



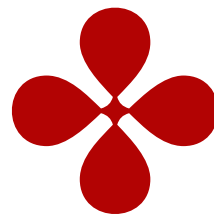
**International Education**  
UNIVERSITY OF DENVER

# ITALY SUSTAINABILITY GUIDE



**Congrats on choosing to study abroad in Italy! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Italy, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.**

# FLORENCE



## Public Transportation

Florence has excellent public transportation. The city has buses and trams, as well as trains to take you to the surrounding regions and other cities. The bus system can help you reach everywhere in the city, and is great for reaching specific sections of the city. The tram is a fast and easy option to get to downtown, or to the airport. Firenze Santa Maria Novella is the central transportation center near the city center.



## Food Options

Florence has plenty of local markets. Mercato Centrale has locally sourced ingredients and locally made food. The food market within Mercato Centrale closes at 2pm, so go in the morning. Another quality (and cheap) local market is Sant'Ambrogio, which specializes in local vegetables and meats.



## Volunteering

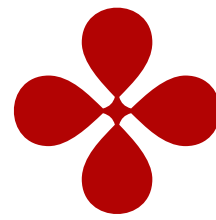
Like any city, Florence has many volunteering needs and organizations are always looking for helpers that want to give back to the community. Check out senior centers, food banks, animal shelters and other options to give back to the community. Florence also has some sustainability, outdoor, and environmental clubs as well. Also look at LDM's website for student led, or school supported volunteering opportunities.



## Recycling and Thrifting

Florence separates its waste by: brown for organic; yellow for paper and cardboard; blue for plastic-metal-polystyrene-tetrapak packaging and containers; green for glass; grey for non-recyclable waste. Your housing may have its own recycling as well. Florence has multiple thrift stores, one being Humana which has a couple stores in the city. Sant'Ambrogio also has second hand clothing and furniture.

# ROME



## Public Transportation

Rome has a metro which covers some of the most important locations in Rome, however there are only three lines. The bus is another option for public transportation, and is reliable and far reaching. Rome also has a tram system as well with six lines that crisscross the city. Rome also has a suburban train system, which can take you to Lido, Viterbo, and Giardinetti.



## Food Options

Rome has plenty of options for locally sourced food from Italy and the region surrounding Rome. Testaccio Market, San Cosimato Market, and the famous Piazza Vittorio near the Termini Station are all great options for local markets which sell fresh and local produce, foods and meats.



## Volunteering

Rome has multiple community clubs and organizations that will allow you to give back and connect with the local community. Check out local community led organizations, living homes, food banks, sustainability clubs etc. Also look at John Cabot's website for more opportunities.

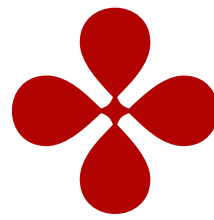


## Recycling and Thrifting

Rome separates its waste by: brown for organic; yellow for paper and cardboard; blue for plastic-metal-polystyrene-tetrapak packaging and containers; green for glass; grey for non-recyclable waste. Your housing may have its own recycling as well. Rome has plenty of thrift stores, with some being more higher end, and others being cheap second hand stores. Open air flea markets will have surprisingly cheap and nice options, such as Porta Portese.



# SORRENTO



## Public Transportation

Sorrento has great public transportation, especially for its size. A train can be taken to Naples, Salerno and Pompeii, and once connecting in Naples, to the airport as well. Within Sorrento there is a bus which can take you to many parts of the city, and there is a ferry which can take you to the island of Capri, and a hydrofoil can take you to Naples. The national train system, Trenitalia, can take you to other parts of Italy.



## Food Options

There are many local markets in Sorrento where you can buy fresh and locally grown foods. Namely, the Tuesday market in Via San Renato has good options, and the Mercatino della Pignesecca has a mix of local foods, and locally made goods. . Sorrento also has plenty of stores which sell local and sustainable foods and produce.



## Volunteering

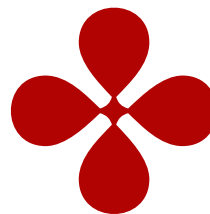
Like any large city Sorrento has multiple community clubs and organizations that will allow you to give back and connect with the local community. Check out local community led organizations, living homes, food banks, sustainability clubs etc. Also checkout CIS's website or the Sant'Anna Institute's website for other opportunities.

## Recycling and Thrifting

Sorrento separates its waste by: brown for organic; yellow for paper and cardboard; blue for plastic-metal-polystyrene-tetrapak packaging and containers; green for glass; grey for non-recyclable waste. Your housing may have its own recycling as well. There are a few thrift stores in Sorrento, some of which are high end although many are cheap and affordable. Open air flea markets will have surprisingly cheap and nice options, such as Mercato Rionale



# MILAN



## Public Transportation

Milan has a metro system which has four lines, which dissect the city and go north/south, east/west. Milan also has an excellent tram system, with 18 lines that run past midnight everyday. Tram is one of the best ways to navigate the city, but there are also bus lines which can take you to more specific or hard to reach areas. The center of Milan is easy to navigate by foot.



## Food Options

Milan has multiple markets which have locally grown produce and foods. Mercato Sabato Via Fauche Banco Di Luca & Marika is a fresh food market in the northern center of the city. Viale Papiniano also has local food and flea market-eque goods. Milan also has many restaurants which serve meat substitutes and sustainable options with locally sourced ingredients and traditional meals.



## Volunteering

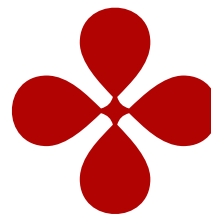
Milan has multiple community clubs and organizations that will allow you to give back and connect with the local community. Check out local community led organizations, living homes, food banks, sustainability clubs etc. Also checkout ISA's website or Universita Cattolica de Sacro Curoe's Website for other opportunities.



## Recycling and Thrifting

Milan separates its waste by: brown for organic; yellow for paper and cardboard; blue for plastic-metal-polystyrene-tetrapak packaging and containers; green for glass; grey for non-recyclable waste. Your housing may have its own recycling as well. Being that Milan is a fashion hub, some thrift stores are high end, although many are cheap and affordable. As with other parts of Italy, open air flea markets will have surprisingly cheap and nice options, such as Viale Papiniano.

# TURIN



## Public Transportation

Turin has a metro line and commuter train which connects much of the city together. The Orange commuter train line goes from southwest to northeast. Tram is the by far the easiest way to get around Turin though, with its many lines and expansive reach throughout the city. There are also national and regional trains which can take you to Nice, Milan, Monaco, or further into the Alps, or to Germany, Switzerland or Austria.



## Food Options

Turin has many local markets with produce and locally sourced products. Namely, Mercato Di Piazza di Madama Cristina has a mix of locally grown produce, with normal flea market items. Mercato Centrale also has a wide range of foods, from cheap locally sourced produce, to artisanally made breads and cheeses.



## Volunteering

Turin has multiple community clubs and organizations that will allow you to give back and connect with the local community. Check out local community led organizations, living homes, food banks, sustainability clubs etc. Also look at USAC's website for other opportunities.



## Recycling and Thrifting

Turin (like the rest of Italy) separates its waste by: brown for organic; yellow for paper and cardboard; blue for plastic-metal-polystyrene-tetrapak packaging and containers; green for glass; grey for non-recyclable waste. Your housing may have its own recycling as well. There are numerous affordable and nice thrift stores in Turin, particularly outside of the city center. Open air flea markets will have surprisingly cheap and nice options, such as Suk Torino.