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A UNIQUE EDUCATIONAL ITALIAN EXPERIENCE

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Italian Chef Academy is the 1st Culinary Arts Academy in Italy with the highest number of students enrolled and employed. Featured among the top culinary institutes in the world.

A center of excellence, offering a world-class culinary education. It adopts a very rigorous yet practical and innovative approach with an eye for detail, for further developing this unique concept of industry focused training.

The Academy provides an opportunity for students with little or no prior food preparation experience, but with an interest in food and to learn about culinary skills. Core courses introduce students to the world of Culinary Arts. At the beginning of the course, food safety and hygiene training, the basics of culinary and food equipment are taught. Lab experiences provide in-depth knowledge to strengthen these skills to an advanced level.

The practical and theoretical classes take place in fully equipped facilities. Lessons are held by renowned Italian and international chefs, academics and experts in the field.

Our mission is to help our students enter in the world of work, through excellent training courses and internships at some of the most prestigious restaurants, resorts, pastry shops, caterers and the like.

Located in one of the most exclusive, elegant and residential areas of Rome, surrounded by green areas, and a few minutes from San Peter's Basilica and the most important Roman monuments, Italian Chef Academy will definitely guarantee a long lasting experience in your memory throughout your career.



REGISTRATION REQUIREMENTS

The Professional Training Courses are reserved for admission, selected through a preliminary motivational interview.

The minimum requirements to join the course are:

- Recommended minimum age: 18 Years
- Strong motivation and passion for food and/or pastry
- Demonstrate proficiency level knowledge of English and/or Italian language

INCLUSIVITY, DIVERSITY AND SUSTAINABILITY

Italian Chef Academy as an International Educational Center strives to be a safe and inclusive space for all regardless of race, gender, orientation, religion, and age. As a student, our Academy should be a place of work, learn and above all a demonstration of professional conduct.

We celebrate the diversity of our environment, which has led to our success as one of the world's leading international culinary schools.

Sustainability is another very important aspect for us. We are constantly working to reduce our impact on the planet by living and teaching in a more conscious way by avoiding waste, using energy produced from renewable source.

These remain a core value and philosophy of our education program and director, which we must all share.



INTERNSHIP

All our courses include a professional internship, awarded on the basis of a combination of three assessments:

- 1) Written tests
- 2) Performance evaluations
- 3) Final exam

We truly believe in meritocracy, and nothing will change that philosophy.
Some other important aspects of the internship are:

- You cannot start it before school approval and insurance activation. (We take care of the activation process; the cost is already included in the fee).
- You can do a maximum of 40 hours a week and no more than 8 hours a day. A minimum of 6 hours a day is required.
- You cannot work on Sundays or public holidays.
- The Internship is not mandatory, but highly recommended.
- Some of our partners offer accommodation. Feel free to ask for it. (NOT in big/main cities like Milan, Rome, Florence and the like).

For any further information relating to the internship, please refer to: formazione@italianchefacademy.it

CERTIFICATION



LANGUAGE AND ITALIAN COURSES

All courses are taught in Italian, however being an international culinary arts academy means that we offer a unique and exclusive simultaneous translation service with a dedicated person specialized in culinary terminology.

The courses held in Italian and English will facilitate your learning experience and favor the integration with the other students.

For those who want to learn Italian language, we recommend enrolling in the course of our partners:

- Dante Alighieri Institute: [Link to their website](#)
- Scuola Leonardo Da Vinci: [Link to their website](#)

EQUIPMENT

On the first day of course, we will provide each participant with a professional chef or pastry chef's jacket, white work trousers, hat and apron. The only thing we do not provide is the professional shoes for chef.

You must buy professional black kitchen shoes by yourself. To access the kitchens of Italian Chef Academy it is mandatory to have a complete and clean uniform. Showing up without any of these elements will not allow you to attend the course.

FOOD HANDLING, HEALTH AND SAFETY

The well-being and safety of all students and team members is as much a priority for any school as it is for ours. To follow the strict health and safety guidelines, we provide each student with a HACCP qualification certificate in accordance with local government guidelines.

Students must comply with the standard rules and regulations of work safety and safe food handling. Kitchens can present all kind of hazards in terms of equipment and environment. Please always follow the instructions of our staff to prevent injury and damage.

Therefore, it is important to always follow the explanations and demonstrations of the Chef Instructor and kitchen assistants.

Safety should come first, even if it was a mistake or an accident.



HEALTHCARE FOR INTERNATIONAL STUDENTS

Upon arrival in Italy, all international students must prove adequate health coverage. EU citizens and non-EU citizens access healthcare differently. EU students come to Italy with their European Health Service card issued in their country of residence (i.e. E106 form).

They do not need to apply to the National Health Service (SSN)

Extra EU students can choose among:

- A private health insurance bought in their home country with specific requirements, approved by the Consulate/Embassy issuing the visa.
- Alternatively, they may choose to register with the Italian Health Service by paying a fee €149.77 euros/calendar year at any post office - valid from January until December regardless of the month you pay. You will benefit from the same services of the Italian citizens.

To obtain the visa and a valid stay permit in Italy, it is necessary to have a valid health insurance coverage that:

- Covers expenses in case of emergency treatment and urgent hospitalization.
- Guarantees your return to your own country in case of serious illness.
- Is in English or translated into Italian.
- Is valid in the Schengen Area.

In case of medical emergency call the **free number 118 (ambulance)** or go to the nearest hospital or "guardia medica" (out-of-hours service doctor).

Facilities and services specifically dedicated to international citizens are also available:

Presidio Nuovo Regina Margherita

For tourists and international citizens in urgent need of medical assistance

Via Emilio Morosini, 30, Rome

Tel. 06 7730 6650

Monday to Friday from 8.00 am to 8.00 pm

Poliambulatorio INMP

Health and psychological care and cultural mediation services.

Via delle Fratte di Trastevere 52, Rome

Head nurse: 06 5854 3730

Cultural mediators: 06 5854 3731 – 06 5854 3686



BEFORE LEAVING: VISA AND STAY PERMITS

If you are an EU citizen you don't have to request a visa (you only require a valid document "ID or Passport" for travel abroad, even for stays greater than 3 months).

If you are a **Non-EU citizen** intending to enter Italy you must submit your visa application and the relevant documents to the Italian diplomatic representation. The visa procedure might slightly change depending on the Embassy/Consulate in the home country. Check in any case on the Foreign Affairs Ministry website <https://vistoperitalia.esteri.it/home/en> if you need a visa according to the duration and reason of your stay. Once arrived, in order to legitimate your stay, you must submit your stay permit request to the Immigration Office within 8 working days from your arrival.

Short term stays (less than 90 days)

If you are staying in Italy no longer than 90 days, you must complete a Declaration of presence at the Police Office (Questura) within 8 days from your entrance in the Schengen Area. Students should always keep a copy of the declaration with them to comply with possible police checks.

The declaration of presence is mandatory only if you have got your passport stamped in another Schengen country (not Italy) at your arrival.

You must submit the following documents:

- Passport (original copy);
- Copy of your passport;
- Housing contract in Italian language on your name (or owner's consent declaration + housing delivery declaration if you are hosted by relatives/friends);
- If you have a currently valid stay permit from another European country you need to submit the original + a copy;
- Train/bus/flight ticket to Italy
- Valid health insurance (original and copy)

Remember that you must go personally to the Questura.

Long Term Stays (more than 90 days)

Students must request a Residence Permit (i.e. Permesso di soggiorno) within 8 days of their arrival in Italy.

How to apply:

1. Collect the Residence Permit Kit at the nearest post office (Poste Italiane). Complete the application form and attach copies of all the required documents, along with a tax revenue stamp of €16 (marca da bollo that can be purchased at most tobacconists, newsagents and bars).
2. After having completed the application, you will have to pay the fees for the Residence Permit (€27,50), mailing expenses (€30) and administrative costs (€ 80 - 200, depending on the length of your stay). The post office will issue a receipt that is valid as proof that you have requested a Residence Permit.
3. You will receive a notification, via mail, inviting you to an interview. You must bring 4 passport-type photos to the interview.
Please notice: keep the receipts in a safe place! You will need them to pick up the stay permit when ready!

HOUSING IN ROME

Housing in Rome can be difficult to find, therefore it is important to find and secure accommodation as soon as possible once your course attendance is confirmed.

Italian Chef Academy can grant various choices of accommodation in agreement (prices starting from around 350 euros per month) near by the school.

After paying a deposit for registration, a pdf will be sent to you with the complete list of accommodation facilities which you can contact independently. In the list you will find: name of the host, type of accommodation, service included (for ex. wifi, terrace, etc.), address, price, contact details.

In the list you will also find a link that will direct you to the web page of a partner platform where you can find other accommodation facilities at discounted prices by entering the code **"ITCHEFACADEMY10"**. Please note that the accommodation found on the platform may be far from the Academy. Always check with "google maps" how long it will take you to reach the academy.



ENJOY YOUR LIFE IN ROME

THE ARRIVAL IN ROME

There are two international airports: Ciampino and Fiumicino. Fiumicino airport is the largest airport not only of Rome but also of the whole country. For this reason it offers a variety of easy ways to reach the city:

- **Train:** it is possible to use the Leonardo Express that connects the airport with the main station, Termini.

wlt is also the most used as it is a non-stop service. The trip takes around 30 minutes and the train leaves the airport every half hour or every 15 minutes during peak hours. Beside the Leonardo Express, there is another train called FL1, which is a regional train and less known by tourists. It connects the airport with various points in the center of Rome (except Termini station). It leaves every 15 minutes, and it lasts about

30 minutes. The ticket costs 8 euros.

- **Bus:** there are several bus lines. Ticket prices, routes and timetables are available on their websites. The main bus companies are:

■ **Co tral:** www.cotralspa.it

■ **Rome airport Bus-Schiaffini** www.romeairportbus.com

■ **Terravision:** www.terravision.eu

- **Taxi:** they can be found in the arrival areas of "Terminal 1" and "Terminal 3". Please note that the licensed taxis are white with "Taxi" written on the roof. The fixed rate to the center of Rome is around 50 euros.

- **Car rental and car sharing:** it is possible to rent cars in Office Tower 2. The main car rental services are listed below:

■ **Autovia:** +39 0665954103 www.autovia.it

■ **Avis-budget:** +39 0665011531 www.avisautonoleggio.it

■ **Europcar:** +39 0665761211 www.europcar.it

■ **Hertz:** +39 0665955842 www.hertz.it

■ **Italy car rent:** +39 3347214240 www.italycarrent.it



- **Car sharing:** this service is even more convenient, easier, and faster to move from the airport to Rome. You can pick up the car of your choice at the airport and leave it at your destination, where other people can take it. The Car sharing service is near the Terminal 1 car park. You can choose from the companies listed below (check their websites):

■ **Enjoy:** www.enjoy.eni.com

■ **LeasysGo:** www.go.leasys.com

■ **Share Now:** www.share-now.com

Ciampino airport is the closest to the city center, but it is also the smallest. From there you can reach Rome by:

- **Airport Bus:** this is the cheapest transport option you can choose as typical fares can go as low as 1.50 euro for one-way trip.

- **Taxi:** the most efficient, fastest, and most used way to reach the "Eternal City".

Usually, taxis cost around 30 euros as a standard flat rate.

- **Train:** you can choose to use the Ciampino Airlink service which connects the airport with Rome.

IMPORTANT INFORMATION

EMERGENCY NUMBERS

112 EU EMERGENCY LINE: Single European emergency number, whose operators will direct you to services concerned.

113 GENERAL POLICE: General emergency number that will connect you with the State Police (Polizia di Stato)

116 ACI: Road Assistance

115 FIRE AND RESCUE: other responsibilities of the Firefighters (Vigili di Fuoco) are: to conduct search, rescue and other first-aid operations.

118 MEDICAL EMERGENCIES: Will send ambulances and medical assistance.

06 5852.6811 MEDICAL GUARD

ELECTRICITY

Electric in Italy is **220 volts**.
You may need an adaptor and/or a converter.

PUBLIC TRANSPORT

There are many ways to move around the city of Rome, especially with public transport. Rome has three subway lines (A, B and C), tram lines, buses and train lines that cross the city.

Ticket prices are low, and if you get a monthly or yearly pass, they are even lower. The buses and subways trains are often crowded, especially during rush hours and, moreover, buses are quite often late, but they can take you anywhere in the city.

If you don't want to wait for a bus or a metro, you can rent the bike or one of the many car sharing available around the city (for ex. Enjoy, Car2Go, Share'nGo). Uber is also available, but little used by the Romans and quite expensive – about the same as taking a taxi. Taxis are available in front of the main railway stations and in some squares and areas of the city – or they can be contacted via dedicated telephone numbers, such as 06 3570 – the main taxi service.

A taxi or a car sharing service is certainly the best way to reach non-central areas of the city or to enjoy the nightlife without worrying about timetables. Here you can find the **Metro maps** and this is a useful site for public transport in Rome.

When you walk around Rome, you can notice many shops with a blue "T" sign – that is a tabaccheria, a shop where you can buy anything.

There are not only tobacco products, but also pens and notebooks, duty/revenue stamps, top-ups for mobile phones, bus tickets and monthly passes, snacks, and many other things.

A tobacco shop is more or less a small drugstore where you can find stuff you may need in your daily life in and outside the academy.

TOBACCONIST (TABACCHERIA): THE ITALIAN BAZAAR

EMBASSIES AND CONSULATES

Most of the embassies are sited in Rome. Consulates are mainly in smaller cities.
Check your Ministry of Foreign Affairs for their diplomatic missions in Italy.

POST OFFICES

Post offices (Poste Italiane, www.poste.it) are open from Monday to Friday from 8:30am to 13:30pm and Saturday from 8:30am to noon.

Some offices in the center have longer opening hours; closing time is between 6pm and 7pm. Stamps can also be purchased at tobacconists.

Find below a list of Italian/Roman holidays:

January 1 - ***New Year's Day***

January 6 - ***Epiphany***

25 April - ***Liberation Day***

May 1 - ***Labor Day***

June 2 - ***Republic Day***

June 29 - ***St. Peter and Paul***

August 15 - ***Assumption Day***

November 1 - ***All Saints***

December 8 - ***Immaculate Conception***

December 25 - ***Christmas Day***

December 26 - ***St. Stephen's Day***

HOLIDAYS

WEATHER AND CLOTHING

Italy extends 1,200 km from North to South, so the climate varies considerably, with winter temperatures of -5°C and below (23°F) in the North, and summer temperatures of 40°C (105°F) in the South. Rome, located at the center of the peninsula, has a mild climate, with temperatures rarely reaching the extremes indicated above. Hence, light or medium clothing is recommended. However, it is advisable to bring a raincoat and an overcoat or a heavy jacket for the cold winter.

TELEPHONE SERVICES

If you have a mobile phone you can buy a SIM card for around €10 with various companies (for ex. TIM; WINDTRE ; VODAFONE). Choose the best rate plan for the duration of your stay. Local calls cost around 15C per minute.

COST OF LIVING

Groceries

Food and household items: around €80-100 per month

Leisure/free time

Cocktails: around €4-8

Aperif (Happy hour): about €6-12

Cinema: about €4.50-10

Theatre and concerts: around €15-40.

Restaurant: around €20-40

Pizzeria: around €10-15

On 1 January 2002 the Euro was introduced as legal currency in Italy, replacing the Italian "Lira". Banks are generally open from Monday to Friday from 8:30am to 1:00pm and from 2:45pm to 3:45pm. If you wish to open a current account in Italy you need the Codice Fiscale (Italian Tax Code). Credit cards are widely accepted in restaurants, hotels, railway stations and shops.

Students are advised to bring enough Euros or travelers with them to cover immediate needs (bear in mind that there are considerable delays in transferring money to Italy from abroad). The maximum amount for transaction in cash in Italy is up to €5000.

MONEY

It is said that a city can also be described through its landscape, colors, perfumes, objects, or even an idea. It is precisely those nuances, intangible and temporary, which sometimes turn into unforgettable memories.

Over the centuries, the magic of Rome has been masterfully narrated by poets and writers and marvelously represented in the works of great artists. Eternal and mysterious, the Capital envelops those who arrive in a pleasant “sickness of Rome” that does not abandon. It is no coincidence that millions of tourists rush to throw a coin into the Trevi hoping to return one day to visit it again: remembering Goethe’s words, because in Rome, everything is as we imagined it, and everything is new.

If you don’t know it yet, or if you want to come back to immerse yourself in its charm, here, we try to briefly describe its profile, soul, and colors.

The seven hills and the birth of Rome (753 BC)

Legend has it that the birth of Rome is due to Romulus and Remus, the twin sons of Rhea Silvia and the god Mars, abandoned and suckled by a She-wolf and finally adopted by the shepherd Faustolo and Acca Larentia, his wife. Once they grew up, the twins decided to found a city: to establish who should govern, they entrusted themselves to the will of the gods through the flight of propitious birds. From the Aventine Hill, Remus saw six vultures, while Romulus, from the Palatine Hill, sighted twelve, becoming the first King of Rome in 753 BC.

From the Palatine Hill, the city extends over the seven hills namely: Palatine, Aventine, Campidoglio, Quirinale, Viminale, Esquilino and Celio.



THE BLOND TIBER

This is how the river god was called in the poems of ancient Rome, a god to whom respect and love were due. But the Tiber was above all a real waterway with large ports developed since Roman times, definitively demolished in the second half of the 19th century with the construction of the docks to free the city from continuous floods. Today, direct contact with the river has been lost.

However, love, respect, and the awareness of its fundamental role in the birth and development of the city remain. Not to mention the glimpses of incredible beauty that it gives us from the many historic bridges, such as Ponte Sisto, Ponte Sant'Angelo, or Ponte Fabricio.

THE CULTURAL AND HISTORICAL HERITAGE OF ROME

The imposing monuments, the hundreds of churches, and the spectacular fountains of Rome outline its incredible profile and make it the city with the highest concentration of historical, archaeological, and architectural heritage in the world, with **over 16% of the world's cultural heritage and the 70% of the Italian ones.**

Its historic center, delimited by the perimeter of the Aurelian Walls, is an overlap of almost three millennia testimonies. In 1980, with the Basilica of St. Paul outside the Walls and the extraterritorial properties of the Holy See within the city, it was included in the list of UNESCO World Heritage Sites.

Heart of Catholic Christianity, Rome is the only city in the world to host a foreign state, the enclave of the Vatican City: for this reason, it is often referred to as the "Capital of two States."

THE 12 MOST VISITED MONUMENTS IN ROME

They are unmissable and, absolutely, you cannot miss them during your first visit to the Eternal City:

The Colosseum

The Pantheon

The Roman Forum and the Palatine Hill

The Trevi Fountain

Navona Square

Borghese Gallery

Piazza di Spagna

The Vatican museums and the Sistine Chapel

The Basilica of St. Peter in the Vatican

Sant'Angelo Castle

Catacombs of Saint Callistus

Piazza del Popolo e Via del Corso

*But do not forget all the others!
Browse through the pages of*





**Pantheon*



** Fontana di Trevi*

GRAFFITI ALL OVER THE PLACE

Street art is almost everywhere in Rome, from metro stations to buildings and bridges.

The number of graffiti is constantly growing, from well-established works that have been present in the city for many years now, to more recent works created in a single day.

That is why today Rome is becoming one of the centers of contemporary and urban art.

From Pigneto to Ostiense, in Tor Marancia as well as in San Lorenzo and along the Tiber in the Trastevere area, there are over 150 streets and 330 works to be seen – that make roman streets an open-air museum.

** Tor Marancia*



ROME: THE GREENEST CITY IN EUROPE

What could be better than taking a break from the hustle and bustle of the city, taking a nap under a tree, breathing clean air and spending time in one of the various parks of the “greenest city in Europe”. The vast areas, partly flat and partly hilly, which extend around the city, are covered by parks, gardens, pine forests and numerous reserves for approximately 52.000 hectares of rural areas.

For pleasure or to spend a relaxing afternoon, lying on the grass in the tranquility of the Roman spring sun, we recommend some of the major parks which also house museums and attractions for every type of visitor.

In addition to the historic residences of the most prominent noble families such as Villa Borghese, Villa Doria Pamphilj, Villa Ada Savoia, and Villa Torlonia, Rome holds real green lungs of historical, archaeological, and naturalistic interest, such as the immense Appia Antica Regional Park.

It also has ancient and suggestive panoramic points over the city, such as the Orange Garden, the Pincio, and the Janiculum Hill.

FOOTBALL TRADITION

In Rome football is like a religion, you will see that Romans talk about football every day. If you like football you probably have heard about Francesco Totti. He was the most important Roman football player and is considered as the eight King of Rome. Rome has two football Teams: As Roma is the main one and is supported by most of Romans with 60.000 fans supporting them every time at the stadium; and SS Lazio, the second best, mainly supported by people living in the countryside around Rome; in fact it bears the name of the Lazio Region. If you want to live a truly immersive Roman experience, you should go to a football match at the Stadio Olimpico. You can find tickets [here](#).



ROMAN-JEWISH CUISINE: THE ANCIENT AND TASTY BLEND OF FLAVOURS

Rome, the city of great emperors, popes, and the working-class people described by the poet Belli, Goethe's city of the soul, is a metropolis that enchants with its millenary history. Exploring the beauties of the Eternal City - monuments, churches and works of art - is also a journey through the many culinary specialties that can be tasted anywhere in the Capital. If you want to discover its true essence, all you have to do is taste the traditional Roman cuisine, recipes that reflect its history, made with simple and often humble ingredients.

If "life is a combination of magic and pasta", as Federico Fellini said, the right way to experience flavours, colors and scents/aromas, is to stroll through the streets and alleys of Rome. Here you can discover rustic dishes but with intense flavours. It is the cuisine of the true Romans, a people who have always lived in the streets and squares of the old city, enlivening the numerous inns and taverns.

The place of honor in our itinerary of taste belongs to the Roman-Jewish cuisine, in which the characteristics, cultures, and dishes of the two peoples merge and muddle up. Since Jews arrived in Rome as early as the 2nd century BC, fusion was inevitable. Like the Roman culinary art, the Jewish one can transform even the poorest ingredients, suitably combined, into something delicious. In a virtuous exchange, traditional Jewish recipes have influenced the Roman ones, just as Roman food products have inspired some dishes "alla giudia". The encounter between the two cuisines is the basis of the gastronomic tradition of the city. It is hard to tell where one begins and the other ends.

The artichoke is undoubtedly the prince of Roman cuisine and one of the best ways to enjoy it is "alla giudia" (Jewish style). Salted, peppered and fried completely immersed in abundant boiling oil, it is absolutely delicious! We also mention the "tortino di alici" (anchovy pie), in which a base of shortcrust pastry is layered with anchovies and endives, a typical vegetable of the Roman countryside, baked in the oven and then eaten warm or cold. Delicacies for the palate are the gnocchi alla romana (Roman-style semolina gnocchi) soaked in melted butter and Parmesan cheese, then baked; the sardines and artichokes tarts and the ricotta timbale.

There are many soups. The most famous is prepared with broccoli and arzilla - the Roman name for a delicate white fish. A classic dish that dates back to ancient Rome is the chickpea soup with "pennerelli", small pieces of meat, strictly not pork, in compliance with kosher dietary rules.

Lamb is another great protagonist on the table: breaded and fried ribs, a scottadito (cooked on a hot grill or embers and eaten very hot to burn your fingers), baked with potatoes, or sautéed in a pan with olives or lemon. This meat reminds us of the origin of the Roman people, described by historical sources as a people of shepherds linked to legends of woodland gods, protectors of flocks.

In Rome, it is popularly called "abbacchio".

IT'S NOT JUST A SLICE OF BREAD!

In Roman cuisine, bread has a privileged place: from ancient Rome to the Middle Ages, up to the Renaissance, it has always been the protagonist of the tables. No Roman would ever consider sitting at the table if there were no bread on the table!

There cannot be anyone who has never heard of bruschetta. It is a slice of toasted bread ("bruscato"), rubbed with garlic and seasoned with oil and salt or enriched with many ingredients, such as tomatoes, peppers, cheese, onions. Today, this peasant dish, initially a way to consume stale bread, is "crunched" everywhere as an inviting appetizer.

THE RECIPES OF THE ROMAN TRADITION

Have you ever wondered why the best dishes of Roman cuisine have the same ingredients that alternate in such a way that practically only one component changes from one recipe to another? The reason is simple: it is a poor cuisine, which gathered what little people had available and created from 2 or 3 simple ingredients making them available for all dishes so as to have an intense and reassuring flavor.



MAIN COURSE

The basic ingredients were (and are) cheek lard, tomato, black pepper, pecorino cheese, eggs ... and the first courses that come out are still today among the best known of traditional Roman cuisine.

We are talking about amatriciana (tomato, cheek lard, pecorino cheese and black pepper), cacio e pepe (pecorino cheese and black pepper), gricia (cheek lard, pecorino cheese

and black pepper) and carbonara (cheek lard, pecorino cheese, black pepper and eggs).

Continuing to talk about main courses (or single dishes, depending on your appetite), we add pasta with pajata sauce (originally the intestine of the calf that still fed only on milk, not cleaned of its contents ... today emptied before being cooked!) Or with the oxtail ragout, the tripe "alla romana", covered with pecorino cheese, and tomatoes stuffed with rice with baked potatoes, a simple and tasty summer dish.

SECOND COURSES

Are you still hungry? Among the second courses of the Roman-Jewish tradition, two dishes dominate: the lamb "alla scottadito", so called because it must be served hot and eaten strictly with the hands, and the "coda alla vaccinara", a cut of meat now somewhat fallen into disuse but which, if well cooked, is succulent and tender.

To accompany the meat, the typical cuisine offers a chicory salad, chicory sprouts cut into fillets and seasoned with anchovies, or sautéed chicory.

THE DESSERTS

It is undeniable, now in all restaurants the Roman dessert par excellence is "tiramisu": even if it is probably not a recipe born in Rome, you will find it really everywhere and in a thousand variations.

Another must of the Romans is the Maritozzo also known "er santo maritozzo" (the saint maritozzo in Roman dialect), celebrated in 1833 by the great poet Giuseppe Gioachino Belli in his sonnet La Quaresima. The original version is filled with fresh cream but you can also find interesting variants.

STREET FOOD: THE DELICIOUS SNACK WITH THOUSAND-YEAR- OLD ORIGINS

The culture of street food was already widespread in ancient Rome. Many private houses did not have a kitchen. Thus, it was not unusual for the Romans to have their meals in a sort of ancient “take away” overlooking the street. Street vendors, called *lixae*, sold bread, biscuits, legumes and dried fruit on their stalls. **Street food** so loved today is certainly not a modern invention!

Among the “descendants” of the take-away foods loved by the ancients are the **crispy fillets of baccalà** (salted cod); the courgette flowers, stuffed with mozzarella cheese and anchovies, then fried in batter; the succulent **suppli “al telefono”**, fried rice balls stuffed with mozzarella cheese; fragrant **sandwiches with porchetta**, tasty boneless roast pork. Amazing treats that you can taste in all pizzerias “a taglio” (sliced pizza shops) and rotisseries in Rome.

From every corner of the city, the bakeries spread irresistible aromas, inviting you to have quick and fragrant snacks. How can we forget one of the tastiest Roman specialities? Let’s talk about pizza. **Bianca “in teglia”** (pan pizza) is a must: thin and crunchy or thick with oil and sea salt. It is delicious with some freshly sliced **mortadella** or – in summer – filled with **figs** and **prosciutto crudo** (ham) for true gormets. The ancient ovens are incomparable in preparing the **pizza rossa**, with a thin crust cooked on a baking sheet, greased with oil and covered with tomatoes, to be eaten while walking through the streets of Campo Marzio. After a visit to the majestic Pantheon or browsing through the market stalls of Campo de’ Fiori and the artisan shops of the surrounding alleys, “when you are in Rome, do as the Romans do”: enjoy a moment of pure joy for the palate with a bite of great pizzas and sandwiches.

THE ROUND PIZZA: ART, TRADITION AND ROMAN GOOD HUMOUR ON THE PLATE

In the evening, pizza becomes the queen of the table: **margherita, capricciosa, with mushrooms or ham, thin and crunchy on the sides**. Explore Rione Testaccio, the popular soul of the city, and Rione Trastevere, inspiration for the great Roman poets. Here, you can breath the atmosphere of Rome of other times, between delicious appetizers and a glass of wine from the Castelli Romani. If you are even more curious, there are many Roman pizzerias. Just take a walk in the lively and bohemian districts of San Lorenzo and Pigneto, through the industrial architectures of Ostiense or in the elegant Rione Prati. You are truly spoiled for choice!

A poem about bread, written by Aldo Fabrizi in Roman dialect in 1970, entitled “Nonno Pane” (Grandpa’s bread), enhances the versatility of bread. It says that besides bruschetta and panzanella, it goes well with just about every ingredient under the sun but it is especially good if you are hungry!

WHEN IN ROME DO IT LIKE ROMANS:

APERITIVO

The aperitif is the Italian version of happy hour, a trend born in Milan and then spread throughout the country. It takes place before dinner, it represents a moment of relaxation with friends and a drink in company – such as the typical Spritz.

The aperitivo has the purpose of whetting the appetite, including a few appetizers in the price of the drink. But some bars literally offer a wide buffet with pasta, pizza, appetizers, vegetables and sometimes even a dessert, becoming an excellent occasion to socialize in good company enjoying delicious Italian food.

ITALIAN BREAKFAST

The typical Italian breakfast is light and fast – if you decide to have it in a typical Italian Bar (in Italy a “bar” is a place where you can have a coffee, breakfast or a light lunch – and is often open from early morning until late at night). In most bars you will have a large choice in terms of coffees to choose from, teas, juices and pastries (usually a cornetto “croissant” – or the typical pastry of Rome, the maritozzo).

Italians usually have their breakfast very quickly, standing directly at the bar’s bancone (counter). If you’re staying in someone’s house or in a bed & breakfast, you will probably be offered fette biscottate (hard packaged toast) with jam or Nutella, or biscuits (the term biscotto includes all types of cookies) or simple corn flakes.

ORDERING COFFEE

The king of coffees is espresso – that Italians simply call “caffè”. Other varieties you must try are the following:

Caffé ristretto: an extra strong espresso

Caffé lungo: the opposite of a ristretto - watered-down espresso

Caffé americano: American coffee, a really watered-down espresso

Caffé macchiato: a regular shot of espresso with a spoonful of milk and frothed milk

Caffé corretto: a regular coffee with the addition of brandy or grappa

Caffé latte: coffee with lots of milk, but without foam

Cappuccino: a medium size cup with coffee, hot mild and milk foam on top

Café or cappuccino decaffeinato (or simply “deca”): decaffeinated coffee or cappuccino

Caffè marocchino: Moroccan coffee, every barista has his own recipe - basically it’s coffee with a bitter taste of dark chocolate, with milk foam and chocolate powder on top

DINNER WITH FRIENDS AND RESTAURANT ETIQUETTE

Romans and Italian in general like to relax and chat with friends and families when they eat out, therefore they don't like rushing at mealtimes. For this reason, between one course and another there's always some to sip a glass of wine, smoke a cigarette, or simply chat.

When the bill arrives at the table at the end of your meal, it's customary to pay "alla romana" – splitting the bill equally amongst all participants.

Finally, you don't have to tip beyond the restaurant service charges, but you can leave a little extra if you feel service justifies it. If there is no service charge, the customer should consider leaving a 10% tip, but this is not mandatory.

* Trastevere



THE 6 BEST FOOD MARKETS IN ROME

Visiting Rome's food markets is one of the best ways to get in touch with Roman customs and culture. Life in Italy takes place at the table, where food markets date back to Ancient Rome. Despite the influx of supermarkets, they continue to be at the heart of communities, throughout the Eternal City.

Trionfale Market

The Trionfale market is the largest food market in Rome and one of the largest food markets in Italy. Exploring it thoroughly is ideal for stimulating good appetite. It is located in the residential neighborhood of Prati, close to the Vatican City. It's known as the 'mercato di popolari,' meaning the market for the locals. You will often see mothers picking out groceries for their families, or local chefs running around with their grocery lists.

Address: Via Andrea Doria, 41
Hours: Mon – Sat 07:00 – 14:00

Campo dei Fiori Market

Rome's oldest food market is located in Campo de' Fiori. Due to its central location, the open-air market caters mostly to tourists, but the food here is fresh and delicious. The market is surrounded by various bars, restaurants, sandwich shops and ice cream shops. After the sunset it becomes the center of the Roman nightlife.

Address: Piazza Campo de' Fiori
Hours: Mon – Sat 07:00 – 14:00

Testaccio market

Testaccio is undoubtedly one of the trendiest food markets in Rome. It has recently moved from the old covered stalls in Piazza Testaccio to a new building near the Macro Museum. Today it is a modern indoor gastronomic center, where you can discover Italian cuisine in all its forms. There are many stands and restaurants, offering fresh seasonal food, artisanal street food and gourmet goodies. It is also a popular place for locals to meet and enjoy meals in the various restaurants.

Address: Via Aldo Manuzio, 66b

Hours: Mon – Sat 07:00 – 14:30

Eataly

Eataly is a multi-level gastronomic center, opened in 2012 and open 7 days a week. It is located near the Ostiense station and the Testaccio neighborhood. It is the second largest food mall in the world, spread over 170,000 square feet and 4 floors. Quite simply, here you can find everything related to gastronomy; a food lover's paradise. Eataly has also opened a second smaller store in Rome, near the Termini train station.

Address: Piazzale 12 Ottobre 1492
Phone: +39 06 9027 9021
Hours: Mon – Sun 08:00 – 21:00

Mercato Centrale

Located by the Rome's Termini station, il mercato centrale, the "Central Market" is a foodie's paradise, with a whole range of restaurants and grocery stores. You can find everything from a quick snack to a restaurant meal. It is open 365 days a year from 8a.m. to midnight.

The Mercato Centrale hosts some of the biggest names in Italian food, inspired by the slow food movement:

Gabriele Bonci, known as the 'Michelangelo of pizza' has a stand where you can taste some of the best pizza al taglio (by the slice) in Rome.

Alternatively, 'La Pizzai' owned by Pier Daniele Seu, for more traditional pizza.

Stefano Callegari who created the famous Roman street food Trapizzino.

The butcher Roberto Liberati offering organic, natural and biodynamic meat cuts and salami.

Oliver Glowig's restaurant 'La Tavola, il Vino e la Dispensa' offers delicious gourmet meals.

Address: Via Giovanni Gioielli 36
Phone: +39 06 4620 2900
Hours: Mon – Sun 08:00 – 00:00

MICHELIN PARTNERS IN ROME

Roman cuisine is deeply-rooted in local tradition, but that doesn't mean it is not evolving. True Italian gastronomy focuses on the use of fresh, regional, and seasonal ingredients – all factors that the Eternal City's rising culinary stars do not leave out in their ambitious menus. Of the 385 starred restaurants in Italy, 17 are in Rome and a total of 29 in the Lazio Region.

So, once you've had enough of pasta carbonara and pizza, take your pick at one of these top restaurants, partners of Italian Chef Academy, and get ready for an unforgettable meal that takes the pleasures of "Italian cuisine" straight into the stratosphere.

LA PERGOLA (3 stelle Michelin)
Roma - Via Alberto Cadlolo, 101
www.romecavalieri.com

Acquolina (2 Stelle Michelin)
Roma - Via del Vantaggio, 14
www.acquolinaristorante.it

IL PAGLIACCIO (2 stelle Michelin)
Roma - Via dei Banchi Vecchi, 129/a
<https://www.ristoranteilpagliaccio.com/>

IMAGO (stella Michelin)
Roma Piazza della Trinità dei Monti, 6
www.hotelhasslerroma.com

GLASS HOSTARIA (stella Michelin)
Roma - Vicolo de' 5
www.glasshostaria.it

MARCO MARTINI RESTAURANT (stella Michelin)
Roma - Viale Aventino 121
www.marcomartinichef.com

Pipero Roma (stella Michelin)
Roma Corso Vittorio Emanuele II, 250
www.piperoroma.it

IL TINO (stella Michelin)
Fiumicino Via di Monte Cadria 127
www.ristoranteiltino.com



MICHELIN STAR

ROME NIGHTLIFE - WHAT DOES MAKE ROME STAND OUT?

The capital of Italy, Rome, has earned the name of a cosmopolitan city with profound art, architecture, and culture. Aside from the ancient ruins in the city, the city leaves no room for complains when it comes to the excitement of the nightlife. Students, tourists and locals alike are attracted to the city's nightlife. The wide range of options the city has to offer appeals to everyone. You may have heard – When you are in Rome, do what Romans do, but it also applies to parties. When in Rome, Party like Romans. This has been made possible due to the wide range of trendy clubs, bars and discos available at your disposal.

Rome is full of great clubs. But before you dance the night away, keep in mind that the real fun doesn't start till midnight! So, take your time, enjoy an aperitivo, or perhaps treat yourself to a wine tasting experience. The options are endless.

Nightlife in Rome starts a bit later than usual. Romans dine out with their friends until 10pm before heading somewhere to spend their whole night. Choosing the one among many can be a real tedious task. It is advisable to check the websites of clubs, bars, etc. for any special events in progress. The city offers a wide variety of bars and pubs, clubs, and discos but the best way to experience Rome's nightlife, culture and its vibe, is to get outdoors. Only for this reason, every square in the city turns into a huge bar at night.

NEIGHBOURHOOD AREAS IN ROME AND THEIR NIGHTLIFE

Most of the nightlife areas are located near the center with their own characteristics and tastes

PIAZZA NAVONA – ENJOY THE WINDING STREETS

This district is one of the most captivating areas in the city. It is not only a perfect place for daytime shopping, strolling but it's even better at night.

You can have an aperitivo with your friends or colleagues and then a late night.

CAMPO DE FIORI – A RETELLING OF HISTORIC STORIES

The Campo De Fiori square is considered the first of the best squares in the city. By day, the venue has the open-air market which traces its roots back from 1869.

As the evening approaches, the shopkeepers, vegetable vendors and flower sellers could be seen packing up their stuff to make way for the enthralling nightlife hub. The Campo De Fiori square becomes alive every night of the week.

The chic restaurants, wine bars and clubs are strategically sited in this area and they emerge together as the spots for locals and tourists. You can see glimpse of the historical stories which have now been replaced with the modern fabric. Many of the theaters and buildings in this area are inspired by Rome's rich heritage. So, this place becomes an ideal place to have a drink and enjoy the beauty around.

**Lungotevere*



TRASTEVERE – ROME AT ITS BEST

The day in Trastevere is filled with people speaking in all languages, heavy traffic and street performers showing off their tricks to the public. You will feel alive with the activities taking place in the squares. When the sun starts to set, things don't change much. Locals could be seen eating pizzas and sipping cocktails with their friends. The atmosphere remains lively until the morning and can still feel the movement in the area. Trastevere has a bohemian vibe characterized by trendy cafes, chic restaurants, upscale wine bars and trendy clubs. The bars and restaurants start preparing from 7pm hours for the exciting night ahead. As for most of the Mediterranean countries, evening socializing over food and wine is the norm. Rome follows the same paths and you can find clubs full of people all night long. You will find many cheap and friendly restaurants in Trastevere. You may want to take a look at the menu displayed to give you a good idea of what you can expect. Usually, the main course costs around 12 Euros with cheap wine. An aperitivo can be a good option as well as you will have an aperitivo with a drink for 10 Euros if not less.



SAN LORENZO – BOHEMIAN COUNTERCULTURE

The San Lorenzo district has earned its name as the home of Bohemian counterculture and its enticing nightlife experience. The food options and setting make it a perfect escape off the tourist tracks. The district is basically a university area and claims to have La Sapienza University. As for the young crowd in this area, you are bound to find pubs, restaurants, bars and clubs all around.

Being a university area, San Lorenzo is known for its young nightlife. The hearts of young Romans turn to the nightclubs for the cheap food options and wide range of drinks. During the summer, the crowd could be seen grabbing chilled beer at the neighborhood hangout – Piazza dell'Immacolata. As the night progresses, the crowd head to pizzerias such as Formula Uno or Il Podista. The bar ranges from expensive ones to hipster lounge or galleries.



MONTE TESTACCIO – ROME'S CLUB DISTRICT

Testaccio is on the outskirts of the city home to many night venues. The area is surrounded by a circular road that connects all the nightspots. Mostly, the crowd that hangs out here are locals. Usually, the entertainment varies from place to place but you can definitely find highly energetic crowd wherever you go. The best part of this place is that you will find both outdoor and indoor setting in almost every location. Locals usually come to this place early to have a drink before going clubbing.



PONTE MILVIO – NORTH ROME NIGHTLIFE

Unlike Rome's historic center, Ponte Milvio is frequented only by locals, and is one of the main nightlife area in Rome. It's full of restaurants and bars, and it's great for happy hour! Don't miss out on the beautiful walks on the centuries-old bridge known for its famous locks! Furthermore, the beautiful Church of Gran Madre di Dio has just been renovated.



ROME: THE HEARTH OF ITALY

Taking a course in one of the most beautiful cities in the world is undoubtedly a pity not to visit it and have a complete Italian experience.

Rome is in the central-western portion of the Italian Peninsula, giving you the possibility to easily reach almost all major important Italian cities.

NOBODY FLIES ANY MORE! HOP ON A TRAIN AND EXPLORE ITALY:

Rome Termini is Rome's main railway station, within walking distance of most tourist attractions, and also the interchange point between the 2 main metro lines (A and B). Rome Tiburtina and Rome Ostiense are also important, but a little further out of the center.

ROME TO OTHER ITALIAN CITIES.

FROM ROME TO:

- **Venice in 3h45m by Frecciargento or Frecciarossa** high-speed trains, from city center to city center with no check-in and departures every hour.
- **Milan in 2h55m by Frecciarossa.**
- **Florence in 1h32**
- **Naples in 1h10**
- **Pompei**, Sorrento and Amalfi: take the train to Naples Centrale. Then the local Circumvesuviana Railway from Naples Centrale to Ercolano (Herculaneum). Excavations of Pompei & Sorrento, then by buses to Amalfi. There are also ferries to Capri.
- **Sicily**: Two comfortable Intercity trains and two comfortable night trains connect Rome Termini with Messina, Catania, Siracusa & Palermo every day. Trains are direct. They are ferried across the Straits of Messina on board a ferry, a truly unique experience not to be missed!

HOW MUCH DOES IT COST?:

- **Rome to Naples starts at €9.90 in 2nd class or €19.90 in 1st class.**
- **Rome to Florence from €19.90 in 2nd class or €29.90 in 1st class.**
- **Rome to Milan, Turin or Venice from €29.90 in 2nd class or €39.90 in 1st class.** Prices vary like airfares, so book ahead.

BUY YOUR TICKETS HERE:

- www.trenitalia.com
the website is quite easy to use.
- www.thetrainline.com
it is another option, easy to use, amounts in €, £, \$, with charges a small booking fee.
- <https://www.italotreno.it>
another available option.
For more information please visit this page: Link to their website