

RESOURCES



# QUAURANTINE IN ROME

our partners  
speak English!

# AUR Student Life

Student Life is here to help you make the best of your time in Rome. We serve as your point of contact for just about anything outside the classroom.

HOURS 8:00 am to 6:30 pm

PHONE +39 06-58330919

## Emergencies

When AUR Student Life offices are closed there are always options available in the case of an emergency.

### HEALTH

Dr. Guerriero  
MedinAction  
+39 320 4065709

### HOUSING

IIC Housing Agency  
+39 339 2122127

For all other emergencies or with help with the above services, call

**+39 348 0809357**

**AUR EMERGENCY PHONE**



# Health and Wellness

- Check your temperature and watch out for other symptoms.
- COVID 19 symptoms include fever, cough, difficulty and fatigue.
- Should you have any of these symptoms, call Dr. Guerriero immediately.



**DR. ANDREA  
GUERRIERO**  
**MedinAction**

**+39 320 4065709**

If you need  
medical attention for  
viral symptoms,  
do not go to a hospital!

Call this number  
immediately.

For anything related to  
COVID 19 symptoms,  
call Dr. Guerriero directly.

If you have a  
NON-COVID health issue,  
email [studentlife@aur.edu](mailto:studentlife@aur.edu)  
for AUR's Doctor on Campus,  
Dr. Vittorio Cardaci.

If you'd like to speak with the AUR  
Counselor, send a confidential email  
to [counselor@aur.edu](mailto:counselor@aur.edu) to arrange for  
an appointment.

# Exploring Italy from Home

## Language

Keep up with your basic Italian study so that when you finally walk out your front door, you'll be able to say more than 'ciao!' And when you're finally on campus, we'll teach you some fun Roman dialect. ('Nnamo!)

Explore video tutorials on YouTube such as **Learn Italian in 30 Minutes - ALL the Basics You Need.**

## Culture

And who isn't curious about Italian culture?!

All those hand gestures, the rules about food, bars where families and students hang out eating ice cream and finger sandwiches - at first it all seems a bit, well, foreign!

You'll need to know why air hurts you and why everyone's trying to cover your neck. Then there's football (not football) and dating, too!

There's so much to explore! We suggest you start with **Rome Inside** on YouTube, and **ask us**, too. Once you understand the 'why' behind the culture and customs, you'll soon become a natural at waving your hands in emphasis as you protest that it's the wrong time of day for a cappuccino!



# Museums and Galleries

Classrooms and offices weren't the only places to move online during lockdown! Some of the world's most important museums and galleries went virtual, many of which can still be visited.

Try some of these world class tours while they're still available by Googling "virtual tour" and:

Vatican Museum's Sistine Chapel

The Louvre

Smithsonian's Museum of Natural History

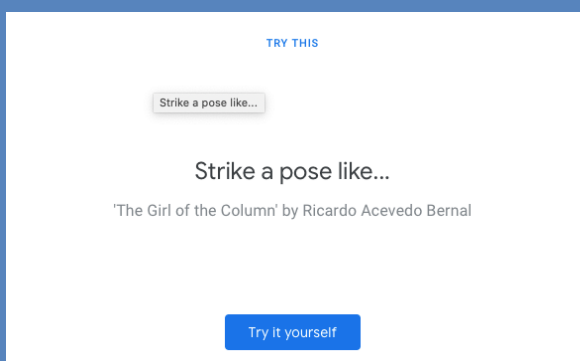
The Metropolitan Museum of Art

La Pinacoteca di Brera



Speaking of Google, their **Arts & Culture** website is a collaboration with 33 international museums.

One of our favorites is a delightful digital exhibition on Frida Kahlo (**Faces of Frida**), and their **Strike a pose like...** invitation is fun!

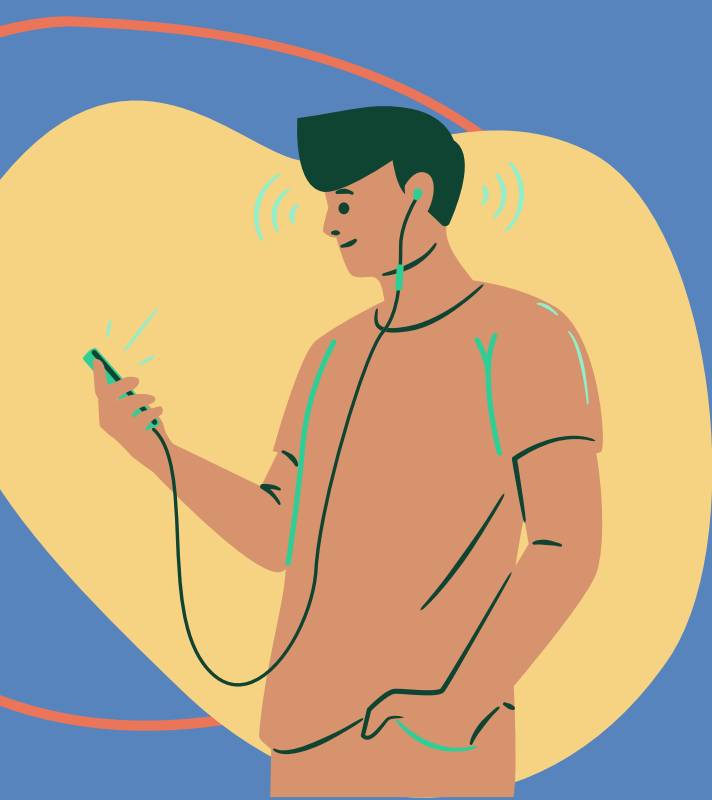


# Communication

During quarantine you may likely spend even more time online.



- Students in AUR Housing have WiFi available in their apartments.
- Students in independent housing, who already have an Italian SIM card, can take advantage of data plans offered online by the various Italian providers (TIM, Vodafone, Wind, Fastweb, Tre) and which include 50 GB or more at very inexpensive fees.
- If you need additional WiFi you can consider WiTourist's portable "Pocket WiFi" which allows you to navigate from anywhere in Italy. [WiTourist.com](https://www.witourist.com) works often with AUR students and is familiar with student needs; their staff speak English.



## Social Media

If you haven't already, follow [@aurstudentlife](#) on Instagram, and join the [AUR Student Life](#) group on Facebook. Student Life will be posting events on both, as well as sharing useful and often fun information on these platforms.

Another source of information on events is [MyAUR](#).

## Healthy Lifestyle

Maintain a healthy lifestyle as best as you can with [proper diet](#), [adequate sleep and exercise](#), and [social interaction](#) with both loved ones at home and your new friends here in the AUR Wolfpack.

Dr. Francesca Conti will lead a [special meditation session](#) to teach you skills you can use not just in quarantine, but throughout your studies!

To help you keep moving, healthy mini classes with [yoga](#), [stretching](#) and [more](#) will be offered by AUR's Coach Cristalli and Yoga/Pilates Instructor Chiara P.



# QuAURantine Activities

Check out the Student Life QuAURantine Activities Calendar for these and much more!

## Explore Italy

We'll help you **explore your new surroundings** with virtual walking tours, book chats, alumni FB Live visits and more!

## Let's Get Cooking

If there's one thing we love more than eating well is knowing that others are, too! Student Life staff will share some of their **favorite recipes** with you, and walk you through how to prepare them.

## Just for Fun

Another way to relax, have fun and get to know each other better is our **Trivia Night** as well as the **Netflix Series Quiz**.

We've also got **two contests** that will run throughout your QuAURantine, with **prizes**!

**Photo Contest** Enter a photo which best describes your view from housing during quarantine. Anything inside your apartment or viewed from your windows or balconies qualifies.

### **TikTok / Instagram Contest**

We've gotten so excited getting to know you via your Instagram intros via @aurrome, and we'd love to see more of your online AUR Wolf Spirit!



Create TikTok videos  
that describe your  
AUR Quarantine experience.



30 EUR Voucher Prize for each:  
Best Lone Wolf Vid  
Best WolfPack Vid

Rules are simple!

Post your TikTok on Instagram at 5 pm daily  
Tag @aurstudentlife  
Use #AURwolfden2020 and #lifeatAUR

Student Life will reshare your entries daily on IG.  
At the end of quarantine  
the AUR community will vote for best vids.

## WEEK 01

# SEPTEMBER

## WEEK 02

# SEPTEMBER

FRIDAY 04	SATURDAY 05	SUNDAY 06	MONDAY 07
<p>11:00 AM VIRTUAL/INTERACTIVE NEIGHBORHOOD TOUR</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>7:30 PM YOGA WITH CHIARA P.</p>	<p>TIME TBD "BOUNDLESS" - FB LIVE W/ AUR ALUMNI GIAMMARCO CACCESE D'ANDREA &amp; LAUREN LUGO</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>LAUNCH OF 'MY QAU<span style="color: #0070C0;">AURANTINE</span>' PHOTO CONTEST</p>	<p>10:30 AM FUNCTIONAL TRAINING WITH CHIARA P.</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>8:00 PM TRIVIA TOURNAMENT WITH EDGAR</p>	<p>10:30 AM TOTAL BODY WITH STEFANO C.</p> <p>4:00 PM SPORT FAIR</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>6:00 PM COOK WITH KATHY</p>

TUESDAY 08	WEDNESDAY 09	THURSDAY 10
<p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>6:30 PM PILATES W/ CHIARA P.</p> <p>8:00 PM VIRTUAL ACTIVITIES FAIR WITH STUDENT CLUBS</p>	<p>12:00 PM COOK WITH CHIARA L.</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>5:00 PM ABS WITH STEFANO C.</p>	<p>10:30 AM HIIT WITH STEFANO C.</p> <p>12:00 PM BOOK DISCUSSION WITH CHIARA</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>6:00 PM COOK WITH KATHY</p>

PLEASE NOTE  
THAT TIMES AND  
EVENTS MAY  
CHANGE...  
...AND THAT  
EVENTS MAY BE  
ADDED!

FRIDAY 11	SATURDAY 12	SUNDAY 13	MONDAY 14
<p>10:00 AM FUNCTIONAL TRAINING WITH CHIARA P.</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p>	<p>10:30 AM TOTAL BODY WITH STEFANO C.</p> <p>12:00 PM BEST CHEF 4 INGREDIENTS 4 BEST DISH</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p>	<p>10:00 AM PILATES W/ CHIARA P.</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>7:00 PM "BOUNDLESS" - FB LIVE W/ AUR ALUMNI GIAMMARCO CACCESE D'ANDREA &amp; LAUREN LUGO</p>	<p>10:30 AM HIIT WITH STEFANO C.</p> <p>1:00 PM LIVE CROSSWORD PUZZLE</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>6:00 PM COOK WITH KATHY</p>

TUESDAY 15	WEDNESDAY 16
<p>12:00 PM NETFLIX SERIES QUIZ</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>7:00 PM YOGA WITH CHIARA P.</p>	<p>10:00 AM LET'S MAKE PIZZA PART 1: THE DOUGH</p> <p>5:00 PM POST YOUR TIKTOK ON INSTAGRAM</p> <p>5:00 PM TOTAL BODY WITH STEFANO C.</p> <p>7:00 PM LET'S MAKE PIZZA! PART 2: CREATE &amp; TASTE</p>

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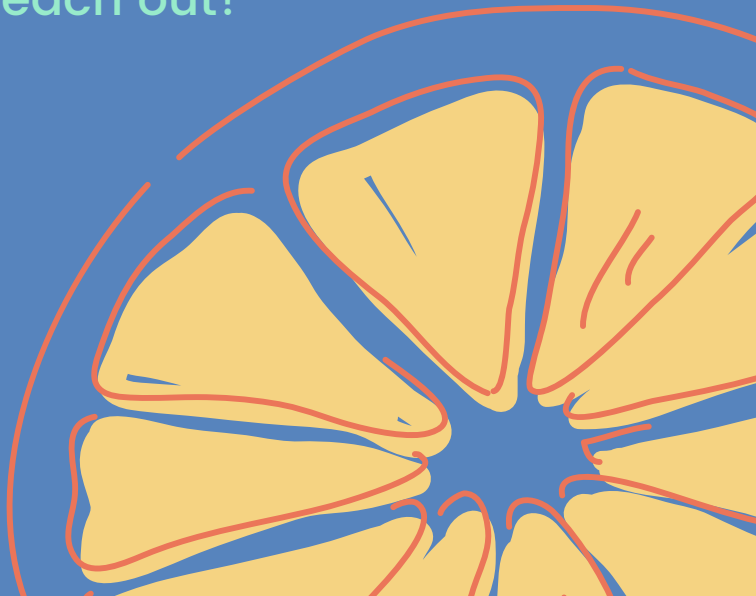


# Food, Groceries and Deliveries

As you sit in your apartment during quarantine, you might be wondering: Can I still order food or grocery delivery? Is it safe? Yes, you can!

Traditional Italian dining culture might reject the idea of eating a gastronomic masterpiece while sitting in pajamas at home, this has not stopped several delivery services from seeking business in Italy. To follow you will find information on food delivery apps available in Rome.

Student Life is available for other tips, so do not hesitate to reach out!



# Food Delivery Apps

## Just Eat

You can use Just Eat to order food 24 hours a day. The app lists a wide variety of restaurants with cuisines from all over the world. Just like Deliveroo, all you have to do is download the app, enter your postal code and choose a restaurant. Just Eat allows you to pay online with PayPal or debit/credit.

## Everli

Everli was founded in 2014 with the aim of making grocery shopping simple, fast, and convenient. As of today, Everli is online in 50 Italian provinces and 12 Polish cities. You choose your favorite supermarket and do your grocery online: then, a personal Shopper goes to the store to collect the items and deliver them straight to your home. Everli is the easiest way to buy every grocery products and receive them wherever you want, whenever you want.

## Deliveroo

This app allows you to order from local restaurants, breaking everything down into categories. Deliveroo's easy-to-use app also allows you to order from fast food giants such as McDonald's and Burger King. To use Deliveroo, download the app and enter your postal code to find out which local restaurants deliver to your area. Please bear in mind there is a delivery fee. The app also lists vegetarian and vegan options.

## Glovo

Need to get something from the pharmacy? Look no further! Not only will Glovo pick up orders from local restaurants and fast food joints, it will also stop at pharmacies, coffee bars, and other stores. You can even order gelato! If you need a late snack, or some aspirin, Glovo is your app!

## Esselunga

Esselunga is another app for groceries. Your groceries will be carried up to your door. This is a huge plus if you want to order something like bottled water or other liquids that are heavy. The first delivery is free when you make an account.

## Carrefour

Carrefour is a popular grocery chain with locations throughout Rome. Some of these stores are even open 24 hours a day (a rarity in Italy). You can order online for direct delivery to your house for a small fee.



