

# Nicole Gasiorowski Instagram Takeover Transcript

Good morning. My name is Nicole and I am currently a senior currently studying human development and family studies with a certificate in Global Health. Currently I'm studying abroad in Rome, Italy with the CIEE Open Campus Rome program and you're gonna follow along with me in a day in my life.

Taking the bus to school with my roommate! Public transportation is super easy to use in Rome— especially on rainy days. I got the monthly pass which works for the bus, metro, and tram! This is a great option if you take public transportation a lot! Or you can get new tickets every time you get on!

I'm currently at the cafe called 'Enzo's Bar' right by school with my roommate— and what did you get?

Uh ca fenugu, and a cornetto semplice.

And I got a cornetto con chocolate and a cappuccino !

@ lenamaeGRAF – In Italy, it's typical to have a croissant and a cafe or cappuccino for breakfast! Italians have a bigger lunch so breakfast is small!

There's water fountains all over the city with drinking water that comes from the aqueducts that the ancient Romans built! It's super convenient with all the walking we do in Rome— especially since you have to pay for water at restaurants!

Made it to school! @ cieerome

First class of the day: Food, Nutrition, and Culture!

The man himself!! @ mattia.della.rocca

Hi there! My name is Mattia de la Rocca, I teach here at CIEE for our amazing study abroad students here from the US. These semesters I teach especially the Food, nutrition, and culture class that's aimed to explore all of the facets or the complexity of the food industry and the government and for both the relationship between food and culture here in Italy. I hope in the future I can have you in the classroom so that I can bring you to taste all the best delicacies of my country and in the meanwhile I want to thank you all from the Madison Wisconsin University and say to you: Ciao and I'm wishing everyone the best.

Second class of the day: From Dawn to Dusk in Ancient Rome: Daily Life in the Capital of the Roman Empire. Today's class is at 📍 Circo Massimo. We have a lot of on-site classes to see the ruins of ancient Rome!

Second stop: 📍 Baths of Caracalla, Rome

Classes are done for the day! Ask me questions while we take the bus home!

*What's the best food you've eaten in Rome?*

Some of the best food that I've had in Rome so far is I had a pasta dish called gnocchi which is like a potato dumpling and I had it at this place called taverna le coppelle it was– so good.

I've had some of the best tiramisu of my life here in Rome and there's also a lot of good sushi restaurants here.

📍 Rome Italy – Exploring new places for dinner!

*What's the best part so far?*

Going on study tours with CIEE! Last weekend we went to Siena!

*What's your favorite trip you've taken outside of Rome?*

📍 Cinque Terre – Cinque Terre! Just a short bus ride away!

*What do you guys do for fun?*

The trastevere flea market on Sundays is one of my favorite things! Also a great way to practice Italian and speak with the locals!

*Favorite monument in Rome?*

📍 Vatican City– The vatican! Fun fact: Vatican city is their own country– the smallest in the world! Student apartments are located in Prati. Right down the street from this gorgeous place.

*How's your roommate?*

📍 Leaning Tower of Pisa – She's lovely & so much fun to explore Italy with! We didn't know each other before we got here, but she also goes to UW!

I just wanted to say thank you for following along with me and I hope you enjoyed getting a sneak peak into a day in my life here in Rome. I'll put my instagram here if you have any about questions about CIEE, Rome, or any study abroad related anything– I would love to talk to you. Feel free to message me, and I really hope you get the chance to study abroad because it has truly been such a life-changing experience, ciao!

Feel free to message me @ nicolegazz :)