Welcome Book

WRITTEN BY THE IUC 2011/12 LLM STUDENTS

EDITED BY TOMMASO DOTTI, SHALINI IYENGAR AND EMANIJELA ROMAN
Hello Guys!

On behalf of the members of the IUC Students’ Association, I’m pleased to welcome you to IUC and the beautiful “Città di Torino”. We’re glad you’re here!

We wrote this book to welcome you to our commons community and to make you feel more at home. We have written suggestions of our favorite places to eat, places to shop, sports and entertainment, religion and all those stuffs. We’ve also included some addresses and phone numbers that can be useful to you. We do hope this book will serve as a basic guide to living in Turin, and also save you from overusing the Italian phrase “Che Palle!”

The IUC is recognized for its cosmopolitan, polarized and diverse student body, and encouragement of individualized paths to knowledge accumulation.

We therefore seek to cater to the spiritual, intellectual, and social needs of all of our colleagues, regardless of sex, race, religion or origin. As always, we save time for super fun, social activities, such as talent shows, parties, nights out, ice skating and mountain trips.

Well, I don’t know what you have in mind, but seriously, dudes, we had a great time here! I dare you, enjoy yours too, have a blast!!! ...And study well!

Sincerely,

Hamid Gbawuru Marah

IUCSA President

International University College of Turin (IUC)
Permit to Stay and Fiscal Code
(Permesso di Soggiorno e Codice Fiscale)

Citizens of European Union do not need a visa to enter Italy as they have the right to stay and circulate freely in the territory of the Member States. However, Italian law requires that EU citizens staying in Italy for a period longer than 90 days register at the registry office ("Ufficio Anagrafe") of the city hall, in the town where they intend to reside, within 90 days from their arrival in Italy.

Registry Office ("Anagrafe Centrale")
Via della Consolata 23 - 10100 Torino
Phone: +39 0114425380
E-mail: info.anagrafe@comune.torino.it

Residence Permit ("Permesso di Soggiorno") for students with a student visa from countries outside the European Union. New procedures in force since December 2006.

Apply for a Residency Permit
Within 8 working days you must apply for a residency permit. From December 2006 all applications must be made through Post Office (administration charge: € 30,00). The Post Office provides a kit which includes the application form and information on the documents that you need to include. The following is a summary of the documents you need:

- Photocopy of ALL pages of passport, including blank pages;
- Certificate of acceptance/inviting letter w/ official stamp of Consulate that issued visa;
- Letter/certificate from University;
- 1 duty stamp ("marca da bollo"): € 14,62;
- a payment for electronic permit (€ 27,50) fill in the postal order;
- Photocopy of student health insurance:
  a) if you have coverage from your own country, be sure that it includes coverage for the whole duration of your expected stay in Italy;
  b) if you don't have any coverage, you can purchase insurance in Italy at INA ASSITALIA or directly at the central Post-office.

INA ASSITALIA - C/C n. 712 70 003 Ag. Gen. Roma “Conto 20”
Via del Tritone 181
00187 Roma

Central Post-office
Via Alfieri 10
10100 Torino.

The Post Office will give you back a receipt that you must always keep with you, along with your passport.

Police Headquarters ("Questura") will send a registered letter asking the applicant to go to their offices to be fingerprinted and to bring any other document required, such as some photos.
Immigration Office ("Ufficio Immigrazione"), which is part of the Local Central Police Office ("Questura").

Address: Corso Verona 4, Torino.
Web site: http://questure.poliziadistato.it/Torino.nsf

Finally, the applicant will be called to collect the residence permit.

It is possible to check the state of your application and the requests advanced by “Questura” at any time, by logging on to http://www.portaleimmigrazione.it ("Area riservata STRANIERI", insert userID and Password/postal receipt).

*NOTE: New procedures in force since June 2007. If you stay in Italy less than 3 months, you don’t have to apply for residence permit but just make a declaration ("Dichiarazione di presenza") at the Border Police ("Polizia di frontiera"), immediately at your arrival in Italy or within 8 working days.

Fiscal Code (Codice Fiscale) in Turin

The "codice fiscale" (Italian tax code) is a personal code which identifies each person within the Italian State. The code might be requested for purposes as stipulation of a contract, opening a bank account, etc.

In Turin the office “Agenzia delle Entrate” issues such a code. In order to request the document it is necessary to show a valid identity document and fill in a form at the office. All in all the process is simple and quick. We advise you to organise it as soon as possible in order to avoid any difficulty.

Address:
Agenzia delle Entrate
Corso Bolzano, 30
10121 Torino
Tel: 011.552.31.11
Fax: 011.552.32.72

OR

Agenzia delle Entrate
Via Paolo Veronese, 199/A
10148 Torino
Tel: 011.229.71.11
Fax: 011.229.72.90

ONCE YOU ARE GRANTED THE STANDARD PERMesso DI SOGStRAtO, YOU CAN TRAVEL FREELY WITHIN SCHENGEN COUNTRIES, PROVIDED YOU ALWAYS BRING ALONG THE ORIGINAL PERMesso TOGETHER WITH YOUR PASSPORT. IF A STANDARD PERMesso IS NOT GRANTED, YOU CAN STAY IN ITALY WITH THE RECEIPT AND LEAVE THE COUNTRY, BUT CANNOT RE-ENTER ITALY.
TRANSPORT IN TURIN (BUS/METRO/TRAM)

Turin is not a big city and it is very easy to use public transport here. Also because the ticket for metro, tram and bus is the same, meaning that you are buying one and can use it everywhere. To buy the ticket you should ask for a “biglietto” in all Tabacchi shops (with a big “T” as a sign of the shop) or in every magazines/newspaper shop (that mostly will be near stations).

The price for one ticket is 1.50 euro (may be less or more in different Italian cities and crisis/non crisis times). You can use this ticket only once, but for 75 minutes from the beginning of the trip (please, specify the time at the back of a ticket). So, you can take a bus and then use the same ticket in the metro if the timing is okay (but you cannot use the metro twicel).

As an alternative to the single time ticket, you can buy one-day tickets, three-days tickets, one-week tickets, monthly tickets or an yearly ticket. In particular you can buy a monthly ticket for students (students should be under 26) for 21 euro a month (instead of 38 euro). And don’t forget to carry with you your student identity card in case you meet a controller!

When you are using buses or trams, don’t forget to push red buttons (located everywhere inside public ground transport) to ask for the next stop and also don’t forget to stop buses with your hand at the stations/stops, especially if you are travelling late in the evening. Otherwise you risk to wait for the next one! Good luck!
The IUC Third Floor

The IUC Third Floor is, indeed, a paradise for students. Here you can both study and have a lot of fun. First and foremost, while the Third Floor is an area for student activities, it is important that the students respect and take care of all the property and equipment which has been given for their usage, so to ensure that the next year students will have the same opportunity.

What you can do at the Third Floor:

1. **Study.** We have some computers with the Internet connection and Wi-Fi Internet connection for your own gizmos. Additionally, there are a lot of rooms with working places where you can work on your class assignments, papers, read or do your own business. Everything is organized for students to make studies here at the IUC more comfortable.

2. **Communicate and browse the Internet.** There are some computers with the Internet and if you have not your own computer, you can use these computers to communicate with your relatives, friends and others back home. You can browse Internet for study purposes, skyping or just for entertainment.

3. **Cook.** Apart from the above-mentioned equipment the Third Floor also has its kitchen and refrigerator. The kitchen is fully equipped with all necessary stuff, such as cookers, kettle, microwave, plates, spoons and forks etc. This means that you can keep your food in a fridge and cook at the Third Floor whenever you want: over the breaks between the classes, after the classes or just when you feel like. Furthermore, you will have a personal locker there, where you are welcome to keep all your stuff except food. You are asked to keep all the food in a fridge, but not in your personal locker, because you might forget about it and the smell will be really unpleasant! :-)

4. **Rest.** The Third Floor is also a perfect place for resting. If you feel tired or sleepy, you can go to the Third Floor and have rest there. We have two couches with pillows and covers for your usage. Over my year some students used to sleep there during the breaks between classes when they were tired.
5. Have fun and organize parties. Since the Third Floor is a students’ area you can organize parties, movie nights and other social and cultural events there. There are a fantastic keyboard, a huge TFT TV and iPod/iPhone station for these purposes.

Make yourself at home and take care of the students’ area!!
Finding an internet connection is relatively easy in Turin. If you already have a laptop computer then I would strongly suggest bringing it to Italy. All of our course materials and readings are accessible online.

Both IUC buildings have a wireless internet connection, which students can connect their laptops to. The third floor of IUC’s Paleocapa building is a student floor and each year we create it into our student space and work out what we’d like to do with it. There are desktop computers on the student floor and at the start of the year IUC distributes a few copies of the building key to delegated students.

If someone needs to use level three after business hours, they can coordinate with the key-holders to have 24 hour access to the building and internet. The IUC library also has wireless internet and it is open on weekends from 10am-5pm. Students in houses without internet generally organise their own internet, and if you get a good deal and all share in the cost it’s fairly cheap.

We try to save paper and only print what is necessary. However, there is a large amount of reading and students who prefer reading on paper rather than the screen can print at IUC. UC has printers and each term students have a quota amount of printing that they can do for free. After students have reached their IUC quota, they can print at a private copy shop.

There are various internet cafes in Turin, and printing from an internet café generally costs between 5 – 15 euro cents per page for black and white. All of the cheapest print shops (4 or 5 cents) are located near University of Turin (Via Po/Via Giulia di Barolo) and it is about a 20 minute walk from IUC. If you’re looking for print shops after you arrive, I suggest putting the word “internet cafe” in a Google map search, and you will get a fairly accurate list.
TRAIN IN ITALY? LET’S TRY!

We are not in Switzerland nor in Japan: strikes are more frequent than trains on time, but - if you really would like to visit Italy also while travelling - the train is maybe the best solution!

Even if Italy is plenty of mountains and hills, the train can get you (almost) everywhere. It’s not as fast as you desire (unless you choose the Frecciarossa), but from Porta Nuova or Porta Susa (the two main Torino’s railway stations) you can reach the Mont Blanc (the highest mountain in Europe) in Aosta Valley and the very South of Sicily (almost in Africa!).

The main (and almost the only) Italian railway company is Trenitalia. If you visit the website (www.trenitalia.com), available also in English, you can check timetables, paths, prices, services, offers, subscriptions, etc. You can buy tickets both on the Internet (but remember to print them before your arrival at the railway station) or directly in the train station (the automatic cash desks are also in English).

If you plan to travel by train, keep in mind at least two elements. Firstly, the price of the same path can vary a lot depending on which kind of train you choose: for example, if you would like to visit Milano, you can choose between three different kinds of train: the cheapest but most time consuming (Regionale), the most expensive but fastest (Frecciarossa) or the best trade-off price/time (Intercity). Moreover, pay attention if you travel on Friday: it’s the most chosen day for strikes (even if everyday something could complicate your projects!). In any case, you can check on the website for strike’s announcements and remember that there is always a minimal guaranteed service (in working days).
Aware of these possible problems, you are ready to jump on an Italian train which strengths are: prices, environmental impact, frequency, landscape views, friendship on board, train station next to IUC... and what’s better than leaving from the hearth of a town and arriving in the heart of another one?

When you plan your journey to another city in Italy or to another country, remember that the earlier you buy the ticket, the cheaper the price will be. Usually, that is also the case when you buy a bus ticket. Usually, you can buy your ticket three month in advance on internet, for a very attractive price, as low at 9 Euros to a city in Italy or 19 Euros to a city in another country. But this can only be done online, and most of time, you cannot change your date or ask for refund.

When you buy an international train ticket, for example, a ticket to Geneva, you can go to either Italian train website or Swiss train website. They usually have the same offers, with usually the same price. Sometimes the offers may be over in one country’s website, but may still be available in the other country’s website. The ticket price can also be different if you cross the borders, sometimes it would be much cheaper if you buy the return ticket in one country instead of the other (for instance, the train ticket is much cheaper in Italy compared to Switzerland).
IUC SOCIAL EVENTS

Social interaction between classmates is really important for the IUC; that is why one of the categories of the community service is called “Social Events”. The Social Events Group is formed by a number of students who are in charge of proposing different activities to be carried out by the whole class. What is interesting about it is that there is no limit to what you can propose, a social event can be anything! Hanging out in the park, going to the cinema, or even a weekend trip! In my experience as an IUC student we went to the cinema, we had a picnic in the park, we went for a one day trip to Aosta and for a two day trip to Cinque Terre.

Of course, attending the social events is not mandatory, but it is a really good opportunity to get to know the people with whom you are going to be spending the next year of your life, and, as the IUC is an all-around-the-world community, it is an excellent chance to get to know about cultures and traditions of the different countries your classmates come from. So, if you are planning of studying at the IUC, you could as well start thinking of some events you would like to propose!
Museums and other tourist places

Welcome to Turin!!! I am absolutely sure that all of you will enjoy and love this amazing city. In order to help you to discover its history and the different and amazing places that you may visit here, I want to share with you information about some of the most important museums and other tourist places that you may discover during your stay. So, let’s take a look and join me through this great adventure!!!!

Today Turin offers to its visitors and citizens more than fifty different attractions including museums, cultural heritage, castles, residences and exhibition centers which, as a whole, represent an international cultural offer. Among others, some of the most interesting places include:

- **Armeria Reale**: The museum was opened in 1837 by the King Carlo Alberto. This museum houses one of the world’s richest collections of arms and among other things, the collection contains many types of swords, firearms and armor. There you will find fine examples of medieval arms, firearms from the Risorgimento, Napoleonic arms and relics. Also, there are weapons that belonged to the Savoy Kings, not to mention the prestigious collection of oriental arms.
  
  
  Email: armeriareale@artito.arti.beniculturali.it. Web site: www.artito.arti.beniculturali.it

- **Borgo E Rocca Medievale**: Designed by a group of artists and intellectuals (coordinated by Alfredo d’Andrade) and built to coincide with the Italian General Exhibition of 1884, the Medieval Village’s form, structure and decorations rigorously reproduce the style of the 15th-century buildings built in Piedmont and Valle d’Aosta. The "Rocca", or castle, offers its visitors an atmosphere of the era reconstructed through special effects, including lights, sounds and perfume.
  
  
  Email: borgomedievale@fondazionetorinomusei.it. Web site: www.borgomedievaletorino.it

- **Castello Di Moncalieri**: This castle dates back to the thirteenth century. It was extended in the second half of the fifteenth century by Jolanda de Valois and later towards the end of the sixteenth century by Carlo Emanuele I. The apartments of Princess Maria Letizia and King Vittorio Emanuele II were fully restored and have been open to the public since 1991.
  
  
  Email: valeriopiero.corino@beniculturali.it. Web site: www.piemonte.beniculturali.it
- **Castello Di Racconigi:**
  Address: Via Morosini, 1 - Racconigi (CN). Telephone: 0172 84005.
  E-mail: comunica@castellodiracconigi.org. Web site: www.ilcastellodiracconigi.it

- **Castello Di Rivoli:** This castle was developed in 1718 by Filippo Juvarra for the King Vittorio Amedeo II and its wonderful design corresponds to a Baroque building. The castle was restored by Bruno, and in 1984 became the seat of the Museum of Contemporary Art. The permanent collection contains works by European and American artists and the museum also offers a rich calendar of temporary exhibitions.
  Email: info@castellodirivoli.org. Web site: www.castellodirivoli.org

- **Castello Ducale Di Agliè:** This building was designed by Amedeo di Castellamonte from the pre-existing medieval castle belonging to the San Martino family for Filippo di Agliè in 1667. The building was further altered and enhanced in 1825 under King Carlo Felice.
  Address: Piazza del Castello – Agliè. Telephone: 0124 330102.
  Web site: www.ilcastellodiaglie.it

- **La Venaria Reale:** This castle was the summer residence of the Savoys, it is an outstanding example of Baroque architecture and includes a Palace and a Gallery dedicated to the goddess Diana, and the Church of St. Hubert.
  Address: Piazza della Repubblica, 4 - Venaria Reale. Telephone: 011 4992333 (info and booking).
  Email: comunicazione@lavenariareale.it. Web site: www.lavenariareale.it

- **Museo Dell’automobile “Carlo Biscaretti Di Ruffia” (Mauto):** The Car Museum, one of the most important in Europe, traces the evolution of cars from their origins up to the Eighties through a display of over 150 original models, along with miniatures, prints, posters and drawings. The Museum houses many unique or very rare exhibits and a section with racing cars. It also boasts a bookshop well-stocked with volumes about cars, a historical tyre section and houses temporary exhibitions.
  Email: info@museoauto.it. Web site: www.museoauto.it/website/en

- **Museo Di Antichità:** Made up of the collections of the Dukes of Savoy, the core of the Museum of Antiquities has grown since then. Today it’s divided in three Sections: Historical collections, Piedmontese archeology collection and Turin’s archeology.

Email: info@museoarcheologico.it. Web site: museoarcheologico.piemonte.beniculturali.it

- **Museo di Antropologia Criminale “Cesare Lombroso”:** This museum includes collections of anatomical specimens, drawings, photographs, examples of material evidence, written documents, and valuable craft and artistic works created by asylum and prison inmates.


Email: museo.lombroso@unito.it. Web site: www.museounito.it

- **Museo Egizio Di Torino:** The Egyptian Museum houses the most important collection of ancient Egyptian artefacts outside Cairo.

Address: Via Accademia delle Scienze, 6 – Torino. Telephone: 011 5617776.

Email: info@museoegizio.it. Web site: www.museoegizio.it

- **Museo Nazionale Del Cinema:** The National Cinema Museum was opened in July 2000 in the building that symbolizes Turin: the Mole Antonelliana. The exhibition space covers 3,200 square meters and spans five floors. The themes of the floors are: the Archeology of Cinema, the Film Camera, a Collection of Cinema Posters, Video Installations and the great Temple.


Email: comunicazione@museocinema.it - info@museocinema.it. Web site: www.museocinema.it

- **Palazzo Cavour:** This palace is one of the best examples of the Piedmontese Baroque architecture of the 18th century and it is also one of the most important historical buildings in Turin.

Address: via Cavour, 8 – Torino. Telephone: 011 530690.

Email: info@mostrapalazzocavour.it.

Web site: www.mostrapalazzocavour.it

- **Palazzo Madama:** Address: Piazza Castello – Torino. Telephone: 011 4433501.

Email: palazzomadama@fondazionetorinomusei.it. Web site: www.palazzomadamatorino.it

- **Palazzo Reale:** The Royal Palace is an impressive 17th century building which until 1865 served as the residence of the Dukes of Savoy, the Kings of Sardinia and the Kings of Italy. It is possible to visit the royal apartments, lavishly decorated and furnished from the 17th to the 20th century.
Clocks, porcelain, silver and furnishings, some dating back to the 17\textsuperscript{th} century, can be seen.


Email: sbap.pie-reale@beniculturali.it. Web site: www.piemonte.beniculturali.it

Besides all those museums and places that you may visit by yourselves, in Turin there is also a tourist bus called “\textit{Citysightseeing Torino}”, which covers the most relevant places of the city through its two different routes, allowing the passengers to get down in any stop for taking pictures and walking and then, to get up to continue visiting Turin.

Finally, I strongly recommend all of you to go for a walk or to ride a bike in some of the many parks that exist in the city, such as the \textit{Parco dell’Arrivore} – (Via Botticelli/C.so Taranto), \textit{Parco Europa} or the amazing Parco del Valentino, where you will be able also to rent a boat and sail over the Po river.

As you may see, there are thousands of amazing activities to do in Turin, so I hope all of you enjoy it and have lots of fun!!!!
Hi sports fan! Torino is a big city and therefore you are sure to find the activity and/or place which best suits your interests.

If you like doing your own exercise (running, skating, cycling, juggling...) the only thing you need is to find the right spot, and definitely any of the many parks in Torino will provide you with that space. Parco del Valentino, right next to the Po River, is always heaving with youngsters playing different games or just sitting down, relaxing and enjoying the views. Parco Cavalieri di Vittorio Veneto or Parco Mario Carrara are also two very attractive options for individual or collective sports, you can go along and organise a football or volleyball match there, if you find a few people interested! If you like cycling, you can become a member of the BikeTO (yellow bikes around the city) or hire a bike for the day at TOURINBIKE (Via Fiocchetto, 39).

But if you are looking to join a “professional” team in Torino I recommend you to ask for information at INFORMAGIOVANI (Via Delle Orfane, 20). They will be able to direct you to the right places. Although I should warn you that if you are a girl you might have a bit more trouble, nevertheless I encourage you to ask around and meet people: making direct contacts is always the best way to get first-hand information!

Good luck and in bocca al lupo!

**Football**

1. **Stadio Olimpico di Torino**

   Stadio Olimpico di Torino (originally Stadio Benito Mussolini and formally Stadio Comunale Vittorio Pozzo) is a stadium located in the Santa Rita district in the south of Turin. It is the home of the Torino FC, that luckily for you starting from September 2012 is playing in Serie A (along with Juventus).

   **How to get there?**

   You can walk from Piazza Paleocapa to Corso Vittorio Emanuele II, five minutes from our school, where you can take bus 14 or bus 63 and get off at “Caserma Morelli”. When you reach there, you can ask any person, since the stadium is just around that place.

2. **Juventus Stadium**

   Juventus Stadium is an all-seater association football stadium in the Vallette district of Turin, and the home of the Serie A club Juventus FC.
How to get there?

You can take tram 9 from Porta Nuova and get off at the last stop of tram 9. From there you can see the stadium, but you have to walk for almost 8 minutes before you reach it.

3. Tickets

For those who will be interested to watch Serie A matches, you can get tickets from Tabacchi shops which are located in every street. Normally, if you want to watch Coppa Italia, there is discount for students. The price is not less than 15 Euro and not more than 20 Euro. But for Seria A, the price depends on which teams are playing. The prices range from 40 to 80 euro.

4. Playing football

For those who want to play football or any other sport, you can go to the Olympic Stadium (see 1.1.). Outside the stadium there is a big area where you can play football and other kind of sports. Alternatively, there are some other places which are designed for playing football, but, you have to pay 5 or 7 euros after playing. But in my opinion, you should not pay for that, you can go to other places which are for free. Like the place near the Olympic Stadium.

Sporting Facilities

1. The SAFA 2000 Swimming Volleyball Sports Fitness

Swimming pool equipped with the most modern systems for comfort and security; operated by swimming instructors licensed by the FIN and a staff of top-level professionals. It offers: School Diving; Aquatics; Swimming Courses for adults and children; Competitive Swimming; Water Aerobics; Basketball; Football; Masters Swimming; Dance; Volleyball.

Address: Via Rosalino Pilo, 26/G
Tel: 011758367
Fax: 011748064

Website: http://www.safa2000.it/

2. Aquademia

Aquademia offers water aerobics with music!

Their water aerobics blends with GaG that is practiced in the gym to improve glutes, abs and legs. Sessions are carried out both in the water and then a session at poolside.

Address: Via Lancia, 103/A
Tel: 320 3290236
3. ASD Reactive Club

The Reactive Gym Club, located in the heart of Turin, offers a facility for the practice of self defence and the most modern and popular combat sport disciplines. The centre is a veritable point of reference for all those who wish to have a direct approach and personalized self-defence.

The Reactive Club gym offers everyone the opportunity to keep fit in a clean and healthy environment, socializing with people in an atmosphere of solidarity and friendship.

Adress: Corso Vittorio Emanuele II, 102

Tel: 339 1098384

E-mail: info@reactiveclub.it

Website: http://www.reactiveclub.it/
TORINO BY BIKE!

A cheap, fun, healthy and environmentally friendly way of discovering Torino and moving around the town? Torino by bike, the best way to avoid traffic jams and to increase transport efficiency!

In the last years, more and more bikes and bikers of all ages run through the streets of the city. Torino, in fact, has today more than 175 km of cycle paths and many bike racks spread in the town. Imagine that from Piazza Castello (the heart of the town), you can move by bike within 5 km in all directions without any problem. The increasing adequacy of roads for cyclists and of parking infrastructures, the favorable weather conditions and the fundamental fact that Torino is located in Italy’s flattest area are enough elements to look for a bike!

So, how to get a bike for your academic year? Of course, you could buy a bike for a very cheap price from other students from Torino’s University or Politecnico or look for a second-hand bike (even third-hand!) in one of the many shops in the city. As you will see, Torino has plenty of retrò bikes!

Or you could use the [To]Bike, a bike sharing service introduced in Torino in 2010. It suffices for you to register on the website (www.tobike.it) and subscribe (the annual ticket is only 25 €). The ticket allows you to reach one of the 116 bike stations in the town, choose your bike, ride it until your final destination and leave the bike in whatever bike station you prefer in the town (the price of the service – for the holders of an annual ticket – is: first ½ hour free, second ½ hour 0.80 €/cent, third ½ hour 1.50 €, fourth ½ hour 2 €). One of the [To]Bike station (station n° 29 Paleocapa) is exactly in front of IUC; it has 18 bikes waiting for you!

It’s so easy to become a member of the Torino’s biker community that IUC students should try it. And the benefits will not be only at a personal scale (healthy and active cyclists at IUC!) but also at a general one with a concrete contribution to the environment protection. Let’s implement what we study at IUC with our daily habits: let’s walk and ride our bike!
**Travel by Plane**

There is only one airport in Turin, **Aeroporto Internazionale Caselle di Torino**, which is 16 km (10 miles) north of Turin's city center. There are two ways to go there, by train or by bus. (The website is http://www.aeroportoditorino.it).

Express Rail Service: The railway station is located close to the air terminal. Rail service between the air terminal and **GTT Dora Station** in northwestern Turin takes 19 minutes, which is twice as fast if compared to the bus. Departures are every 30 minutes to Turin from 06:49am to 09:19pm and back to the airport from 05:13am to 07:43pm. The price is also cheaper than bus, only 4 euros.

Bus Service: Bus service between downtown and the Turin airport usually starts from Porta Nuova railway station, and stops at Porta Susa railway station. The bus leaves and arrives at Porta Nuova at the corner between Corso Vittorio Emanuele II and Via Sacchi.

The bus leaves Porta Nuova Station every 30 minutes from 5:30am to 8:30am and from 4:30pm to 9:00pm. From 08:15am to 4:30pm and from 9:00pm to 10:30pm it departs every 45 minutes. Buy your ticket from a bar near the bus terminal. The price is 6,50 euros if you buy it in the bar or at a machine, while if you buy it on the bus, you need to pay 50 cents more.

From the airport the bus leaves on the arrivals level just in front of the exit. There are ticket machines inside or you can buy your ticket at the Tourist Office or at the newsstand in the departure lounge. The bus service runs from 6:30am to 11:30pm.

The bus provider includes Terravision and Sadem. Their websites are:

http://www.terravision.eu/italiano/torino.html
http://www.sadem.it/interna.asp?id=92

If you go by taxi, the rate will be around 40 Euros.

Another very important airport is **Milan's Malpensa Airport**. This airport is bigger, and I think most students coming from their home country will arrive in this airport. Milan’s Malpensa Airport is in the north of Milan. From the airport there is a bus to Milan's main train station (the price is 10 Euros each person). From there, a regional train (the cheapest) to Turin will take about 2 hours, with a rate of 11 Euros.

Another way to go from Milan’s airport to Turin is by a direct bus. Sadem has this service, and the price is 20 Euros. The timetable is available here:

http://www.sadem.it/upload/orari/estivi/000020.pdf
If you are catching the bus from Turin to Malpensa, bear in mind that the ticket can be bought near Porta Nuova station at the above-mentioned bar located at the corner between Corso Vittorio Emanuele II and Via Sacchi.

If you arrive at Milan’s Bergamo Airport, you can take the bus to Milan’s main railway station (the price is 10 Euros each person, but if you buy two tickets, the third one will be for free) and then take the train to Turin. Another way to get to Turin is by train. You can take the bus from Bergamo airport to Bergamo city center, from there you can take the train back to Turin. This is the cheapest way.

If you want to fly to other cities in Europe, I would recommend Ryanair and Easyjet. I like Ryanair more, because it has flights from Turin’s airport (Caselle Airport).
Weather in Turin

Get ready to wear big jacket, hat and scarf between December and February!

Turin is surrounded on the western and northern front by the Alps and on the eastern front by a high hill that is the natural prosecution of the hills of Monferrato. Winters are cold but dry, summers are mild in the hills and quite hot in the plains.

Over the course of a year, the temperature typically varies from -2°C to 28°C and is rarely below -6°C or above 31°C.

In September and October the weather is warm which is nice to go outside and have picnic or barbecue in the huge and nice parks in Turin. Hiking in the Alps will be a good idea. But be careful if you go to the Alps even in summer time; take a sweater with you because it is cold especially at night and in the morning.

In November, December, January and February the weather is very cold so be careful and wear thick clothes. It rarely rains but it is very cold and it usually snows in January and February. Enjoy the snow falling in Turin and go for snow skiing in the Alps with other IUCers. If you had never gone skiing and you do not know how to do it, do not worry! You may learn from other IUCers or even you may participate in some skiing lessons. For example in the year 2011/2012, Turin's University Sports Centre (CUS – Centro Universitario Sportivo) offered skiing lessons for advanced level as well as for beginners. In February 2012, I went with other IUCers to Pragelato for skiing, it was the first time for me, but I enjoyed it so much! You should go and enjoy it!

In March, April and May the weather is warmer although it may rain a little or it may be cold. But still, the weather is very nice for travelling or going outside for picnic or barbecue or any other interesting activity. In June and July, the weather in Turin and generally in Italy and southern Europe is sunny, so it is the best time for travelling! It may also be very hot and humid, so this is also the best time to go to the beaches and to the swimming pools.

Enjoy all the seasons in Turin, since every season carries different activities!
Italian Language for Foreigners

It is true that at the IUC you will study in English and you do not need Italian for the university. However, learning Italian may be useful and interesting at the same time.

The first thing that you should know, is that the majority of Italian people do not speak English. Don’t think that your life will be just studying in English, since in your daily life you will need to contact Italian people, on the street, in supermarkets, shops, bar and restaurants. As you will live in Italy, it is also a good opportunity for you to learn Italian. It may be useful to make new friendships and may also open for you new job opportunities in the future.

I’ve found learning Italian very interesting, despite the fact that studying in English and learning Italian at the same time is not easy, especially if English is not your mother tongue. So, just do your best!

You may take Italian language courses for free or by paying cheap fees. In the year 2011/2012, the IUC offered Italian language courses for beginners, that were very interesting and for free. Moreover, the YWCA-UCDG Association offered Italian language courses for an annual fee of only 15 Euros, for beginners, intermediate and advanced students. For more information about the courses offered by the YWCA-UCDG Association please contact Ms. Elena Belforte via email (nina.belfi@hotmail.it).

Besides the aforementioned, in Turin there are many private language schools teaching Italian for foreigners, such as L’Italiano Porticando. You may google them and easily find them. For more information about L’Italiano Porticando school you can visit their website (www.italianoporticando.com) or contact them via email (info@italianoporticando.com).

You can also learn by yourself some basic words and verbs online! You may join http://www.livemocha.com/ or many other useful websites.

Enjoy learning Italian!
Food, neighbourhoods and fun!

Supermarket, open markets and ethnic food:

Food shopping is important to the Italian lifestyle and is to be savoured as part of your cultural experience. Open markets are often good places to find fresh fruits and vegetables, as well as cheeses, eggs, meats, fish and much more. Often, buying your food at the open markets is much cheaper than food shopping at a chain grocery store---besides, supporting your local neighbourhood and workers is always a good thing! Open markets are scattered across Turin, and you will most likely find one very close to your flat. Well-known markets include Porta Palazzo, Piazza Madama Cristina, and Crocetta.

Additionally, you will likely find small specialty stores carrying ethnic food products; whether you are looking for Chinese, Arabic, or Mexican groceries, you will find plenty of selection. Via Claudio Berthollet and Via Bernardino Galliari in the San Salvario neighborhood (near Porta Nuova) have a great selection of ethnic food shopping. If you are willing to venture out a little further, Corso Giulio Cesare is a long street, lined with small ethnic food shops and restaurants.

For basic groceries at a one-stop supermarket, you will be able to find Carrefours', Crais', PAM' and Bennets' in many location throughout the city.

“Aperitivo” and “apericena”; restaurants, pizzerias and pubs

When you are a student, you are definitely on a budget. And when you are on a budget, you want the most out of your dinner---this is where “aperitivo” comes in. Aperitivo is the Italian version of “happy hour” where the local cafes and bars open around 7 pm, serving up food and drinks for a discounted price until 9:30 pm or 10:00 pm. Drinks will generally cost you about 5-8 Euros and includes a buffet of small appetizers, allowing you to taste and sample a wide variety of dishes. Popular places for aperitivo include the slew of cafes in Piazza Vittorio Veneto, including La Drogheria. If you are hanging around closer to Porta Nuova and the IUC, Zelli Wine Bar is a great aperitivo choice, located in Corso Vittorio Emanuele II, 35.

As for those nights where you feel like a proper sit-down meal, refer to the list below for some of the best restaurants, pubs and pizzerias in the area:

**Restaurants and Pizzerias:**

- **Pizzeria Dessi**: Via Madama Cristina, 63. $
- **Horas Kebab**: Egyptian cuisine. Via Claudio Bertholett, 24/b; Corso Vittorio Emanuele II, 29. $
- **Mongolian Grill**: Sushi, Mongolian Grill. Corso Giacomo Matteotti, 3b. $$
- **Ristorante Argentino Pasion**: Argentinian cuisine. Via Silvio Pellico, 2. $$
Wok ’N Roll: Noodle bar, locally made sushi. Via Vanchiglia, 2. $$

**Pubs:**
Murphy’s Six Nations Pub: Corso Vittorio Emanuele II, 28.
The Shamrock Inn: Corso Vittorio Emanuele II, 34.
Biberon: Via Silvio Pellico, 2.

**Cafés with Wifi:**
Exki-Natural and Ready Foods: Via XX Settembre, 12; Via Carlo Alberto, 29; Via Pietro Micca, 2.
Busters Coffee: Via Cesare Battisti, 7.
Pane & Amore: Via Madama Cristina, 52.

**Eating Near IUC:**
Eating near IUC includes many options; options in cuisines and prices starting at 3 Euros and going up to 20 Euros almost.

Starting at 3 Euros (and the closest to the IUC) is Aydin Kebab. You can have pizza, Kebab and Falafel sandwiches for an extremely cheap price (and with a discount for students).

Close to the Cinema Reposi area, you can find fine Italian restaurants with a variety of dishes (pizza, spaghetti, etc...) where the prices are between 7$ and 20$.

The Mongolian Restaurant in the same street. It has a daily open buffet for 10 Euros with a variety of Asian food. Finally you have the Neapolitan Pizzeria, where prices range between 5 and 15 Euros.

Near the IUC administration office, Brek is one of the famous restaurants for the Slow Food movement. There are daily offers starting from 4,50 Euros, in addition to a huge variety of food and salads up to 15 Euros.

And there’s nothing as good as Italian coffee after lunch and before you go back to class at Paleocapa Café, or even better... an ice-cream at Grom!

**Shopping**
Torino is full of wonderful shopping, whether you are looking to splurge or save. Right next to the IUC, you will find Via Roma, which is usually bustling with people ducking in and out of Zara, Promod, Sephora, OVS etc. If you walk around the surrounding streets, such as Via Lagrange, Via Carlo Alberto and Via Arsenale, you will find similar high-end stores, as well as smaller, more unique stores which sell books, art, stationary etc.

If you are looking for a bit more affordable shopping, or perhaps just something different and unique, head on over to Via Garibaldi. This pedestrian street allows for a lazy, satisfying day of leisurely shopping and “gelato”. The many small streets of Via Garibaldi are definitely worth exploring, and you will find yourself stumbling upon...
typical Torinese sweets and wines, beautiful handmade notebooks and jewellery and funky music.

On the weekend, you may have the time to venture just outside of Turin proper and spend a few hours walking around Le Gru, a large shopping center featuring retail stores and restaurants. Here, you will find a greater selection and variety available in one location.

Various Neighbourhoods in Turin

City Center: Porta Nuova is a good marking place for the beginning of the center of Turin. If you can imagine yourself standing in front of Porta Nuova, facing outwards towards the city, then you can easily remember the major city center streets of Turin. Imagine a capital letter 'T' where the long road from Porta Nuova, down to the center is Via Roma. At the end of Via Roma, you will find the two top side branches of the 'T', Via Garibaldi on your left and Via Po on your right.

The center is a great place to enjoy a “caffè” in a historical cafe, take a stroll in Piazza San Carlo or Piazza Castello, eat a “gelato” at GROM or go shopping. Often, there are festivals and events happening in the streets and piazzas, ranging from book fairs and open art galleries, to live music and parades.

Quadrilatero Romano: This delightful neighbourhood is tucked away behind Via Garibaldi, and brings out the Torinese locals in the evenings and weekends. Here, you will find plenty of cafes for aperitivo and drinks and small and cozy restaurants with authentic Italian cuisine. The best thing to do in this neighbourhood is to simply go with a group of friends to wander around, getting lost in the cobblestone streets. You will surely stumble upon something lovely.

San Salvario: San Salvario is emerging as the funky and diverse neighbourhood of Turin, bringing together people from a range of ethnicities and housing pubs, restaurants and cafes that are slightly off the beaten path. This neighbourhood comes alive in the evenings, as young locals venture out in search of a good time. San Salvario also hosts festivals and events several times a year; for example, businesses and galleries open their talents to the streets during “Paratissima”, an arts and music festival.

Parco Del Valentino and Murazzi: The river Po runs through Turin and is lined with clubs, cafes and restaurants. The area called “Murazzi” is a concentrated hub of bars and discos where, on the weekends, you can hear the beating music from afar. It is best to visit this area in groups rather than alone, but it is a unique and essential experience in Turin. Close to Murazzi, the Parco del Valentino begins and continues for many, many blocks down Corso Massimo D'Azeglio. While the park also holds many discos and bars, it is also quite lovely and busy during the day. A beautiful setting for exercise, picnics, and lounging, you will find plenty of people here during the warm seasons.
**Cinema**

If you like movies there are many cinemas in Torino but most of them show movies in Italian. If you are interested in watching English movies or Italian movies with English subtitles here are some of the cinemas that fit this criteria;

- Cinema Centrale Arthouse, Via Carlo Alberto 27
- Museo Nazionale Del Cinema, Via Montebello 20
- Reposi Multisala, Via XX Settembre 15 - Via Arsenale 31
- Cinema Romano, Galleria Subalpina

These cinemas are open throughout the week except on Monday. Ticket to the cinema for students costs from 4 to 5 euros, and they can be bought at the entrance of the cinema. Advertisements for the movies to be watched are found on the internet, the cinema advertisement board in Via Roma and outside the cinema.

**Nightclubs**

Here comes the fun part: nightclubs in Torino!!! Here we’ll give you some information on bars which we have personal experience on. Of course we can’t cover all of them, and for the rest we recommend you Google map. Or get into the field yourself! The night should start on Corso Vittorio Emanuele II and here we go:

**Shamrock Café**

Although it just looks like an ordinary Irish pub, Shamrock has more to offer. Firstly, there is a crazy disco where they play oldies. Secondly, it has two floors with separate compartments where you can enjoy more privacy with your dear friends or some random people. Finally, sorry to say, but the drinks there are not so good and the lock of the bathroom is broken, so be careful.

**Murphy’s**

This is the perfect place for football fans. It is also an Irish pub, so you probably should order beer just to be professional! Play darts while you wait for the drinks to come. Lots of international students hang out in this bar so it could be a good place for you to start your social life in Torino!

From Murphy’s it is easy to reach Biberon, a bar in San Salvario (no more than ten minutes walking from Corso Vittorio Emanuele) by crossing the street and turning left into Via Sant’Anselmo.

**Biberon**

The music is good and it’s always crowded, so better to go early if you want to find seats. You should order “rum con miele” which is a hot drink (also could be a shot) with rum and honey. Also don’t forget to ask the owner for the bar t-shirts, they are very cute!
Now we move to Parco del Valentino, a famous place to go clubbing.

**Cacao**

In summer it’s the perfect disco but in winter it is closed because the whole place is without roof. The music is good, people there are good looking. Dress properly!

**Life**

You’ll find Erasmus parties held here. The atmosphere is a little bit creepy but the music is good. If you’re lucky you won’t pay entrance! Go ahead and dance on the podium!

**Chalet**

Despite the disgusting burp contests the music there is more than good! There is plenty of space to dance till you die. There is a hotdog place next to the bar to better overcome the hangover.

**Fluido**

The waiters there are totally crazy because they are busy showing off and ringing a stupid bell all the time. The Piña colada here is very good. Ask for the long straws because with one of those you can directly drink from the floor to your mouth.

Piazza Vittorio Veneto is also a perfect place to experience the night life.

**La Drogheria**

Here not only the “aperitivo” is very good, but also the drinks. Inside you can sit on comfortable sofas and also play table football. If you don’t want to party hard, ask them for a “mix di frutta con latte non alcolico”. It’s a kind of amazing exotic fruit milkshake.

Don’t forget to stop in Piazza della Consolata and stare the stunning church while having a drink.

**Smile Tree**

Here you can find the best cocktails in Torino. There is an endless list of sophisticated, tasty and very well decorated drinks. You have to be patient with the staff because sometimes they are very rude. It’s better to sit outside and contemplate the square. If you look attentively there is an impressive church and a Moroccan style tower.

Just so you know, the best party is at the IUC 3rd floor!
Communication

There are 3 major telecommunication companies in Torino: Tim, Wind, and Vodafone.

The price for a simcard is 10-20 Euros depending on the company.

Each company has different offers and different prices. You can always check what offers are more suitable for you; for instance Tim company has offers on international calls to specific countries and so those calls would be cheaper than local calls!

In addition, there are offers for a short period of time for free number of SMS or cheap calls to other numbers using the same supplier.

To refill your credit you can either go to any retail store of the company, and these are everywhere in the city centre. Or you can recharge from any Tabacchi shop. You can either buy a recharge card or you can give your phone number and pay and the credit will be transferred directly to your phone.
Recycling

The rubbish story

Garbage is a permanent “inhabitant” of people’s houses. The main goal is to be able to make this joint residence as friendly as possible. Success needs joint efforts!

According to the Italian municipal legislation, citizens have to separate rubbish, which is subject to recycling after that. Turin is not an exception. For this purpose, special dustbins are installed in the city’s streets and squares. The garbage you collect at home is supposed to be put in these dustbins.

Since Turin will become your home for the next months, it is fair to follow these rules. Remember that it is very easy! Be responsible and patient!

HOW?

Basically, there are 5 types of rubbish:
- Non-recyclable waste (Grey dustbin)
  - CD/DVD
  - Things made of rubber
  - Plastic plates, beakers and plastic cutlery
  - Synthetic sponges
  - Sanitary towels and tampons
  - Cigarette ends and ash
  - Lighters
  - Dust
  - Pens and felt-tips
  - Things made of different materials (toothbrush, hairbrush, razor blade...)
  - Packaging materials dirty with food remains (but if you can clean/wash them, please do this effort, so that you can throw them in the plastic bin!)
  - Everything which cannot be put in one of the other 4 dustbins
- Organic waste (“Organico”, Brown dustbin)
  - Food remains
  - Paper handkerchief and napkins
  - Meat and bones
- Plastic (“Posa Plastica”, Grey dustbin)
- Paper (“Carta”, Yellow dustbin)
- Glass and Aluminum (“Vetro e Lattine”, Blue dustbin)

The full list of materials, which are divided according to these types, is below:
- Fish and fishbones
- Coffee grounds
- Tea and herbal tea bags
- Flowers, leaves and grass
- Toothpick

NO
- Liquids
- Shells of molluscs and crustaceans (shellfish in general)

PLASTIC
GREY DUSTBIN (“posa plastica”)
- Plastic bottles and tops (water and drinks)
- Plastic bottles and containers (shampoo, bubble bath, shower gel, hand/body/face cream, cosmetics...)
- Plastic bottles and containers (detergent, floor cleaner, washing-up liquid...)
- Every kind of plastic packaging (if it is not matched with other materials; i.e. eggs packaging is ok)
- Plastic containers (yoghurt and other dairy products)
- Transparent plastic containers for food (often used in “banco gastronomia” in supermarkets)
- Frozen foods packaging
- Packaging made of expanded polystyrene
- Transparent plastic packaging (cheese, pasta, crackers, snacks, biscuits, chips, sweets,...)
- Plastic packaging (linen, underclothes, tights, ties, shirts...)

- Coloured plastic “nets” containing lemons, oranges, onions, potatoes...
- Cellophane (protective film for food)
- Plastic bags (you may also use them as containers for non-recyclable waste)

NO
- Plastic plates, beakers and plastic cutlery
- Packaging in which plastic is matched with other materials (plastic+paper, plastic+aluminium; pay attention, it happens quite often!)
- Things made of rubber
- Clothes hangers
- Waste bins, baskets and basins
- Toothbrushes, syringes and razors
- Lighters and ashtrays
- Videotape and music cassettes

PAPER
YELLOW DUSTBIN (“carta”)
- Newspapers and magazines
- Books, exercise books, leaflets, writing paper, photocopies...
- Brown paper
- Packaging made of paper and cardboard
- Paper bags
- Boxes made of paper and corrugated paper
- Tetrapak and carton (boxes containing liquids as milk, juice, wine...)
- Paper cups and paper boxes (containing liquids and food)
- Glass & Aluminium

**BLUE DUSTBIN ("vetro e lattine")**
- Jars, pots, bottles made of glass
- Metal caps (those of jam, honey and tomato sauce jars; and those of bier, drinks, spirits and olive oil bottles)
- Cans (drinks and other liquids)
- Spray cans (food and personal hygiene products)
- Cans and other metal containers for food (tuna, legumes, vegetables, tinned peeled tomatoes...)
- Metal boxes (biscuits, candies, chocolates, cakes, spirits...)
- Tin foil, chocolate wrapping and the aluminium cover of some containers (typically yoghurt tub)

**NO**
- Dirty paper
- Grease-proof paper and glossy paper
- Carbon paper
- Paper plates
- Plastic bags
- Polystyrene

**Paintpots**

**WHERE?**

The streets of Turin's residential areas are completed with dustbins for every types of rubbish. Be aware: if the particular type of dustbin you need is not available right next to your home or a place you are in a particular moment, please, be patient and look for it, since it is for sure at walking distance from where you are.

Thank you and good luck!
Religion

Finding English Speaking Churches in Torino

Welcome folks. This is Italy, the country of faith as far as Catholic faith is concerned. It is good that as you have arrived in Torino, you are looking for a place where you can continue to worship your Maker. Fortunately, Torino has some English speaking churches purposely meant for immigrants from all over the world.

The following are some of the churches and where you can locate them;

- The English Speaking Church of Turin
  (http://www.torinovaldese.org/esc/index.htm)
- International Church of Turin
  (http://www.torinochurch.com/robert.htm)
- Potters House of Glory Church, Falchera.

There are other churches along the way of tram n. 4, especially at the stop “Novara”.

The following are some numbers you could contact in getting to other churches;

- Mr. Ekow Appiah: +393897837267
- Mr. Ernest: +393272051222
- Mr. Yeboah: +393403041691

The good thing is that, all the above listed people speak English and will be glad to help you continue building up your faith in the Lord.

Finding Mosques in Turin

Keeping up with prayers in Turin can be a bit challenging when you’re new to the city, as mosques are hard to come by, and you’ll be spending half of your day at school. Fortunately, there is a mosque which is just at walking distance from our school, going down Via Nizza, in the neighbourhood of San Salvario.

Mosque of Turin

Address: Via Giuseppe Baretti, 31

Turin, Italy

Tel: 0116-698462

You can alternatively find a map and directions to the mosque by following this link: http://www.crescentrating.com/en/italy-masaajid-mosques-listing/item/1454-turin-masjid-turin-italy.html

Accurate prayer times:

Prayer times in Turin vary rapidly, almost on a daily basis. You can always find updated prayer times by following this link: http://www.islamicfinder.org/prayerDetail.php?country=italy&city=Torino&id=30762&lang=