di Soggiorno (Permit of Stay), the police required you to have an Italian phone number so they could text you to come pick up your permit card once it is processed.

If you are coming from the US and have T-mobile, you may get free international coverage here with slower data, but check with your carrier before trying to use your home country's phone plan.

Vodafone, TIM, and Windtre are popular carriers with good, cheap plans. Some students waited to get their Codice Fiscale (Tax Code) before signing up for a phone plan. Others used their passport to get an international plan (for travelers). You will likely just swap your home country's SIM card for the Italian one once you get the plan set up, so your phone must be unlocked. From our experience, the employees

at the phone stores near Porta Nuova were able to speak English.

If home internet is crucial, be sure to check with your landlord/agency before signing a contract. Sometimes there is no internet, sometimes there is, but it is slow. If you get a phone plan with a lot of data, you will likely be able to use a mobile hotspot through your phone whenever you need internet on your computer (phone data here is inexpensive).

### **Banking / Bills**

Some students opened **bank accounts** and found that it was very expensive to do so (there are many fees associated with transactions). Here are a two alternatives:

- [Wise](#) (formerly TransferWise): With this app, it is simple and easy to pay/transfer money (even for tuition). You simply input your banking information, put in the recipients information (i.e. FCISM or your landlord's ISBN) and send money for a low-fee and competitive exchange rate.
- [Revolut](#): This is a UK-based app/bank where you can send money to friends, get a debit card with no fees, and you can even pay with a virtual card without getting a physical one, you simply add it to Apple Pay or Google Pay

To pay tuition, you can use Wise or call your local bank to send an international wire transfer. Again, be sure to understand any and all fees before committing to anything.

We strongly recommend getting credit or debit cards with 0% foreign transaction fees if you are going to use your home bank. Additionally, nearly all stores accept cards and especially contactless payment cards. The smaller stores like bakeries or family-owned businesses prefer cash, but will still accept cards.

When you take money out of an ATM, be sure to check what fees are stated when you are withdrawing and check to make sure they are giving you a competitive exchange rate (if not, change which bank you are withdrawing from until you find a good one). Your bank from your home country may have a relationship with a European and/or Italian bank, so check to see if they do as they may not charge you any fees for taking money out.

### **Post / Mail**

From our experience, it seems that letters in ordinary sized envelopes get delivered to home addresses here in Italy very easily and quickly. If you are being sent an outsized envelope (i.e. A4) or package, we recommend that you have it delivered to the Centre. If you receive a package of clothes from home, you may have to pay a rather large fee to the Italian customs department (some students have been asked to pay 100€ or more for one package).

To send small letters or envelopes, just find a red Italian post box on the street (be

sure it looks like it is still used) and pop it in. Beware, for some of us it took 6+ weeks for it to be delivered to our home country, but it did get there. If you need to buy international stamps, you can get them at most Tobacco shops.

## Stores

- **Groceries/SuperMarkets:** PAM, CarreFour, EsseLunga, il Gigante, etc.
  - There is a Saturday farmer's market one Saturday per month and Mrs Grazzini has the details of this
  - There are many pop-up vegetable stands, including one in front of St. Anna's on Borgo Palazzo
  - There are many good bakeries (Panificio Scainelli) and butchers (Dimocar) in Bergamo as well!
- **Pharmacies:** There are many around the city
- **Shopping Mall:** Orio Center by the airport (takes ~20+ minutes by bus)
- **Household Goods:** Bottom of OneFashion on Via Camozzi, il Gigante, Esselunga, etc.
- **Electronics:** Unieuro
- **Bike / Scooter Purchase:** Numerous stores. Make sure to get a good lock because bikes and a scooter have been stolen, even around the Centre.

## Food / Restaurants

- **Breakfast/Coffee:** An Italian breakfast is usually a croissant (brioche) and an espresso of some sort. There are many good coffee shops around Bergamo, but here are a few of our favorites:
  - Botega Caffè Cacao (amazing hot chocolate and good for studying)
  - Tassino Cafè (upstairs room is great for studying)
  - Cafè Vivaldi
  - Cafe Marly
  - Bagan Coffee Lab
  - Cafe Solitaire
  - Pasticceria Sant'Anna Bergamo
  - Bar Fulvio
  - Al 15 Bar
  - La Caffetteria Di Porta Nuova
- **Lunch:** Many of us either brought lunch to the Centre or went home for lunch, but most dinner places also serve lunch
- **Aperitivo / Happy Hour:** (i.e. where the price of a drink includes food and is often a good, cheap option if you don't want to cook or want a treat for a Friday night)
  - Kefa Koffee
  - Bobino
  - T-Bakery
  - Rio
  - Caffè del Colleoni

- Balzer
- **Dinner:** Usually restaurants do not open until 7/7:30pm for dinner as Italians and most southern Europeans eat later in the evening. A few favorite restaurants:
  - Ristorante Gennaro e Pia
  - Kindness Pizzeria
  - La Tagliatella
  - Circolino Città Alta
- More upscale/expensive restaurants:
  - Da Mimmo
  - Ristorante Pizzeria San Vigilio
- **Gelato/Dessert:**
  - Balzer
  - Gemma dal 1970
  - Gelateria Creme Glacée
  - Carmen Gelato
  - Gelateria Ingalleria
  - La Romana

## Health

Dress warmly in the winter! You spend a lot of time walking to and from school and around town running errands and you don't want to get sick (obviously). It would be a good idea to pack a few things that you know you'll probably need for health, such as ibuprofen, aspirin, cough syrup, DayQuil, Pepto Bismuth, and all your prescription drugs that you'll need for a year. Don't think you can just get your prescriptions filled here or that you can have them mailed to you if you run out. Bring all prescriptions you will need for 12 months and talk to your doctor at home about how best to do this.

In the event you need the services of a doctor, we suggest you ask the Centre for a recommendation.

## Day Trips

- Verona: 3 hours by train
- Lake Lecco/Piani D'Erna: 40 minutes by train
- Venice: 3½ hours by train
- Lake Iseo/Monte Isola: 1½ by train
- Sorisole: 20 minute bus ride then a 15 min walk outside the village into the hills for walking
- Turin: 3 hrs by train

## Spouses and Children

If you bring your spouse and/or children and you are not from the EU, be sure they are able to get the appropriate visa before coming. A few of us were misled by the

Italian consulates in the USA which stated that a spouse could apply for an Elective Visa. This is not the case. We recommend if you want to come with your spouse that they get a study visa (University of Bergamo or any university in Milan) or a work visa (working remotely for their current employer).

If you intend to stay in Italy for more than 1 year, there are likely more permanent solutions you may be able to find like getting employed here.

### Schools

- Recently, students who come to Bergamo with their children have enrolled them at the Montessori School (Fondazione Scuola Montessori Di Bergamo), which goes up to age 11, and the International School of Bergamo. The international school is expensive, and parents of older children may be interested in the Aeronautical Institute and Liceo Scientifico Locatelli.

### Miscellaneous Tips

- Many **shops are closed** Monday morning, during lunch, and all day Sunday. Google Maps often has the wrong hours for shops and stores, and some stores do not even show up on Google Maps.
- **PLAN AHEAD!** Do not wait to go to the grocery store until you are out of food. Do not plan on taking the very last train home -there may be a strike- you never know.
- Don't get dehydrated. There are public water fountains around the city. Drink, drink, drink.
- In Italian culture, you generally **do not tip** for services.
- If you can, **learn some Italian** as you will use it outside the Centre. The shopkeepers and store staff are very friendly and will help you learn more.

### Basic Italian

- Buongiorno (Good morning)
- Buona sera (Good evening)
- Ciao (Hi / Hello / Bye)
- Scusi (Excuse me)
- Per favore (Please)
- Si, No (Yes, No)
- Grazie (Thank you)
- Prego (You're welcome)
- Buona giornata (Have a nice day)
- Parla inglese? (Do you speak English?)
- Non parlo italiano (I don't speak Italian)
- Vorrei ... (I would like)
- Posso avere ...? (Can I have ...?)

Here is the link to the **student facebook group** for networking, finding roommates,

asking questions, etc.: <https://www.facebook.com/groups/24546304866/>

If you have any questions not answered here or through the Facebook group, feel free to reach out to a 61st course student - [mmspesia@gmail.com](mailto:mmspesia@gmail.com)

*"Have fun! You will be learning all sorts of interesting things and will have access to all sorts of great art exhibits and cultural events that you never would get to do at home. This is going to be an amazing year, so enjoy it!"*