

PRESENTS: ITALY



The College of Health and Human Sciences (CHHS) has initiated a requirement for students to participate in an international experience prior to graduation. The goal of CHHS's international experience requirement is to introduce students to international and intercultural perspectives in order to prepare them to live and work in an increasingly globalized world.

Studying abroad is a high-impact educational practice that has been shown to increase student success and employability after graduation. The CHHS International Experience is designed to provide high-quality global learning experiences that are flexible, affordable, and relevant to students' degree programs and professional goals.

KEEP UP WITH US:



Have any questions or concerns? Email us :

CHHS-INTERNATIONALEXPERIENCE@SJSU.EDU



ITALY

Italy is a country of south-central Europe, occupying a peninsula that juts deep into the Mediterranean Sea. Italy comprises some of the most varied and scenic landscapes on Earth and is often described as a country shaped like a boot. - Britannica

ITALIAN IS THE OFFICIAL LANGUAGE BUT...

There are approximately 34 native living spoken languages and related dialects in Italy

THERES MANY WAYS TO GET AROUND

Trains are the most affordable options. Renting a car will help you see Italy from a different perspective — get lost on some stunning country roads. Italy has an enormous coastline, which means that traveling by boat is an option. Want the quintessential Italian mode of transportation, just hop on a Vespa!

WEATHER



*From Hilary Allison for Tripsavvy!

**Travel to Italy:
Things to know
before traveling
abroad**

WELL FITTED CLOTHING IS THE KEY

The main difference is that clothing in Italy generally tends to cater to a more fitted, tailored appearance. A tailored look is the true secret to the Italian everyday fashion observed by visitors.

ITALIAN MEAL STRUCTURE VARIES BY REGION BUT IS SIMILAR

- Italian breakfast (prima colazione) consists of hot milk with coffee (caffè latte) or coffee with bread or rolls with butter and jam.
- Lunch is usually regarded as the most important meal.
- Many people have a mid-afternoon snack (merenda), generally consumed after school or in mid-afternoon.
- For supper (cena), people tend to eat sometimes a primo or a soup

EATING OUT ETIQUETTE

- Do not begin eating until the host says. "Buòn appetito!"
- Do not switch knives and forks. The knife remains in the right hand, and the fork remains in the left
- In informal restaurants, you may be required to share a table.
- Waitstaff can be called by making eye contact.