TIP OF THE WEEK
“Knowing a few common phrases in the local language is not only helpful, but also respectful and courteous of the culture in the countries you’ll be studying in. Try to learn greetings, courtesies and frequently used phrases, such as “Do you speak English?”, “Please”, “Thank You” and “Where is...”” – Sheeba (Rome Semester)

Need a Passport? There’s Still Time! (Barely!)
Hopefully you already know this, but you’re going to need a passport in order to do the Passport program! Don’t have one? Don’t panic, all hope is not lost: even as many branches of the federal government are taking a siesta these days, passport offices are still operating (they’re self-funded). That said, it’s important to apply for your passport ASAP to ensure that you’ll get it in time to go abroad in January. For more information on passports, contact our office, or visit the Department of State’s passport website at www.travel.state.gov/passport.

Packing: A Crash Course
Every year students struggle to fit the entire contents of their closets into one little suitcase, only to discover that packing to go abroad isn’t quite as easy as they’d hoped. You don’t need to squeeze everything you own into a bag to take to Rome, you just need a few essentials. Here are some of our suggestions:
- Good walking shoes (!!!)
- A nice outfit for going out
- One light sweatshirt or jacket
- A few pairs of jeans/shorts
- Summery skirts and dresses
- T-shirts and tank tops
Some items should be left at home, like hairdryers, curling irons and straighteners, because they can break or cause fires due to the higher wattage in Europe.

Do as the Romans Do!
January 3 is fast approaching, and we hope you’re starting to get excited about kicking your spring semester off with a trip to the beautiful city of Rome! As you’re thinking about going abroad, be sure to start doing a little research so that you’re sure to make the most out of your time in Italy.

Knowing a couple of phrases in Italian will definitely help you navigate unfamiliar streets. Our Student Guide has a great section on Italian phrases that will help you learn a few basic words and phrases (and trust us — it makes a big difference!)

As you’re thinking about being in Rome, start planning a list of the experiences that you want to have while you’re there. Are you dying to try real Italian pizza? Have you always wanted to go on a shopping spree in a European city? Do you crave the excitement of a rowdy Italian “calcio” (soccer) game? The best way to make sure that you leave Europe with tons of great memories and no regrets is to plan ahead! Make a list of your “must-have” experiences and commit to them!

Finally, be sure to consult a few travel guides or websites to familiarize yourself with the city of Rome. Knowing a little bit about the subway, the people, the food or the culture will definitely keep you from getting overwhelmed while you’re abroad. Be sure to read through our Student Guide for a city guide and suggestions from St. John’s Students who have gone abroad on these programs!