TIPS WHEN IN ROME
Here’s what you need to know when visiting Rome

**Order coffee at the bar**
Order your coffee directly at the bar to avoid paying a service charge for being served at a table, which often doubles your bill. When you enter a café, locate the cashier and place your order, then take your receipt to the bar to receive your beverage of choice. Espresso only takes a minute to enjoy so it’s easy to drink it standing up.

P.S. Don’t order a cappuccino after noon: avoid committing one of Italy’s most infamous food crimes and enjoy your frothy cappuccino before noon. Cappuccino is only suitable at breakfast (preferably paired with a cornetto, an Italian croissant).

Hint: a caffè macchiato, an espresso with a splash of milk, is an acceptable alternative that you can order at any hour of the day without raising any eyebrows.

**Gelato is acceptable any time, any season**
Italy’s longstanding customs and traditions can be difficult to navigate, but you don’t have to worry about eating gelato in the colder months. Italians enjoy this treat year-round and Rome’s best artisanal gelaterie change their flavours seasonally, so look out for juicy fruit flavours and interesting combinations with pistachios and hazelnuts.

**Get your stomach on Roman time**
Lunch between 13-14.
Aperitivo between 17-19.
Restaurants open for dinner from 19.30 – occasionally 19.00. They’ll really start to fill up around 20.30-21.00.

Rome is absolutely packed with delicious food, but if you’re looking for the most traditional pastas in Rome, look no further than the four dishes: carbonara, pasta alla gricia, amaracitiana, and cacio& pepe are all sublime.
Don’t consider your trip to Rome complete unless you’ve at least sampled a few bites of each!
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**Tipping is not obligatory, but it’s appreciated**

Tipping has not traditionally been part of the Italian culture, as service charge is generally included in the bill as the *coperto* (cover) or breadbasket but leaving a few extra coins at the table is often appreciated. Depending on the final price of your meal, the level of service you received and the number of people in your party, you can leave anywhere from 5-10% on the table.

Italy still largely functions on a cash economy, so be sure to carry cash with you during your time in Rome. Coins, or *spicci*, are especially welcome at cafés small shops so hold on to your Euros – they’re a precious commodity here.

**Buy bus tickets ahead of time**

Rome’s public transportation leaves much to be desired, but if you need to take a bus in the city centre, be sure to stock up on bus tickets ahead of time because you can’t buy them on the bus. You can buy tickets at any *tabaccheria* in the city, little convenient shops that are designated with a large T.

Tickets are €1.50 each, or opt for a 24-hour, 48-hour or weekly ticket for a discounted price. Tickets are valid for all forms of public transportation in Rome (bus, metro, tram and local train).

**Watch your bags**

Always be mindful of your bags on public transportation and around key tourist attractions (this is a general rule that you should use in any crowded, large city anyway). The city is very safe but petty crime is rampant, especially on crowded buses and metros. Thieves in Rome are stealthy, so always keep your bags zipped and held in front of you; wallets should ideally be tucked in your inner jacket pockets. Never leave a bag hanging off a chair at a restaurant.

**Dress modestly in church**

Rome has over 900 churches that house some of the city’s most beautiful works of art, so don’t miss stepping inside to marvel at their treasures, whether you’re devout or not. Just be sure to dress appropriately to enter these holy spaces: women’s shoulders should be covered, and skirts should hit at or below the knee, while men should wear pants or shorts that extend to the knees. Linen pants are a great option for the summer and a scarf is a perfect last-minute cover-up if you’re wearing a tank top.
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Don’t try to see the Vatican Museums and Colosseum on the same day
It’s an absolutely exhausting endeavor, and won’t leave time for seeing much of anything else that day in Rome!

Book tickets and tours for popular attractions in advance
It requires a bit of extra planning but honestly makes for a better experience, too.

How to say…
When you enter a shop or a restaurant you can say “buongiorno” until lunchtime and “buonasera” in the afternoon and evening; when you leave, you should say “arrivederci.”

Grazie = thank you
Per favore = please
Prego = you’re welcome

When you need your bill at the restaurant just stay at the table and say to the waiter “Mi porta il conto per favore?”