



Country guide for new EPIET/EUPHEM fellows

Istituto Superiore di Sanità, Rome

Italy

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Updated by: Jasleen Singh and Mathilde Laureti

Based on previous guidance by

- Alberto Mateo Urdiales
- Christina Merakou
- Lorenzo Bandini
- Tommi Karki

Source:

<http://epietalumni.net/activities/countries-guide/>

Please note: This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

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EARLY ON AND GETTING STARTED

1. Registration in Italy

Residence permit/card (if needed) & Visa (if needed)

As an EU-citizen, you have the right to live in any EU country if you work there.

During the first 3 months of your stay, your host country cannot require you to register your residence. You can do so if you wish. After 3 months, your host country may require you to register your residence with local authorities, to show that you're working there and obtain a document confirming your right to stay.

Source: https://europa.eu/youreurope/citizens/residence/residence-rights/index_en.htm

These steps are an indication in order to make things easier and simpler. Please go through them with your site supervisor and be flexible if you need to do things differently.

Before starting it's useful to obtain an official (PEC- posta certificata) email that you will need for any e-mail correspondence with governmental agencies or the municipality that you might be asked to get/send documents.

This can be done by going online to aruba.it ([Home | Aruba.it](#)), make an account and when logged in you can choose the PEC email option. This is a paid service (Standard is 6.10 euros/year). There it will ask you to create your email (you can put your name e.g. daisy.emperor@pec.it, give a password and then pay. After you do this you can access your email after you log in in aruba.it or through [Webmail Aruba](#). It will need some time to activate after you pay.

Step 1 - Codice fiscale

This is the Italian tax code but does not imply any tax duty *per se*. It is an Italian identification code – some functions are in common with the social security number that many other countries have.

More details are found here in English: [Individuals - Tax identification number for foreign citizens - Agenzia delle Entrate \(agenziaentrate.gov.it\)](#)

Why do I need this code?

This code is essential. Try and arrange this before you arrive in Italy. It is needed for:

- Signing your work contract at ISS
- Registering as a resident in Rome
- Getting your health card (tessera sanitaria)
- Getting an Italian ID
- Opening any bank accounts

How do I get one?

You should apply for your codice fiscale before you arrive in Italy through your local Italian consulate. If you are already in Italy, book an appointment online with the Agenzia delle entrate. Book the appointment early as it can take several weeks, and you won't receive your salary until you have a codice fiscale. After the appointment, you will leave with the codice fiscale and they'll also send you a card by post mail. You'll often be asked for your codice fiscale so make a note of the number.

So:

- A. This is the agency: (Agenzia Entrate- [Agenzia delle Entrate - Home \(agenziaentrate.gov.it\)](#)). They

have offices in different locations around Rome ([Direzioni regionali - Direzione Regionale Lazio - Lazio - Agenzia delle Entrate \(agenziaentrate.gov.it\)](#)).

- B. Check the box that says “Prima richiesta di attribuzione del codice fiscale (Request your tax code for the first time)
- C. You need a photocopy your passport or national identity card (bring along also the original).

Step 2 – Bank account

You will be asked at work when signing your contract to provide a bank account for your monthly deposits. For this it is advised to have a bank account in Italy. Unfortunately, most banks will not open a typical account for you without an Italian ID but you can try it!

A good temporary or permanent solution (you can decide!) is to open a post pay account with the Italian Post office. This is like a bank account, but you don't have the possibility to have a credit card or checks. But you have a debit card, online banking where you can receive and send money and you can withdraw money at an ATM (bancomat as it is called in Italy).

For this you need to:

1. Find a post office nearby
2. Bring your passport
3. Give them an address (even if you don't have yet your contract you can still use it)

The most popular banks are:

- Intesa SanPaolo
- Unicredit
- Monte dei Paschi di Siena
- Deutsche Bank (web banking is also available in English)

As a European, you can keep your home bank account or open an account into an online bank without fees. Opening a bank account in Italy is not mandatory.

Step 3 – Roman residence (permesso di soggiorno)

It is important, even though not compulsory, to register to the municipality of Rome your residence. This helps and solves many issues that you may face in the future. From your carta sanitaria to getting an Italian ID.

For this you need:

Option 1

(Please note procedures might change. Before going on you can contact them at this number: 060606, is the central line for all municipality issues in Rome.

1. Download and fill in this application (https://www.comune.roma.it/web-resources/cms/documents/DICHIARAZIONE_RESIDENZA.PDF) – based on the boxes you tick you will need to attach accordingly documents. For example, your contract of work in order to prove that you have a job, which is covering your expenses in Italy. Please, go through it with you supervisor.

What you probably need is:

- Passport/European ID
 - Work contract
 - House contract
 - Codice fiscale
 - A copy of your pay slip –*busta paga*–
 - The application form found above filled in
2. Once you have all the documents, you need to use your PEC email and send the above to the according municipality email address based on which municipality of Rome you leave (check the address online). For example, if you live in municipio II of Rome you 'll have to email to cambiresidenza.municipioroma2@pec.comune.roma.it.

After you email the documents, the police will come to check whether the address you gave is indeed where you live in a period of 45 days and ask you to bring the hard copies to the municipality police office for the check. After this procedure finishes they'll give you a certificate of residence called a *permesso di soggiorno* (or might need to ask for it from them).

Option 2

You can alternatively go to a post office and ask for a 'yellow kit' (kit giallo) where you submit your personal details and address in Rome, prepare all original documents (including passport, codice fiscale, proof of accommodation) and submit at the post office for a fee of around 70 euros. Keep the receipt and within 1-3 months you should receive your permesso di soggiorno.

If you are stuck ask for help from your ISS supervisor as this process can be difficult and confusing!

Step 4 – Tessera sanitaria

Once you have your residence registered, you can go visit your local health unit called an ASL (check online which ASL you come under based on your address). Ask for a tessera sanitaria, bring your permesso di soggiorno, passport and work contract and they should issue you one there. With your tessera sanitaria you can make doctor appointments and buy medicine at the pharmacy. Register your card here <https://sistemats1.sanita.finanze.it/portale/area-riservata-cittadino>

Step 5 – Italian ID

In order to subscribe for the pension system (needed for work) you will need an Italian ID. The reason is you need access to INPS ([INPS - Servizi Online](#)), for which you need an ID.

For the Italian ID you can apply by making an appointment with any of the different municipalities in Rome ([Gestione Appuntamento \(interno.gov.it\)](#))

- You need your passport and a "RICHIESTA DI ATTESTAZIONE DI REGOLARITA' DEL SOGGIORNO TITOLARE" document filled in ([Modulo 17 richiesta attestazione regolarita soggiorno.pdf \(comune.roma.it\)](#))
- Where you have to give this filled in form please call 060606 and ask

2. Finding accommodation

Areas to live

The good thing about Rome is that any place will be a beautiful place to live, so choose as you wish. Areas around Termini station can be slightly unsafe at night, so best to avoid this area, but otherwise all neighborhoods in Rome have their own charm so you can explore. Try and find somewhere within the GRA (ring road around Rome) as otherwise the commute will be long. The office is located close to stops on metro line B (Bologna or Policlinico), so if you can find somewhere on this line, it's useful.

Renting can be expensive; you should try to plan it as soon as possible. Also, always check how long it would take to go to the institute by public transport. When looking for accommodation, be careful of scams. There are many. **NEVER give a deposit without having seen the place and talked to the landlord.** Always make sure to have a signed contract, some landlords might try to convince you there is no need to do an official contract because they want to avoid paying extra taxes, but a rental agreement will protect you in case of issues, so you absolutely need one. Furthermore, when applying for residency, you will need to provide your rental agreement.

Type of housing

The main type of accommodation is an apartment. Houses are rare in Rome. If you prefer a quieter life, you may try to find accommodation in one of the surrounding villages but be aware of the commuting times if you do so.

Accommodations in Rome are quite old and not always in good shape despite the expensive rent. Issues such as mold and poor insulation can be common but don't get discouraged; there are still some gems out there, and finding suitable accommodation at a reasonable price is possible. I also recommend looking for a place with air conditioning. Not a lot of houses and flats do have it but, in the summer, this can be lifesaving, and you won't have to choose between a fresh breeze to survive the heat and being eaten alive by mosquitoes.

Terms – when looking for a flat

As when looking for a flat in any other country, check that the contract does not include any abusive clause. Also, check whether bills are included or not. If not, ask how much roughly they cost each month. Often building fees (*condominio*) will be added on top of the rent and will not be advertised so make sure to check how much they are. They will usually be around 50€ but can go up to 200€.

Necessary documents to get accommodation – contract

You will normally need to provide your passport/EU id, work contract and Codice fiscale.

Amenities: Internet, Telephone, Television, Gas, Electricity, Water, Heating

Internet and Telephone

You can use two websites to find a suitable and cheap internet provider: Facile.it and Sostariffe. Expect around 30€ per month unless you are sharing a flat.

Gas and electricity

You may need to change the name from the previous person to you. This is called voltura in Italian. It

costs between 40 and 60 euros and you need to contact the gas company to do this.

Useful websites

To find an apartment you can use one of these websites: [Idealista](#), [Casa.it](#) or [Immobiliare](#).

If you want to share a flat, it is advisable to look up groups on Facebook. There are several of them!

You can also contact real estate agencies as they offer both flats and rooms. However, know when contacting them that they never answer emails, you will need to call them, and they can't always speak English. They also do get a lot of requests for flats, so if a flat you were planning to see is not available anymore, they might forget to even let you know. I found the best way was to just go into the agency to talk to them; they will be very helpful if you meet them in person. The agency's fees will be included in the rent price, so it might be a bit more expensive, but it provides a certain security.

They will also advertise rooms in shared houses.

However, don't only look into agencies, because of the high fees, many landlords prefer to handle things themselves.

More useful tips about housing:

Bins and recycling

Apartment complexes and houses don't usually have their own bin; they share with several others in the same street, sometimes in the same block. Which means, bins are full all the time. I recommend spotting several bins, the one in your street and other streets, and trying to identify on which day they are emptied. Then, take your rubbish out right after the bins have been emptied because stuffing your trash in an already stuffed bin is really not a nice way to start or end your day.

Recycling bins are also available and very widely used: blue for cardboard, yellow for plastic, and some different looking green bin for glass.

Some Italians get lazy and put everything in the mix bin (adding to the overflowing bin issue) or leave their rubbish next to the bin, but if you are caught doing the same by an old Italian lady, you will be rightfully yelled at

3. Reimbursement of expenses

The ISS is pretty good at reimbursing expenses in a timely manner. Nevertheless, they will ask for a few documents. The two main documents needed are “Riepilogo Trasloco” and “Foglio dati personali”. The supervisor will help you with that, but if not, you can contact us on the email below for any help.

Make sure to send your removal reimbursement claim early on if you want to be reimbursed quickly. However, you have one year to submit all the reimbursement claims, so even if you are already in Italy, you can still have moving boxes sent to you and claim it back as relocation fees within the year.

Taxes

You don't need to worry about income tax since you get a net salary. The taxes in Italy are “automatically” paid by the ISS but might need to check with the tax rules in your home country to avoid double taxation. At the beginning of each year, you will be receiving the ISS the document that indicates the exact amounts paid for your tax Administration.

Make sure to ask for your pay slip to the finance department and ask how much taxes are automatically taken from your salary. If you get taxed too much, don't worry, the ISS will reimburse you on the next pay check, or you will receive the difference at the end of the year.

Contract

Your supervisor will help you with the bureaucratic documents needed to finalize the contract. It is normally an easy process. Apart from your supervisor, there is an administration person at the department (Stefania) who will help you with everything. So don't worry!

Make sure to ask for a copy of your contract in both English and Italian when you sign the contract.

Salary corrections

You can check your salary correction with the ECDC Fellowship Office. As an indication, check the 2016 correction factor here, around page 16:

https://ec.europa.eu/eurostat/documents/6939681/7070380/5189298_annual_report.pdf

Latest updated version from 2024:

<https://eur-lex.europa.eu/eli/C/2025/2153/oj>

4. Insurance

Health insurance

If you signed up for ASL:

National health insurance in Italy is managed by the National Health Service (Servizio Sanitario Nazionale, SSN) and funded through direct taxation (IRPEF and IRAP. Healthcare assistance is universal and well organised – Italy has one of the best healthcare systems in the world. Family doctor appointments are free at the point of entrance. However, you may need to pay a small fee for

specialist appointments.

The important document to obtain is the healthcare card-*Tessera Sanitaria* (see section above).

Even without having any health insurance you can still access medical care but you will have to pay full price. There are some apps, such as **MioDottore** that provide any kind of medical service in Rome. You can book on the app, and find a doctor that speaks English and has a reasonable price. The advantage as well is you can get an appointment within 24h if you need to see someone immediately.

Travel insurance

Information about ECDC Travel Insurance:

ECDC travel insurance is provided by Cigna International Health Services. All staff and sponsored meeting delegates travelling on behalf of ECDC are covered by this insurance. The insurance takes effect as from the time one leaves their home/office for the meeting/mission and ends upon return to home/office. Times outside this period, including durations with private deviations, are not covered.

Coverage includes, among others, medical expenses as well as costs for repatriation in case of personal accident and/or serious illness, theft, riots etc. For medical expenses, the travel insurance is a complimentary insurance. Any costs or damages that are not covered by the primary insurance (private, national or corporate) will be supplemented by the travel insurance upon a written declaration that such expense had not been covered.

Please note that the ECDC Travel Insurance is only a "top-up" insurance and everyone are expected to have a travel insurance (professional or private) already.

It is recommended to always bring your European Health Insurance Card when travelling in Europe.

Source: ECDC EVA

5. Leaving the country

Suggested removal companies

DHL if you only have a few boxes.

Places to deregister from

Cancel your PEC account.

Airports

Rome has two airports - Fiumicino (Leonardo da Vinci) and Ciampino. Fiumicino is Rome's main airport and is well-connected with the centre during the day by an express train.

The express train from termini station takes about 30mn and 50mn from Tiburtina station. The ticket price is 14€ and a train leave approximately every 20mn.

You can reach Termini by bus, tram or metro. Transport fare for each is 1.5€ for 2h. Termini station is

pretty safe during the day thanks to the presence of military and police in the station, however, avoid taking public transport to Termini at night. There are no night trains and the station is closed from midnight to 5am.

Taxis are another more expensive option. Depending on your location, taxi fares will be 50+€ and can go beyond 100€. Note as well, some taxis will prefer cash and charge exorbitant “credit card fees” if you want to pay by card. You can also find Uber pick up zone at the Airport, just know that Uber fares are more expensive than Taxi, and the eCDC doesn’t reimburse taxi/Uber fares.

When leaving for modules, it is best to arrange with ECDC travel agency for flights in the middle of the day so you can safely take the public transport to go to the station.

Ciampino Rome's smaller airport, is mostly used by and budget airlines (e.g. Ryanair). To get to the centre from this airport, take COTRAL bus, get off at Metro A: Anagnina station, then to Termini Station. Also there are a lot of buses from Ciampino to Termini station.

AT WORK

6. The institute: Istituto Superiore di Sanità

Getting to & from Institute

The main building of the ISS is in *Via Regina Elena 299*. To get there you can take Metro B and stop at “Policlinico”. It is only five minutes away from there. It is also 20 minutes walking from the main train station (Termini). There are several buses and a tram that can get you there, depending on where you are. Check the app Moovit to find how to get there from your location by public transport.

The ISS is a big complex and it is important to know that the building where you will be based for EPIET is not the main one, but a building at *Via Gianò della Bella, 34*. This is 10 minutes walking from the main building. To arrive there you can either take Metro B and stop at “Bologna”, take a bus or walk from another train station (Tiburtina), which is 10 minutes away.

Your office space

For EPIET you will be based in an office on the 3rd floor of the building at *Via Gianò della Bella*. You will share the office with others your department. People are very friendly in the department.

For EUPHEM you will be based where the labs are, Floor E, Edificio 1, via Regina Elena.

Access card

You will be given a badge that can be used to access any building of the ISS. As you are employed by ECDC, you do not need to worry about checking in/out hours.

Laptop and mobile

You will be given a laptop to work as working on your own laptop is not allowed anymore for security reasons. Mobile phones are not provided.

Remote Access

You can bring the laptop at home but consider that most of your work will be stored in clouds which can be accessed from your personal laptop.

Holidays

You are entitled to the same days as the Italian workers (30-32 days per year). It will be up to you to track how much vacation you took and how much you have left as there is no official way to book in your leaves.

Public Holidays

You can check public holidays in Italy on this website <https://publicholidays.it/>

Working Time

Normal working hours are 09:00 to 17:00. However, it is flexible and can be accommodated to your needs. You do not need to check in or out, but you need to keep a good communication flow with your supervisor and co-supervisor.

Lunch

You can buy lunch at the cafeteria at the institute. But being in Italy, there are around 1000 places where you can buy nice and cheap lunch within a radius of 3 minutes walking from the ISS. You can also bring your own lunch and have it with other colleagues at the department.

Because there are a lot of students in the area, you can also find a lot of meal deals in local pizzeria or panineria.

LIVING IN ITALY

7. Culture (dos and don'ts)

DOs

- People are aware of how difficult it is to move to a new country, especially if you don't speak the language. Do ask for help from the people in the institute. They are extremely helpful and they have supported fellows that didn't speak Italian.
- Enjoy as much as possible living in the *Città Eterna*. This will be the most beautiful place you will ever live, so enjoy it as much as possible. There are enough things to visit to keep you busy every single weekend for the next 2 years. However, some sites may need to be booked a few days or weeks ahead. Some planning might be needed.
- Do take advantage of the train network. You can easily go everywhere in Italy for quite cheap, so don't miss this opportunity.
- Do enjoy Italian and Roman cuisine. Get familiar with the typical pasta from Rome: carbonara, gricia, amatriciana and cacio e pepe. Do ask for advice to the several experts at

the department on how to prepare them at home. Try the pinsa romana (typical pizza from Rome) even though it is controversial for other Italians (mainly Neapolitans) whether this format of pizza is acceptable. Make your own opinions on food and build up good arguments to defend them passionately in any discussion.

- Be patient. Living in Rome can be stressful. Don't try to resist it and just go with the flow.
- Learn Italian, and after, learn Roman slang, some of it is quite funny and unique.
- Learn about the cultural differences between the regions, especially the North and South. They have (sometimes) serious rivalries on random subjects that are also linked to their history. This is part of the cultural experience and Italians would appreciate your showing so much interest. Also, every region and even towns have very specific specialties, usually food related, and discovering this is an amazing cultural experience that I recommend.
- The social norm indicates that when you meet someone (man or woman) you shake their hand. Once you get to know the person (might be 30 minutes after) you normally kiss them (man or woman). Two kisses. First with your left cheek. I clarify this because it might be different from your home country.
- Try to adjust to the life rhythm as well. Italians are more night owls than early birds. Even the gym won't open before 7:30-8AM and bars usually stay open until late any day of the week.

DON'Ts

- Under no circumstances, order a cappuccino with lunch. Rumor has it that some places will refuse to serve you. Other Italians present at the premises will look at you with contempt. However, you may try to have a cappuccino in the vending machine at the ISS, but make sure that no one sees you ordering or drinking it as it would affect your professional and personal relationships. [In touristy areas you are safe and nobody will care if you order a cappuccino in the afternoon. Some Italians even do that with their own free will.]
- Under no circumstances ask for pizza with pineapple. It just doesn't exist here and the waiter may report you to the local authorities if you do so.
- Don't expect to understand Italian politics
- Don't be frustrated if people take an insane long time to answer emails or make decisions. They definitely have a more relaxed approach to work and life in general. However, if you need something quickly because of a deadline, forget emails, try to call the person you need or even promptly show up in their office. This is quite normal here to do that; nobody will think you are rude to do so. In fact, some people are only reachable through a phone call or in person.

8. Public transport

There are three lines of metro: A, B and C. Several trams and buses are also available, as well as regional trains. You can use Google maps to check how to get anywhere with public transport, but the best app/website are Citymapper and Moovit. It has real time information on buses/trams/metro.

Public transport is pretty cheap: 1.5€ for 2h. You don't have to tap off when leaving the bus or the tram. As long as you pay and validate a ticket, it is good for 2h of transport. The metro will be the only exception as you have to pass the fare gates to change lines, usually going from C to A. You can use your credit card to pass the fare gates in the metro. You can also pay by card with the "tap and go" machine in buses and trams, but they are not always working so it is better to also have some

paper tickets with you in case. You can buy tickets at the tabaccherio or at any station.

Monthly travelcard cost around 37EUR, yearly travelcard 250EUR. You'll need at least a picture and perhaps a passport (or equivalent) for the yearly ticket and the codice fiscale. You can buy a travel card at the main ATAC office in Termini.

Transport controls are not happening very often, but if you get caught without a valid ticket, the fine to pay will be between 55 to 100€. Be aware that public transport in Rome can be unreliable and buses or trams can have delays (sometimes up to 1h), particularly on the weekends.

If you want a taxi use either Uber or Freenow.

9. Cycling in the city

Cycling infrastructure is not as developed as in other capital cities in Europe, given the geography of Rome. However, you will find cycling lanes in several places and there are electric bicycles that can be hired around the city. Tram, buses and cars don't pay much attention to bikes, so cycle at your own risk.

10. Sharing mobility: car, scooter, electric scooter and bike sharing

According to some, all the roads lead to Rome, and even if the city's roads are far from eternal and in serious need of a revamp there are several services for car sharing in Rome. By sharing one mustn't worry about paying for parking, insurance, or for gas –it's all included. Notes: the cars are automatic as well.

The sharing isn't limited to cars, and also includes scooters, e-scooters and bikes. All services are paid for and reserved through easy and ready to use apps. Each service has a different pricing range, its own app, and different vehicles to choose from. To know the regulations, costs, obligations and limitations look at the websites of the providers.

CAR

<https://www.share-now.com>

<https://enjoy.eni.com/en/roma/home>

<https://romamobilita.it/it/carsharing>

SCOOTER

<https://www.zigzagsharing.com/it/>

<https://www.cooltra.com/it>

https://movilidad.acciona.com/it_IT/roma/

E-SCOOTERS

To provide electric scooter sharing service in Rome there are several companies: **Lime, Bird, Bolt**. For all these companies, payment is made in the same way, via app and payment by credit card or debit card.

BIKE SHARING

An ecological and anti-traffic alternative that integrates the system of public transport, ideal for small trips.

Lots of providers for bike sharing: Lime, Ridemovi (<https://www.ridemovi.com/it/>) and others. Bicycles are made available in specific areas, near tourist areas or stations, in special parking lots. To rent them, just download an app on your smartphone and unlock the vehicle by framing the QR code or through a contactless card.

Rental bikes such as Lime cost approximately 1€ for rent and then 0.25€ for every minute of use.

11. Language schools

I would advise you to start learning Italian as early as possible. You'll be able to survive speaking in English since many people can understand and speak basic English, but you'll also come across people that can't speak a word. Even at the ISS, many people are not really comfortable with English and many meetings will be conducted in Italian only. Even if it's not implied, they will expect you to be able to speak Italian at some point. There are many Italian schools around with various prices. Most offer group classes, but some intensive classes are also available for a higher price. Online classes are also possible.

A language school near the institute is Torre di Babele (<https://www.torredibabele.com/en>). There are many other language schools that you can choose from.

The "Expats living in Rome" community also organizes courses both private or in groups (<https://www.expatslivinginrome.com/>).

The Dante school (<https://clidante.it/>) is another one, 10-15mn walking from the institute. Choose depending on your level, how many classes you are willing to take, and the budget provided for the lessons.

12. Recreational Activities

There are plenty of things to do in Rome. Several websites can help you to get information on the events occurring, such as [RomaToday](#). I won't cite all the sights to visit in Rome because you probably know them.

About meeting people, Italians are normally friendly people, so try to socialize as much as possible. You can use apps such as *meetup* to find gathering events happening nearby. You can also look on Facebook, there are a lot of expat groups that organize meets up. Instagram is another one as well. If you want to make friends without having to actually go into organized events, I recommend Bumble BFF (The friendship side of the dating app). A lot of Italians go there to look for expat for language exchanges.

If you are single and want to use this opportunity to find a *ragazzo/a* (may help you with the Italian), you can use apps such as Tinder/Bumble/Hinge. Or if you are old school, you could try your seducing skills at any night bar in the Trastevere area.

Italians are fit and active people so there are many gyms around. Depending on your location, the average monthly prices for commercial gym membership go from 40-70€. If you pay for a one-year membership, it'll end up being a bit less expensive. More specialized gyms that offer lessons, like crossfit or martial arts, will be more expensive but also less crowded. There are also many sport groups that can be found on Facebook, Instagram or plain old google.

Several running events are organized each year in Rome and are worth participating in. The Rome Full marathon is usually held in March, as well as a half marathon going from Rome historical center to Ostia. The other Rome half marathon is usually held in October and is organized within the historical center.

13. Supermarkets

There are plenty of markets and supermarkets in Rome, such as Conad, Todis, Lidl. But there are also many farmer markets around as it is still a big part of Italian culture. You can find small markets in most neighborhoods with fruit shops, butchers and fishmongers. During the weekend, bigger farmer markets can be found all over the city. Bring cash though; they don't always have card readers.

SPECIAL CONSIDERATIONS

14. Moving in with a family

When moving with a family it is important to get a Codice Fiscale and a Tessera sanitaria for your children. You can do it following the same steps explained above. Once you register in the ASL you can ask for a paediatrician for the children. Look up for a kindergarten (*asili nido*) if you need it.

CONTACT

15. Key contacts at your institute

Secretariat

Your supervisor will inform you about this. The administrative person at the department for EPIET is Stefania Giannitelli. She is a lovely person who will help you with anything.

For EUPHEM, Avellis Francesco is the one responsible for pay slips, and Simone Signorini is in charge of the reimbursement. Norella Niciarelli is dealing with the contracts.

16. Contact information of current and previous fellows

Feel free to contact the current fellows. They have lots of additional information that they are happy to share with you.

Name	Cohort	Email	Nationality, moved from	Moved with partner/family
Mathilde Laureti	2025 (EUPHEM)	mathildelaureti@gmail.com	French, moved from UK	No

Jasleen Singh	2024	js028@live.co.uk	Irish, moved from UK	No
Alberto Mateo Urdiales	2019	Amateo250@hotmail.com	Spanish, moved from UK	Partner and a child
Xanthi Andrianou	2017	x.andrianou@gmail.com	Greek, moved from Cyprus	Single
Lorenzo Bandini	2021	lorenzobandini@hotmail.it	Italian	

