



Italy

Exploration Packet



Hello!

We are so excited that you are embarking on this experience with Xperitas! The following are a few guidelines to follow for a successful time abroad.

Observe what locals do. When in doubt, ask!

Be an active listener; use context and gestures to determine meaning. Focus on the positive.

Try using new words that you've learned so you are more likely to remember them. When possible, jot them down, or keep a note on your phone.

Expect to be very tired, both physically and mentally, at the end of each day. Go to bed at a decent time since you will likely wake up early every day. You need to be on time and in good shape.

Eat well at meals. Drink plenty of water and stay hydrated. Experience the sounds, smells, and tastes the country has to offer.

Be alert, keep track of your own belongings, be cautious when crossing streets, look out for other group members, and stay safe!

Focus on the positive.

Try to adapt quickly to your new time zone and don't think about what time it is back in the United States.

Keep this booklet with you so that you can write notes throughout the day as you observe and learn things.

Experience the sounds, smells, and tastes the country has to offer.

*Vi auguriamo un
buon viaggio!*

GATHER YOUR THOUGHTS

Capturing your thoughts during your trip will help you remember the people and things that made an impression on you. What are the most memorable interactions that you've had so far with people and the local culture?

First Impressions

What are your first impressions of the country?

What are your first impressions of the architecture?

What are your first impressions of foods and restaurants?



Useful Phrases

Below is a list of common vocabulary. Review what you know and fill in the target language translation next to the English word. During the trip, add any additional words you may hear for these common terms. There are many different words the locals use for common terms that you can't find in textbooks!

ITALIAN	ENGLISH
	Hello
	Goodbye
	Good morning
	Good afternoon
	Good evening/ night
	See you soon
	How are you?
	Fine, very well, so- so, not good
	Please
	Thank you
	You're welcome
	May I...?
	Excuse me
	Who?
	What?

ITALIAN	ENGLISH
	I'm sorry
	Welcome!
	That's great
	Nice to meet you
	I don't feel well
	Please take me to...
	I don't understand
	Please say that again
	Please speak slowly
	Please write it down
	Where's the restroom/toilet?
	How do you say ___ in Italian?
	When?
	Why?
	How?

Financial Information

The currency of Italy is the Euro.

List some different ways to say money in Italian:



FINANCIAL VOCABULARY

Using money requires knowing some specific terms. Fill in the target language vocabulary next to the English translation.

ITALIAN	ENGLISH
	ATM/Cash machine
	Bank
	Bill/Paper money
	To buy (verb)
	Cash
	Cashier
	Change/coins
	Cheap
	Cost
	Credit card
	Discount
	Expensive

ITALIAN	ENGLISH
	Money
	To pay (verb)
	Percentage
	Price
	Purse
	Receipt
	Sale
	To sell (verb)
	Seller
	To spend (verb)
	Tax
	Wallet

SHOPPING VOCABULARY

Try your best to speak like a local while you're out and about! Write out and practice the target language phrase or question next to the English translation.

ITALIAN	ENGLISH
	How much is this?
	How much are these?
	What is the price?
	Do you have anything cheaper?
	If I buy several, can you lower the price?
	Can I pay with a credit card?
	Do you have change?
	I'm a student.
	I'll take it/this.
	Here's ____ in change.
	Do you sell ____?
	Can I help you?
	I'm looking for ____
	It's too expensive.
	Where do I pay?

Travel Journal Reflections

What are some differences and similarities between shopping in the U.S. and your destination? For example, are prices set or do you bargain? Is shopping done in a mall setting, on the street, or some other location? How did you pay?

Jot down any specific shopping practices you noticed.

Describe your shopping experiences in general or a particularly memorable experience. Were you able to find what you were looking for using the target language? Did any vendors speak English with you? Did you encounter any difficulties while trying to make purchases?

Exploring Italy

VOCABULARY

Visiting the sites is another opportunity to expand your language skills and learn some important vocabulary. Fill in the target language vocabulary next to the English translation.

ITALIAN	ENGLISH
	Admission/Ticket (adult, student)
	Entrance
	Exit
	Map
	Market
	Monument, statue
	Museum
	Park (state, national, etc.)
	Path, trail
	Prohibited
	Tour, tour guide
	Tourist
	When does it open?
	When is closing time?
	How much is a ticket?
	Is it okay to take a photo?
	Excuse me, where is___?
	Souvenir
	Sunscreen

Travel Journal Reflections

Notice the street signs, billboards, or advertising that you see around town. Describe how they are similar and/or different from what you see at home.

What popular products or brands have you seen or used that you had never used or heard of before?

What facts or history have you learned about Italy that surprised you?

Describe a site you visited that has made an impression on you. Why did that particular site have such an effect?

Travel Journal Reflections

Do you see modes of transportation that you don't commonly see back home? What are they?

Compare getting around in Italy and in your hometown.

What forms of exercise did you see people engaging in, if any?

Which sports are popular in Italy? How did you determine this? Did you participate in these sports? If so, what are your thoughts?

What sports did you see people watching or playing?
Was it in person or on TV?

Cena al ristorante

Alimenti di base

La pasta: Pasta comes in all shapes and sizes, and yes, Italians really do eat it regularly!

Il formaggio: Hard cheese, soft cheese, goat cheese, smelly cheese – each region has its own variety and there are over 600 types of Italian cheese!

Il caffè: Coffee is a staple in the Italian diet and comes in many forms. Bars (just coffeehouses) can be found everywhere, but if you order *un caffè*, it will be served in espresso form! Want to seem more like a local? Only order cappuccino with breakfast!

Il vino: Yes, wine is widespread and valued in Italian culture, but just politely refuse if offered.

CASA NOVECENTO	
CUCINA & PIZZA	
ANTIPASTI	SECONDI
Verdure pastellate al panko € 10	Roast beef Casa Novecento € 16 con crudité di verdure e vinaigrette all'aceto di mele
Friselle Casa Novecento con panzarella mediterranea ... € 10	Medaglione di manzo (300 gr) € 16 con contorno di patate
Caprese di bufala con pomodoro grappolo e origano fresco .. € 12	Tagliata di pollo € 18 con contorno di insalata e pomodori
Ricottine di Bufala laccate al forno € 12 con pistacchi e pachino	Straccetti di vitella scaloppati al limone € 18
La Nostra Parmigiana di melanzane € 12	Galletto marinato alla griglia con patate al forno € 18
Caciottina di Pienza al forno con miele al tartufo € 13 e granella di noci	Tagliata di controfiletto € 20 di manzo, rosmarino/acetato balsamico
Bresaola della Valtellina con insalatina di rucola, € 14 grana DOP, mele verdi e noci	Entrecôte di manzo (circa 350 gr) alla griglia € 20
Prosciutto San Daniele e mozzarella di bufala/melone/ fichi in stagione € 14	Filetto di manzo alla griglia € 24
PRIMI	L'ANGOLO DELLA CUCINA ROMANA
Piatto dello Chef € 13	Antipasto
Spaghetto integrale con crema di zucchine e bresaola croccante € 13	Fiore di zucca fritto (mozzarella e alici) cad. 1 € 4
Risotto asparagi e grana € 13	Bocconcini di baccalà fritti € 6
Ravioli ricotta e spinaci € 13 burro e salvia	Fritti Casa Novecento crocchette di patate € 2,50 suppli € 3,00
Paccheri alla crudeola con pomodoro grappolo € 14 burrata e basilico	Primi
Tagliolini al timo, limone e zafferano € 14	Rigatoni "Mancini" alla Carbonara € 14
Wok: riso thai, pollo, uova, funghi, carote, zucchine, € 16 sesamo, porro, broccolo e anacardi con salsa di soia e teriyaki	Rigatoni "Mancini" alla Amatriciana € 14
	Tonnarelli Cacio e Pepe € 14
	Tonnarelli alla Gricia € 14
	Secondi
	Polpettine al sugo € 14
	Petto di vitella alla fornara con patate arrosto € 16
	Contorni
	Patate al forno € 6
	Cicoria* ripassata aglio, olio e peperoncino € 7
	Verdure di stagione* € 7
MENU DI PESCE	
ANTIPASTI	PRIMI
Carpaccio di salmone marinato all'aneto € 16 con mozzarella di Bufala e pepe rosa	Spaghettoni "Mancini" alle vongole veraci € 16
Dadolata di Polpo* verace con pomodori infornati, .. € 15 julienne di radicchio olive e glassa di balsamico	Fettuccine al ragu di spigola pomodoro datterino e menta .. € 16
Insalata di mare* con verdure croccanti e € 15 olive taggiasche	Paccheri "Mancini" con gamberi* pachino e pistacchi di Bronte € 16
Tartare di salmone con Avocado vinaigrette al limone e semi di lino € 16	Secondi
Roastfish di tonno con salsina di agrumi € 16	Cartoccio di fritti calamari* e gamberi* € 15
	Polpo* croccante alla griglia € 16 con caponatina di verdure
	Turbante di spigola allo zenzero e lime € 18 con verza in agrodolce e glassa al balsamico
	Filetto di tonno alla griglia con insalata finocchiella € 20
(*) In mancanza di prodotto fresco verrà usato un ottimo surgelato	
SERVIZIO 10%	

Piatti Tipici Italiani

Pizza: A flat dough base often topped with tomatoes, cheese, and other ingredients

Arancini: balls of rice, sometimes with meat and spices, that are breaded and deep fried

Focaccia: Flat leavened bread—some types come with toppings, some types come stuffed

Ossobuco: veal shank braised with vegetables, wine, and broth—the marrow in the hole in the bone is the best part!

Risotto: Rice cooked in a broth until it reaches a creamy texture—the most famous style is from Milan and is prepared with saffron

Prosciutto e melone: Prosciutto, one of many salumi you may encounter, pairs with cantaloupe for the perfect sweet and savory summer appetizer

Pasta...: Not only does pasta come in all shapes and sizes, but there are so many preparations, as well—bolognese, pesto, carbonara, the list goes on and on!

Carpaccio: Thinly sliced meat or fish, usually served raw

Bistecca alla fiorentina: A high cut of young steer or heifer cooked on the grill or over embers

Bruschetta: An appetizer of grilled bread rubbed with garlic and topped with olive oil, along with other toppings of the chef's choice

Polenta: Boiled cornmeal of many different preparations. Southerners may recognize this cousin of grits!

Carciofi alla romana: Cooked artichokes stuffed with parsley and garlic

Vitello tonnato: Cold, sliced veal covered with a tuna-flavored, mayonnaise-style sauce

Insalata caprese: A salad of fresh mozzarella, tomatoes, and basil drizzled with olive oil

Piadina: A pita-like bread often turned into a sandwich

Gelato: Italian-style ice cream that contains less air and butterfat than American ice cream (which makes for a creamier texture)

Affogato: Literally from the word “drowned,” this dessert pairs two Italian staples—gelato with a pour over of espresso

Tiramisù: Coffee-flavored layered dessert with ladyfingers, mascarpone cheese, and cocoa (literally, it means a pick-me-up)

Panna cotta: Cooked cream dessert similar to flan or crème brûlée

Zabajone: Sweet egg custard flavored with wine

FOOD VOCABULARY

Eat like a local! Fill in the target language vocabulary next to the English translation.

ITALIAN	ENGLISH
	Appetizer
	Bakery
	Beef
	Beverage
	Bill/check
	Boiled
	Bottle
	Bowl
	Bread
	Breakfast
	Cafe
	Cake
	Chair
	Cheers!
	Cheese
	Chicken
	Closed
	Cocoa
	Coffee
	Coffee shop

FOOD VOCABULARY

(Continued)

ITALIAN	ENGLISH
	Cola
	Cold
	Cup/glass
	Daily special
	Delicious
	Dessert
	Dinner
	Eggs
	Fast food
	Fish
	Food
	Fork
	Fried
	Fruit
	Grilled
	Hot
	Ice
	Ice cream
	Juice

FOOD VOCABULARY

(Continued)

ITALIAN	ENGLISH
	Knife
	Lunch
	Main course
	Meat
	Napkin
	Noodles
	Open
	Pasta
	Pepper
	Plate
	Please
	Pork
	Potato
	Reservation
	Restaurant
	Restroom
	Rice
	Salad
	Salt

FOOD VOCABULARY

(Continued)

ITALIAN	ENGLISH
	Sandwich
	Sauce
	Seafood
	Side dish
	Soda/Pop
	Soup
	Sour
	Spicy
	Spoon
	Sugar
	Sweet
	Tasty
	Tea
	Thank you
	Tip/Service
	To go
	Turkey
	Vegetables
	Waitperson
	Water

DINING VOCABULARY

Eating involves more than the food! Write out and practice the target language phrase or question next to the English translation.

ITALIAN	ENGLISH
	Please wait to be seated.
	Please have a seat.
	Make yourself at home/help yourself
	What would you like to drink/order?
	Anything else?
	Try this.
	Enjoy your meal!
	How did it taste/did it taste good?
	A table for __, please.
	Could I see the menu, please?
	What do you recommend?
	What is this dish?
	To order (verb)
	I have an allergy/I'm allergic to ____.
	I'm a vegetarian.
	I want/ I would like...
	I do not want...
	... With/without...
	Excuse me (for a waitperson's attention)
	Could you please bring____?
	I'm hungry/I'm not hungry.
	One more (serving), please.
	Could we have the bill/check, please?
	Do you accept credit cards?
	Is the tip/service included?
	May we pay separately?
	That was delicious.

Dining Observations

La colazione When you wake up: A pastry and coffee, or at home maybe a coffee, some fruit, and some cookies

Il pranzo 12:30 - 2 pm: Traditionally the main meal of the day with three courses, but this is changing with more American working habits. Sunday lunch is still enjoyed with the whole family and can last quite a while!

La merenda 4 - 5pm: Reserved mostly for kids, the late afternoon is a perfect time for a sweet snack

La cena 8 pm: Traditionally a lighter meal but more often is becoming the main meal of the day

What are some of the memorable foods you've eaten?

What did you eat?	Where?	Did you like it?

Food Reflections

What are some differences and similarities between eating out in the U.S. and in this destination? For example, do you wait to be seated? How do you get the attention of the server?

Are there any important words you used in a restaurant setting that were not included in this packet or the food vocabulary you used to prepare for your trip? Make a list of these words and their definitions.

Describe your favorite local dish, preferably in the target language. What are the ingredients? What do you like about the dish?

The Family Stay Experience®

Exploring your family stay community in Italy.

Family Stay Reflections

How would you describe your family stay community to your friends and family back home? For example, where is it located? Is it a rural, urban, or suburban area?

What do you see, smell, and hear?

How are your surroundings similar to where you're from? How are they different?

Capturing your thoughts during your trip will help you remember the people and things that made an impression on you. What are some of your favorite memories from the Family Stay Experience®?

Living With Your Host Family

Who are the members of your host family? What are their first and last names?

How do you address them? Formally? Informally?

If you have host siblings, how old are they? Are they in school?

What does your host family like to do in their free time?

What times do they eat their meals? What did you eat with them?

What chores did you help with in their home?

How is your host family similar and/or different from your own family?

What have you learned about the local culture and/or what vocabulary have you learned that you would share with another student who will be participating in this experience in the future?

How do you see electricity and/or water being used in your host family's home?

Does your host family heat or cool their home? If so, how?

How do they wash clothes, and how often do they seem to do so? Do they have a clothes dryer?

What similarities and/or differences have you observed between the ways your host family uses energy and how you use it at home?

Observations

Question	Answer
What do you appreciate about your home after being away?	
What will you miss most about Italy when you return home?	
Did you experience anyone making generalizations about the U.S. and/or U.S. Americans while you were abroad? If so, how did that make you feel and why?	
How has this experience changed your perspective on the culture and people of your destination?	

Grazie

Thank you for your commitment to language learning and for choosing Xperitas!

We wish you the best on your path to global citizenship!



End of Program Language Self-Assessment

At the end of your program, mark all the phrases below that you agree with.

- ☐ I can understand basic words on a menu.
- ☐ I am able to talk about how things taste to me, and my preferences.
- ☐ I know how to request the bill at a restaurant, and how to pay.
- ☐ I am able to ask what something is called.
- ☐ I can explain to a store clerk what I want, using circumlocution & gestures if needed.
- ☐ I am able to understand how much something costs and successfully make a purchase.
- ☐ I can learn and retain new vocabulary from my interactions with native speakers.
- ☐ When appropriate, I can bargain successfully.
- ☐ I can locate signs or ask for directions to the bathroom, a restaurant, a landmark, etc.
- ☐ I can act in a culturally appropriate manner towards local people.
- ☐ While out and about, I can understand what my teacher and/or the guide or bus driver is explaining to us.
- ☐ I can talk with my host family about what I did during the day and ask about their days.
- ☐ I'm able to talk about what we're eating or describe to someone what we ate.
- ☐ I can engage in conversation over dinner, and I am able to expand on my responses to my host family's questions.
- ☐ I am able to ask my host family questions related to the topics we are discussing.
- ☐ I am able to ask about places to visit and things to do.
- ☐ I can interact my host family's friends, telling them basic facts about myself and my school.
- ☐ When it comes to using my language skills, I have achieved the following personal goal(s):

Post-Travel Checklist

You've returned from your adventures abroad – now what? Below is a helpful post-travel checklist. We hope that you've returned with wonderful memories and success stories and we can't wait to hear all about your trip!

- ❑ Complete the Xperitas online survey - An invitation to evaluate your program will be emailed to you, your parents, and your teacher upon your return. Your feedback helps us improve our communication with our partners abroad and allows us to improve the overall experience for future participants.
- ❑ Share your photos with us! Enter the Xperitas Photo Contest [here](#) (or visit <https://xperitas.org/photo-contest>) and win prizes by emailing your photos to info@xperitas.org.
- ❑ Write a blog post! We love to hear from our community, so please consider sharing your experience with us in a blog post. [Click this link](#) (or visit <https://xperitas.org/resources/share-your-experience>) for helpful guidelines for writing a blog post then submit your story to info@xperitas.org.
- ❑ Follow Xperitas on Facebook and Instagram!
- ❑ Sign up for our newsletter, Civitas, at info@xperitas.org to stay connected and up-to-date with our news, events and further opportunities to continue your journey to global citizenship.

