



THE AMERICAN UNIVERSITY OF ROME

Housing Guide



**Please visit the website for more information on housing:
<http://www.aur.edu/student-life/student-handbook/>**

The American University of Rome
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t +39-06 5833 0919 F +39-06 5833 0992
Email: aurinfo@aur.edu
website: www.aur.edu

Useful Numbers

Emergency number (Ambulance, Fire Brigade, Police, Carabinieri)	112
MedinAction (House Call Doctor)	3204065709
Salvator Mundi International Hospital	800 402 323/ 06 588 961
Taxi	06 3570/ 06 4994/ 06 5551
The American University of Rome	06 5833 0919
US Embassy	06 46 741
AUR Emergency Phone	348 080 9357
ICI Housing Agency (including lockouts)	339 212 2127

AUR Facilitated Student Housing - Routine maintenance or service

TO MAKE A **MAINTENANCE REQUEST LOG INTO MyAUR**, GO TO THE **STUDENT LIFE** TAB; CLICK ON **HOUSING** ON THE FAR LEFT COLUMN; THEN CLICK ON **HOUSING MAINTENANCE REQUEST**. ONCE YOU HAVE FILLED OUT THE MANDATORY SECTIONS, CLICK ON **SUBMIT** TO SEND YOUR REQUEST TO THE HOUSING AGENCY.

For emergencies:

In the case of a housing related *true emergency* you can call your Housing Agency emergency number at any time.



Housing Agency emergency number

**Luigi or Mirko
339 212 2127**

What can you expect to find in the Roman Apartment/Condominium?

Each apartment is equipped with basic furnishings and supplies, including:

- Single beds
- Bed linens and towels (Set of sheets, 2 set of towels, 1 bath mat per bathroom, 1 blanket/comforter/bedspread, 1 pillow)
- A closet/clothing storage space
- Basic cookware and tableware (kitchen supplies: pans, skillets, cooking utensils, serving utensils, mixing bowls, serving bowls/platters, coffee pot, glasses, mugs, cutlery, strainer)
- A table and chairs and a furnished sitting area
- Washing machine
- Iron and ironing board



- Trash cans
- Microwave
- Fans
- Unlimited, no additional cost access to the Internet*
- Landline phone* (it will provide unlimited calls to landlines in Italy. Calls to cellular phones and calls outside of Italy incur additional cost and can be effected with the use of a calling card. Unlimited incoming calls may be received without incurring any additional cost.)

* In the event a particular unit is not equipped with internet/phone line, a cellular phone will be provided and a partial refund made.

fund made. Computer and phone are shared among unit residents.



Not All Apartments Are the Same

In Rome, not all apartments are created equal. Although the apartments vary in location, style and size, all of them provide the essentials. Please try to understand this fact and accept it as part of your experience in Rome. Do not immediately compare your apartment with those of other students.

*In the event a particular unit is not equipped with internet/phone line, a cellular phone will be provided and a partial refund made. *

Respect the host culture

You may experience culture shock or transitioning to the Italian culture. Attempt to understand and learn more about this culture throughout the duration of your time here.

HELPFUL HOUSING HINTS

ELECTRICAL POWER

- All the apartments in Rome operate with a 3 kilowatt fusebox. This means that an overload of power will leave you in the dark.
- Be careful when using American appliances with an adapter; that usually puts an extra load on the power supply.
- To prevent damage to the electrical system as well as to your own appliances, never overload the electrical outlets with multi-outlet power strips.
- Never yank wires from an outlet as you may take the outlet casing with it. While using one hand to support the outlet, gently pull the plug out with your other hand.
- Be careful of using many appliances simultaneously: the water heater, and another appliance (i.e., hair dryer, washing machine) **will** blow the fuse!!
- Should this happen, your power will be cut off – turn off any electrical appliance and light fixture you don't truly need at the moment and check your fuse box to flip your apartment switch back on
- Electricity in Italy is 220 volts (110 in the US). If you have brought appliances with you, you may need a *power converter (convertitore)*. You can buy one at a *ferramenta (hardware store)*. If the prongs do not fit into the wall outlet, do not force it in. You may need an *adaptor (adattatore)* that you can buy at a *ferramenta*.

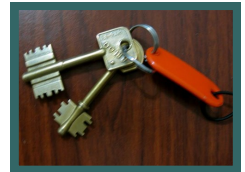


GAS

Be extremely careful with gas. Make sure to light the flame immediately and to turn it off carefully after use. There is usually an on/off (*aperto/chiuso*) gas lever on the wall near the stove or under the sink - make sure it is always off if you are not using it.

KEYS

- Apartment keys in Italy are a different style
- Be sure that you are unlocking/locking your door appropriately to maintain safety in the home
- Lost keys are your responsibility
- The University does not have copies of keys
- Contact the agency for any key issues or replacements



WATER HEATER



Do not expect to take 30 minute hot showers. Hot water is not always readily available. All of the hot water in the tank must be shared between all tenants. So be considerate of the person taking a shower after you and limit your shower to about 5 minutes. It takes about 2 hours for the water in the tank to reheat. The water is reheating when the red light is on and finished reheating when the red light is off.

CONSERVATION IN ITALY

Italians, like their fellow Europeans, are great conservationists and are very practical about conserving their resources, especially given the high cost of energy which is many times higher than typical U.S. utility rates. You will find these efforts affect water, electricity, heating fuels, transportation fuels and even space. While you may find it challenging, we hope it becomes one of the many positive lessons you will take home with you.

WASHING MACHINES



You will immediately note a difference between American and European washing machines: the latter are “front loading”, i.e., there is no top lid but instead a front door. Because water can spill out and potentially cause damage, these front doors have a special timed lock and will not open when cycles are actively running. Wait few minutes after the cycle is completed/ after you turned it off.

DO NOT FORCE YOUR WASHING MACHINE OPEN.

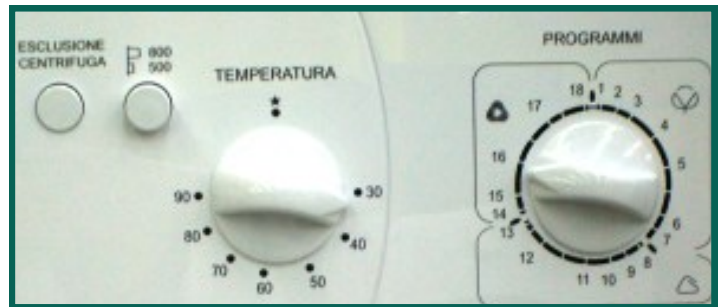
European manufacturers supply their appliances to many nations and therefore your washing machine control panel may have symbols instead of Italian wording. Should you have trouble understanding the control panel or simply don't know how to operate your unit's washer, contact the agency for an appointment so that they can demonstrate to you and your roommates.

THE HOUSING AGENCY WILL SET YOUR WASHING MACHINE FOR A 'DEFAULT PROGRAM' VALID FOR MOST WASHING: 40° C + SPIN CYCLE + DRAIN.

YOU JUST HAVE TO PUSH THE START BOTTON.


Most common mistake: Push all buttons (it will deactivate some of the pre-set up controls, such as spin cycle or drain; set a too high temperature, that will damage your clothes.

Washing machines usually have 2 knob controls: one with cycle types and one with temperature. Loads can generally take up to 2 hours or even longer, so plan ahead, coordinate with your roommates and perhaps consider sharing the loads. Bear in mind the Italian quiet hours laws before starting a load late in the evening.



HERE IS THE MOST COMMON WORDING FOR WASHING MACHINES:

CYCLE TYPES	
Cotone e resistenti	Cotton and non delicate delicate clothes
Delicati	Delicate 
Sintetici	Synthetics
Lana	Wool 
Colorati e misti	Colored and mixed ones
Rapido	Quick wash
Molto sporco	Very dirty
Sporco normale	Normal
Prelavaggio	Pre-wash
Risciacquo	Rinsing 
Risciacquo energico	Powerful rinse cycle
Risciacqui delicati	Delicate rinse cycle
Centrifuga	Spin cycle 
Solo scarico	Drain only

TEMPERATURE	
90° C	Hot - Very dirty cotton or linen whites (towels, table clothes, sheets)
60° C	Warm - Dirty cotton whites
30°/40° C	Dirty color clothes, mixed color, whites, delicate materials
	Cold



HEATING

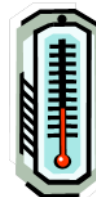


Heating in most apartments is controlled by the condominium and is turned on according to the needs of the majority of residents. Although it varies from building to building, this is generally sometime between 5, 6 or 7 am and 9 or 10 am, and again for a few hours before 10 or 11 pm. Heat cannot be on between 11 pm and 5 am. This means that the hours in between heating are what you could call "Roman room temperature", which is slightly warmer than the temperature outside. Italian law dictates that condominium administrated heating must be on twice daily from November 15 until March 15. Severe fines can be imposed by local officials against those found violating the Italian law governing these limits.

If your heat works in some rooms but not others, please contact your housing agency so that they may check your radiator(s).

Should there be a sharp drop in outdoor temperatures, expect to notice the difference even in your unit; it will naturally become harder for your furnace to heat your unit/building. If you still suspect that your heat is not working, you should:

- *let the agency know as early in the day as possible – waiting until late afternoon or the weekend will hinder their ability to service your unit on a timely basis.*
- *check the different rooms in your unit – it could just be that one particular radiator isn't working. If you've got this particular problem, send a maintenance request specifying which radiator needs to be serviced.*
- *never play with your thermostat – you could actually be turning the system off!*
- *ask the agency to find out specifically what time your unit's condo association has decided to heat the building – students sleeping through their heating hours is not unheard of.*
- *never use stoves and ovens for their heat – these are NOT suitable heating solutions for you and your roommates.*



Warm Water



Almost all Roman apartments are furnished with a water heating tank located either in the bathroom or the balcony. In the tank, there is generally enough warm water to take quick showers. Please expect few minutes before warm water arrives and at least a couple of hours to replenish the supply. Please bear in mind that it is not possible to have hot water coming from different faucets at the same time, so if you use it in the bathroom you won't be able to use it in kitchen. Should you suspect that your water heater is not working, you should let the agency know as early in the day as possible or anyway by 24-48 hours.

**never play with the controls on your water heater ,
you could actually be turning the system off!**

Drains

Just like back home, hair, food and other matter will clog drains. Be careful of what you allow to go down any drain and be conscientious about wiping your sinks, tubs and showers of hair, food, etc. Your kitchen sink *will not* have a garbage disposal – garbage *must* go into garbage bags.

You're All Moved In

- Memorize your address and how to get home
- Do not keep your address attached to your keys
- Always secure doors and windows when you exit the apartment or go to bed
- Remember 2 things when you will be away overnight...
 - Who to tell
 - Who NOT to tell

Common American conveniences students have told us they missed here in Italy:

More storage space	Garbage disposals
More warm water	Dish washers
More heat	Unlimited heat
Central air and heat	24 hour store openings
Unlimited electrical supply	Larger toilet tanks
Bigger beds	American style plumbing
Bigger showers and tubs	Box spring mattresses
Clothes dryers	Sidewalks
Bigger fridges	Better phone & internet service
Distance from neighbors	More electrical outlets
Spacious kitchens	Spacious kitchens
Elevators	Screen windows
Electric stoves and ovens	Microwaves and toasters
Better water pressure	Private means of transport
Screen windows	American TV channels and shows
Ice	



BEHAVIOR

- Italian quiet hours laws must be respected.
- Common rules of Italian etiquette must be observed.
- It is prohibited to bring animals, stereos, speakers, televisions, musical instruments, or heaters into the apartment. It is also prohibited to place nails in the walls or to remove furnishings. Tape and "blu-tack" also cause damage and cannot be used on the walls. Candles, incense or any other materials that produce an open flame are not allowed.
- Overnight guests are not permitted.
- All apartments are non-smoking environments.



GOOD NEIGHBOR POLICY

To help maintain good relations with your neighbors keep the following in mind

- You are part of a community and your actions affect your neighbors
- Although your residency is temporary, recognize that most of your neighbors are living in their primary residence which they own
- Please be sensitive to the lifestyle of your neighbors. Most residents enjoy the arrival of American students and you should do your part to foster that relationship
- Most residents work full time and many may have families with young children, so keep excessive noise to a minimum at all times
- You should remember that although the housing facilities are not directly provided by the University, your behavior reflects on the University and can affect future students' living arrangements

Daily Quiet Hours:
10:00pm - 7:00am
1:00pm - 4:00pm



WAYS (NOT) TO MEET YOUR ITALIAN NEIGHBORS

- Flick cigarettes and ashes from your window or balcony
- Hang out on your terrace talking loudly (or even softly, but at 3 am when you could hear a pin drop)
 - Drag furniture across the floor without lifting it
- Watch a DVD in your bedroom—which happens to be right above/under/next to your neighbors' bedroom
 - Ignore the quiet hours laws
- Hang out in the stairwell, smoking, drinking and, well, just hanging out
- Forget that, in the “real” world, the weekend doesn't start on Thursdays
 - Bring home strangers who couldn't care less about your neighbors, nor about your reputation with the neighbors
- Leave your trash bags in the building entrance or stairs
 - Return to your building, drunk and noisy
 - Leave your building, drunk and noisy
 - Stay home for the night, drunk and noisy
- Neglect to tell your visitors which apartment you're in so that they buzz everyone in your building until they find you
- Greet your best friend who's visiting from home by screaming your hellos in the stairwell
 - Wear hard-soled shoes inside apartment
- Forget to close the elevator doors properly so that no one else can use it
- Pile into the elevator with too many people, so that it breaks and the neighbors not only can't use it, they have to pay an expensive technician to fix it
 - Talk loudly in the stairwells or other public areas of your building
 - Let doors slam behind you
- Not dispose of your trash properly and promptly, so that you attract bugs into your building
 - Answer your door wearing only a towel
- Use the informal “ciao” instead of the preferred and respectful “buon giorno”, “buona sera”, or “salve”

Students in AUR University Housing are reminded...



...that overnight guests are prohibited.



Should you need a place
for your visiting friends or relatives,
please ask any of the
AUR Student Life staff for
a list of local lodgings.

Thank you!

Security Advice

When going to bed or leaving your apartment **CLOSE** all windows, shutters and blinds securely, and use your keys to best lock up your doors.



Never tell anyone outside your trusted AUR community of you and your roommate's travel plans.

CULTURAL DIFFERENCES

PERCEPTION OF DISTANCE

Public Transportation: You should be prepared to use the public transportation system. Public transportation is available 24/7 in various forms. The most common evening form is the night bus (*notturmo*), which runs approximately twice an hour. Resources on how to determine which bus to take are explained on page 14. Taxis are also a convenient (though more expensive) alternative.

Walking: Be prepared for a new concept of —far. In Rome, anything within a 20/30 minute walk is considered —close. Often times, especially in the center, transportation can be unreliable and it is quicker to walk than wait for the bus. During your stay, you may not get to see more than a small fraction of the entire city!

PERCEPTION OF SAFETY

Residential Areas: Residential areas tend to be very busy during working hours approximately 8:00 a.m. – 8:00 p.m. When stores close, however, the quiet is sometimes unsettling to students. All of the areas in which AUR places students are among the safest. This is not to discount the fact that students are living in an urban setting, and proper discretion should always be exercised.

Graffiti: While particularly unnerving to some residents, the presence of graffiti in Rome does not denote a gang presence. Rome is an exceptionally safe city. Petty theft and pick-pocketing is common, but there are very few instances of violent crime.

APARTMENT SAFETY

Many of the housing rules are set in an effort to ensure student safety. In addition to the housing rules, please bear the following in mind:

In your apartment, keep your shutters and *serrande* closed at night and whenever you're not home. Always speak to any person who has buzzed your apartment through the intercom system to make sure you know who it is before you buzz them into your building – *never* buzz in or hold the door open for someone you don't know. If they have an honest reason for being there, there should be someone there to allow them in. Crimes in Italy are generally petty crimes of opportunity – just don't leave that opportunity open!

Do not invite mere acquaintances into your apartment - Italians socialize in public places and *no one* expects you to invite them in. Italians would never dream of inviting a stranger or new acquaintance to socialize in their homes, most especially during quiet hours, and might never even invite their friends! By crossing this commonly accepted boundary, you might inadvertently send the wrong message. All students - but in particular females - should be aware of the social and potentially legal implications of inviting guests into their homes.

Only give details of your or your roommates' travel plans to your trusted AUR community and *never* to strangers or acquaintances.

Transportation

Public Transportation

BUS



TRAM



METRO



TAXI



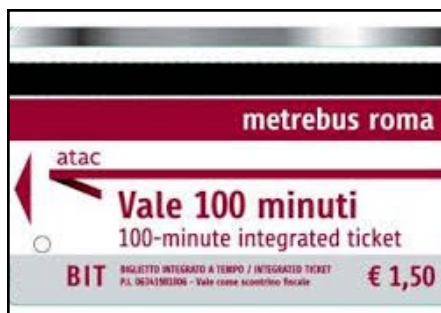
ticket	cost
100 minutes	€ 1.5
1 day	€ 6
3 days	€ 16.5
1 week	€ 24
1 month	€ 35
Prices are subject to change	



Tickets can be purchased at Metro Stations and Tabacchi stores.

You can buy the monthly rechargeable card at Tabacchi stores for €3 and charge it after the 25th of each month either on line at www.atac.roma.it/canalivendita or in any Tabacchi store.

As well as Google Maps, there are several apps designed specifically for Rome that you can use to navigate around the city, and which update the transport lines in real time. These are **Moovit** and **Muoversi a Roma**



BUS AND TRAM STOPS



Name of the stop

of the bus

Night line

Departure address

Destination address

ATAC (ROME'S BUS COMPANY) WEBSITE: WWW.ATAC.ROMA.IT

What bus to take?

CALCULATION : [TYPE] All public means [DATE] 25/02/2004 [TIME] 16:52:00

Description	Road	Time table
Departure from	Pietro Roselli (via), 4	
go to stop	BONNET/CARINI	
take Line No	75 (INDIPENDENZA) to 20 stops	75 ogni 7 min.
get off at stop	TERMINIUM A-B-FS	
walk	50 metres	
to	Dei Cinquecento (piazza), 1	
distance covered (metres)	7200 metres	

@2001 ATAC S.p.A. - P.IVA 06341981006

How many stops?

Departure address

Arrival address

Taxi Information

Official licensed Roman taxis are white, with a sign on the roof and the driver's license information on the door.



For information about using Roman taxis
(practical advice, fares, your consumer rights),
go to: www.viviromaintaxi.eu

Accessing a taxi: Call or go to the nearest taxi stand
Taxi phone numbers

06/3570 06/4994 06/88177 06/5551

Or download itTaxi app

Limo Service

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(transfer)
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Mercedes Car	up to 3 ppl	40 euro
Minivan	up to 5 ppl	55 euro
Van	up to 8 ppl	65 euro

+ 2 euro for Fiumicino pickups

**Cash or credit card
+10% for credit card payments**

autolineroma

RECYCLING IN ROME

You have to take out your garbage
to the bins on the streets

Recycling is mandatory in Italy



normal
waste

Paper, carton boxes

organic
waste

Plastic, Aluminum

glass

Check - out Procedure



All University Housing

- Accommodations must be vacated no later than the morning of your assigned check-out date. It is not possible to extend the occupancy beyond these dates.
- Check well in advance that you have your tickets and passport so that should they be lost, you have time to get them replaced before leaving.
- Leave your unit in broom-clean condition.
- Leave your washer & fridge empty and clean.
- Remove all personal belongings.* (Do not remove linens or other items belonging to the agency.)
- Turn off all lights.
- Turn off all faucets tightly.
- Double-check the kitchen to make sure the gas is turned off.
- All kitchen items must be washed and put away; kitchens must be left in clean condition.
- Strip your bed and leave all linens on top of your own bed.
- Leave all towels in the bathroom.
- Remove all and any trash to your nearest dumpster.
- Close all doors, windows and *serrande* securely.
- Return all library books (*to the Library!*)

Failure to comply may result in charges to your financial account. Please note that your transcripts will be withheld should your financial account not be in good standing.

AUR Resident Students, please note: You remain subject to the AUR Student Code of Conduct while on campus or in university facilitated housing until you have departed.

AUR Study Abroad Students, please note: You remain subject to the AUR Student Code of Conduct while on campus or in university facilitated housing until you have fully departed. By agreement with all study abroad institutions, violations and sanctions of this Code can and will be enforced at your home university.

Regrettably, in the past, students *have* been sanctioned and even expelled as late in the semester as *after* final exams. We thank you for continuing to represent yourself, your nationality and AUR in a positive manner.

A few last things...

- Leave your **keys** on the kitchen table or counter.
- **Damage charges** will be **divided equally** amongst all occupants, so if anyone is responsible for any particular damage, **now is the time** to make it known to the Housing Office. Any outstanding damage charges **will be charged** to your financial account.
- Need a ride to the airport or information about storage facilities?
- **Local airport transfer** and **storage information flyers** can be found next to the Bldg A vending machine.

AUR Study Abroad Students, please note: You do not need to request a transcript from AUR – your grades will automatically be sent to your study abroad program / home university at the end of the semester, as long as your financial account is in good standing.

Culture Shock

Adjusting to a new culture is not always easy. Living away from family and friends, language barriers and different habits of the new culture may make life seem stressful and difficult. Going through a period of culture shock – feeling tired, lost, nervous and sad – is normal and can be quite easily tackled by taking steps in adjusting to the new culture. Here are some strategies to help combat the stress produced by culture shock.

Be patient. Living abroad, changing cultures and adapting to new situations takes time. Do not rush things and allow yourself to feel sad about the things that you have left behind: your family, your friends, etc. Recognize the sorrow of leaving your home country, but learn to also accept the new culture you are in. Focus your power on getting through the transition.

Maintain contact with the new culture and try to learn the language. Volunteer in community activities that allow you to practice the language that you are learning. This will help you fill your time, feel useful and stress less about the language at the same time.

Maintain confidence in yourself. Follow your ambitions and continue your plans for the future. Learn to be constructive and find ways to live with the things that do not satisfy you 100%. If you encounter an unfavorable environment, learn from it, but at the same time be easy on yourself. Everything – including yourself – cannot, will not and does not have to be perfect.

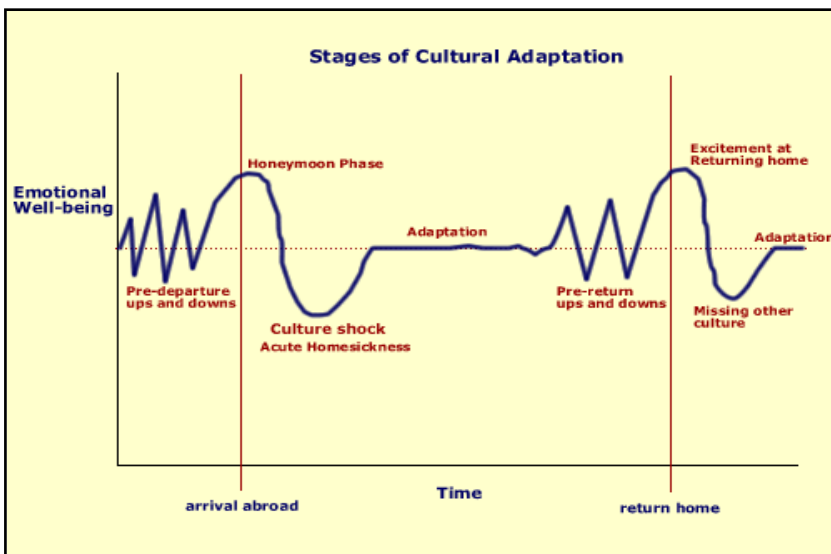
Maintain contact with your own ethnic group. Pay attention to relationships with your family and at work. They will serve as support for you in difficult times. This will give you a feeling of belonging and will reduce your feelings of loneliness and alienation. Do not forget the good things you already have!

Develop a hobby. Relaxation and meditation are proven to be very positive for people who are passing through periods of stress. Learn to include a regular form of physical activity in your routine to help combat the sadness and loneliness in a constructive manner.

Establish simple goals and evaluate your progress as time passes. The internet provides a myriad of information on anxiety, depression and related conditions. For further information please consult the following websites:

<http://www.ulifeline.org/>
<http://www.nimh.nih.gov/>

<http://www.nmha.org/>
<http://www.afsp.org/>



ROOMMATE RIGHTS & RESPONSIBILITIES

1. Read and study free from undue interference, unreasonable noise, and other distractions inhibiting the exercise of this right.
2. Sleep without undue disturbance from noise and other distractions.
3. Expect that others will respect your personal belongings.
4. A clean environment in which to live.
5. Free access to your room at all times.
6. Personal privacy within the limits of the residential setting.
7. Refuse guests in your room.
8. Freedom from fear of intimidation and physical or emotional harm.
9. Discuss with the Student Life Office members any problems or concerns which may arise.
10. Expect that these rights will be respected.
11. Verbally express your views to the person(s) involved, should you feel your rights have been infringed upon.
12. Treat your roommate(s) with respect and consideration.
13. Be responsive to all reasonable requests of your roommate(s).
14. Accept responsibility for personal and community safety.
15. Discuss your expectations regarding visitors.
16. Inform your visitors of behavioral standards and expectations of both the college and your roommate(s).





AUR Housing Roommate Agreement Preparatory Worksheet

Things to Think About Before Roommate Agreement Meeting

These questions are designed to help guide you through the conversation of developing house rules agreed upon by all roommates in your apartment. Please think about these questions in preparation for the Roommate Agreement Meeting with Student Life and your roommates.

PERSONALITY

You can tell I'm in a good mood because:
You can tell I'm in a bad mood because:
Something that will cheer me up when I'm "feeling down" is:
Things I prefer to do by myself are:
Things I prefer to do with others are:
I prefer to go to bed at _____ pm and wake up at _____ am
I would describe my sleeping habits as (light vs. heavy sleeper):

MAINTENANCE

How will we communicate that a maintenance request has been submitted?
If someone causes damage in the apartment, how will it be handled? (*All residents will be billed for damages unless the person who did the damages tells a staff member they are responsible.*)
If someone loses their keys, how will it be handled?

HOUSEKEEPING

How will cleaning, washing the dishes, and taking out the trash be handled and/or assigned?
What are the specific housekeeping assignments?
Housekeeping tasks will be completed how often?
If your roommates think you should be neater, how would you like them to confront you?
What consequences should be in place for a roommate or roommates not abiding by the housekeeping rules?

QUIET HOURS

If you and your roommates have different times when you wake up / go to sleep, how will this be handled (i.e. no phone conversations when other roommates are sleeping)?
If you are making too much noise, how would you like your roommate(s) to confront you?
What consequences should be in place for a roommate not abiding by the quiet hours rules?
Is there a designated 'lights out' time in the rooms?

STUDY TIME

Will studying/homework/projects be allowed in the bedrooms?

Will there be designated areas for studying/homework/projects in the apartment?

If studying is allowed in the bedrooms, what can be occurring simultaneously (music, computer, films)?
What consequences should be in place for a roommate not abiding by the study time rules?

PERSONAL PROPERTY

What items can be shared between you and your roommates and which may not?
Are there items you'd like your roommates to ask your permission to use before they are borrowed?
How will the refrigerator space be shared?
How will food purchasing work? Is food sharing allowed all of the time, some of the time, or none of the time?
If a roommate eats another roommate's food, then will this food be replaced or added to a grocery list?
Can a roommate sit on another roommate's bed or use their computer without their permission?
What consequences should be in place for a roommate not abiding by the personal property rules?

VISITATION

Please Note: It is an AUR policy that overnight guests are strictly prohibited, and there are also visitor policies; please refer to page 47 of your Student Handbook.

How well or long do you need to know someone before they should be invited in?
How much notice (if any) is needed before a visitor can be brought to the apartment?
How often is too often for a visitor to visit?
Are there times when you would prefer friends of the opposite sex not to be in the apartment or bedrooms?
If a roommate is bothered by a visitor, then what should be done?
Should visitors be allowed to use any of your belongings?
Should visitors be present in the apartment or room when you are studying?
What are the rules involving public displays of affection in the room? For example, is kissing with a significant other in the same room acceptable when a roommate is present?
What consequences should be in place for a roommate not abiding by the visitation rules?

BEHAVIOR/CONFLICT

If you do something your roommate doesn't like, how would you like for your roommate to handle it?
How would you and your roommates attempt to resolve a disagreement that you have?
Is online communication (e-mail, IM, Facebook) acceptable to resolve issues or is face-to-face communication preferred?
How will phone messages be taken?
If one roommate feels disrespected, how will this be resolved?
What are the expectations involving alcohol usage and behavior?

This Roommate Agreement Form was adapted, with permission, from the University of Philadelphia.

AUR Housing
Roommate Agreement Worksheet

Address: _____

Floor/Apartment #: _____

Please use your thoughts from the Roommate Agreement Worksheet to reach an agreement or compromise with your roommates regarding each of the following categories.

As roommates, we have discussed all of the following aspects of living together and have agreed upon the details written below.

PLEASE PRINT.

Maintenance (Work Orders/Damages)

Agreed House Rules

Housekeeping

Agreed House Rules

Quiet Hours

Agreed House Rules

Study Time

Agreed House Rules

Personal Property/Sharing

Agreed House Rules

Visitation

Agreed House Rules

Behavior/Conflict

Agreed House Rules

We, the undersigned, acknowledge that The American University of Rome expects us to review this contract periodically and report any changes to Student Life. We certify also that all agreements made between ourselves are in compliance with AUR housing rules and housing contracts.

Signed:

Original Date:

Review Date & Initial

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Student Life Staff Signature: _____ Date: _____

Amendments & Additions:

Section: _____

Original Agreement:

Amended Agreement:

Additions:

Signed:	Date:	Review Date & Initial
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____



SHOPPING AND CHORES CHART



SHOPPING CART							
Apartment:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Toilet paper							
Paper towels							
Dish soap							
Hand soap							
Sponges							
Trash bags							
Surface cleaner							
Laundry detergent							
Salt/pepper							
Olive oil							
CHORES							
Take out trash							

SHOPPING CART							
Apartment:	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Toilet paper							
Paper towels							
Dish soap							
Hand soap							
Sponges							
Trash bags							
Surface cleaner							
Laundry detergent							
Salt/pepper							
Olive oil							
CHORES							
Take out trash							

First Courses

Pasta alla Norma (pasta with fried eggplant and tomato)

Ingredients: (4 servings)

2 large eggplant, thinly sliced

2 tbsp coarse salt

200g / 2 cups sunflower oil for frying, or any type of frying oil

1 red onion, thinly sliced

1 kg / 2,2 lb San Marzano tomatoes (they're the closest type of tomatoes to the Roma ones you can find back home)

1 small bunch of fresh basil

2 tbsp Extra virgin Olive Oil

50g / 1/2 cup freshly grated baked ricotta cheese (even parmesan or pecorino)

1 Kg / 2.2 Lb of Rigatoni De Cecco (it's one of the best brand of pasta that you can find at the supermarket):

400 gr/4 cups all purpose flour

4 eggs

1 tbsp salt



Instructions:

Place the eggplant slices in a colander and sprinkle with the coarse sea salt. Let drain for 1 hour (we skipped this in the class, because we didn't have time, but it's okay because the eggplant I got for you at the market were from the Lazio region and very small and pretty much seedless). Heat the oil in a large deep frying pan until very hot. Shake the salt off the eggplant and fry small batches until golden brown, 5-7 minutes per batch. Drain onto paper towels. Stir onion into extra virgin olive oil in a medium sauce pan, add water and cover with a lid to let steam and cook for 15 minutes. Then add chopped or diced tomatoes for about 15 minutes (boil them first to get rid of the skin easily) and in the end transfer the fried eggplant for the last 10 minutes. Switch off the heat and add basil leaves while the sauce is still warm. Cook the rigatoni into salted boiling water for about 11 minutes until "al dente" and then strain it and add the rest of the sauce.

When the pasta is cooked, drain it and add it to the frying pan with the sauce mixture. Turn on the heat and stir in baked ricotta cheese to coat the pasta (if you can't find it back home just use grated Pecorino cheese or even Parmesan cheese). Season your dish with salt and garnish with pepper if you like, and serve immediately. It's gonna be delicious!!!



Penne all'Arrabbiata

Ingredients (serving 4 people):

- 500 gr / 1.1lb Penne Pasta (the best brand to buy is called De Cecco)

- 1 carrot

- 1 stalk celery (if you can please try to use the central one because its leaves contains magnesium which is very good for your diet!)

- 1 onion small

- 1 glass of white wine

- 500 gr / 1.1lb chopped or diced tomatoes in cans (get preferably the San Marzano quality)

- salt

- 2 clove garlic

- fresh chili flakes

- 1 bunch parsley

- 5 tbsp extra virgin Olive Oil

Instructions:

In a large frying pan over low heat, stir in the "soffritto" made from carrots, celery and onion with E.V. olive oil and cook until it starts to brown. Turn up the heat over medium-high and stir in some dry white wine and cook it until it'll evaporate (please never use any sweet wine). Then you can add your can-diced tomatoes and cook it for 15/30 minutes (depending on how much sauce you're cooking). Add salt. In the end, saute garlic and extra virgin olive oil until lightly brown, remember to keep the skin of garlic as it contains all the nutrients. Add some chili flakes, then the sauce previously cooked and fresh chopped parsley. Boil water for the penne noodles (the best brand you can get back home is called De Cecco). Once cooked to "al-dente", drain the noodles and add to your tomatoe sauce. If you would like, garnish with pepper. Serve hot. It's gonna be delicious!!!

Second Courses

Straccetti di Pachino con Rughetta (beef carpaccio with arugola and tomatoes)

Ingredients (serving 4 people):

- 500 gr / 1/2 Lb beef carpaccio (at the market in Italy ask for "straccetti di manzo")
- 1 clove garlic
- 3 tbsp extra virgin olive oil
- 1 bunch fresh organic arugola salad
- 500 gr / 1/2 Lb cherry tomatoes
- salt
- 250 gr / 8.8 Oz freshly grated Parmesan cheese



Instructions:

Heat 3 tbsp of oil in a large frying pan over high heat, and saute a clove of garlic, smashed without peeling the skin (as it contains all the nutrients and it's good for the anti-oxidant nutrients). Once the oil is warm, toss in your diced tomatoes. All them to saute for a few minutes until they become slightly softer. Once sauted, add the meat and seasoning with salt, allow the meat to cook. The outside should be nicely browned, but it should still be tender and soft overall. In the end, add arugola in the same pan to let it season with the rest of the ingredients. In the meantime prepare a dish with a bed of arugola seasoned with salt at the bottom of it, add just the the meat and tomatos over and add freshly grated Parmesan cheese to coat the dish. Serve hot.

Polpette in Umido (Meatballs with vegetable sauce)



Ingredients for the meatballs (serving 4 people):

- 1 lb / 500 gr (it has to be 70% beef and 30% pork, grounded and minced)
- 1 egg
- 1 bowl fresh mozzarella cheese
- 2 cups organic milk
- 1/2 cup / 50 gr breadcrumbs
- 3oz / 1/2 loaf leftover bread that you have to soak into milk (no crust, get only the soft part of the bread)
- 1 tbsp salt

The ingredients for the sauce are:

- 4 onions (yellow) finely chopped
- 6 diced tomatoes (preferably San Marzano quality while you're still living in Italy!)
- 4 yellow or green peppers
- 2 tbsp salt
- 5 tbsp extra virgin olive oil

Instructions:

To make the meatballs you have to stir in the meat (a mix of grounded beef and pork), eggs, cheese, breadcrumbs, leftover bread soaked into milk, salt and pepper. Mix it well and set aside for a good half an hour just to season it. Then shape into meatballs. In the meantime heat the oil in a large heavy saucepan over medium heat and saute chopped onions, tomatoes and green or red peppers. Let them cook adding water to make them soft and smooth, then add the meatballs, salt and pepper.

Simmer over medium heat for 10-20 minutes (depending on how big your meatballs are shaped) until cooked all the way through the meat, turning carefully once or twice. Serve hot and use a lot of slices of bread to make "scarpetta"!!!

DESSERTS



Nutella Cookies (Canestrelli alla Nutella)

To make the dough you have to mix 5 cups/500gr of all purpose flour, 2 sticks/250gr of unsalted butter, 2,5 cups/250gr of granulated sugar and 2 eggs, a pinch of salt. Mix everything powerfully on a slightly floured marble surface, and leave in the fridge for 10 minutes to let your butter get less soft and the dough more suitable to stretch and easy to handle. Heat the oven to 350°F (180°C for any italian oven that you have in your apartment).

Use a wax sheet paper to roll your dough. Then use round metal forms as the one I gave you and give the right shape to your cookies, (cut a smaller whole in half the cookies to be used as the tops of the cookie sandwich) bake for 10-15 minutes or until the pastry is golden. Sprinkle with icing (powder) sugar all the tops, while spreading on the bottoms a light surface of Nutella to have the tops stick. Use a pastry bag for the toppings.

Tiramisù

Ingredients:

- 4 eggs
- 4 tablespoon of confectioner sugar
- 250gr mascarpone cheese
- ladyfingers or savoiardi biscuits
- 200ml (about 2 cups) espresso coffee

Instructions:

Make some coffee to dip in your lady fingers and set aside. To make the cream mixture you have to separate 4 eggs yolk from the whites, and use an electric whisk to whip 4 eggs whites with 2 spoons of confectioner sugar and a few grains of salt until stiff but not dry. Then into another bowl you have to beat the 4 yolks and 2 spoons of confectioner sugar until very thick and light in color. With a wooden spoon, stir in 250gr of mascarpone cheese (it's an imported product in the States, so I'm using the Italian measurement so you will know how much to get!) until smooth. As soon as both of the creams are ready, you have to mix them from the bottom to the top with a spatula.....in this way your egg whites will keep their consistency.

To assemble, dip half of the ladyfingers, one at a time, in the coffee mixture and line a long flat serving dish with them. Spoon a layer of the cream mixture over these. Add another layer of dipped ladyfingers and some chocolate chips, then spoon the remaining cream over the top. We prepared only one layer of ladyfinger, even if the quantity of cream was enough to make two layers. Cover the whole thing with a thick layer of grated unsweetened chocolate/cocoa powder and leave it chilling in the fridge for min. 2 hrs. If you want, this dish can be made up to one day in advance, and in this case sprinkle cocoa powder only before serving and not in advance. It will be delicious!!



The American University of Rome

Student Life office

The Student Life Office is the heart of your student experience at The American University of Rome!

We strive to complement the academic mission of the University by providing and supporting opportunities for learning through extra-curricular activities.

The activities and facilities that we offer strive to promote students' personal growth, leadership development, social responsibility, multi-cultural competence and intellectual inquiry. Our staff is committed to providing you with superb service in an engaging environment to entice your participation in formal and informal activities.

The Student Life Office is also your resource center for... anything!

