

# SURVIVAL GUIDE

BEST TORINO – ALPINE JAM 2010



Hello beautiful people!

We are waiting for you in Torino, the first capital of Italy, the city of lovers, the city of passion, the host city of the Olympic Winter Games 2006, the city of car industry, the city of wine and Martini, the city of Baroque, the city of taste, the city of Liberty, the city of chocolate and Nutella..

But before coming here you need to know some important things about our city so please read carefully this Survival Guide and don't forget to print it and take it with you!

## **1) HOW TO REACH US**

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## 1) HOW TO REACH US

### 1.1) By plane

You can fly to Torino Caselle, Milan Malpensa, Milan Linate and Milan (Bergamo) Orio al Serio

#### TORINO (CASELLE)

Go to the bus stop outside the terminal and take the bus to Torino.

You can buy your ticket at the shop inside the airport (5,50 €) or from the bus driver (6 €).

Here you can find the timetable of the buses to Torino:

<http://www.sadem.it/upload/orari/estivi/000027.pdf>

Get off at the stop **Torino Porta Nuova train station** (ask the driver), and take the train to **Oulx Cesana**. You can buy your ticket at the ticket office (BIGLIETTERIA) or at the ticket machine that speaks English too 😊.

Remember Regional (R) are the cheapest trains (5€). For timetables check the train company website:

[http://www.ferroviedellostato.it/homepage\\_en.html](http://www.ferroviedellostato.it/homepage_en.html)

When you arrive in **Oulx train station** there's a direct bus to **CESANA**.

The trip takes 15 minutes and the timetable is here:

<http://www.sapav.com/upload/orari/estivi/000285.pdf>



### **MILAN (BERGAMO) ORIO AL SERIO**

If you arrive in **Orio al Serio airport**, go to the bus stop in front of the exit and take the bus to Milano Stazione Centrale. You can buy your ticket at the shop inside the airport or from the bus driver.

Here you can find timetables of the buses to Milano Stazione Centrale (by the 2 bus companies):

Orio Shuttle (single ticket 9 €, return 14 €):

<http://www.orioshuttle.com/?a=1&arg=0&l=e>

Autostradale (single ticket 8,90 €, 3 tickets 17,80 €):

<http://www.autostradale.it/interna.aspx?gr=2&sez=60&sot=2&ae=2>

When you arrive at **Milano Centrale train station**, take the train to **Oulx Cesana**. You can buy your ticket at the ticket office (BIGLIETTERIA) or at the ticket machine that speaks English too 😊. Remember Regional (R) are the cheapest trains (15€).

For timetables check the train company website:

[http://www.ferroviedellostato.it/homepage\\_en.html](http://www.ferroviedellostato.it/homepage_en.html)

When you arrive in **Oulx train station** there's a direct bus to **CESANA**.

The trip takes 15 minutes and the timetable is here:

<http://www.sapav.com/upload/orari/estivi/000285.pdf>

### **MILAN MALPENSA**

If you arrive in **Malpensa airport** (doesn't matter which terminal):

Go to the bus stop outside the terminal and find buses to Milano Stazione Centrale. You can buy your ticket at the shop inside the airport or from the bus driver.

Here you can find timetables of the buses to Milano Stazione Centrale (by the 2 bus companies):

Malpensa Shuttle (single ticket 7 €, round trip 12 €):

<http://www.malpensashuttle.it/mxp-mil.htm>

Autostradale (single ticket 7,50€, 3 tickets 15 €):

<http://www.autostradale.it/pdf/Orari%20Mxp.pdf>

When you arrive at **Milano Centrale train station**, take the train to **Oulx Cesana**.

You can buy your ticket at the ticket office (BIGLIETTERIA) or at the ticket machine that speaks English too ☺. Remember Regional (R) are the cheapest trains (15€).

For timetables check the train company website:

[http://www.ferroviedellostato.it/homepage\\_en.html](http://www.ferroviedellostato.it/homepage_en.html)

When you arrive in **Oulx train station** there's a direct bus to **CESANA**.

The trip takes 15 minutes and the timetable is here:

<http://www.sapav.com/upload/orari/estivi/000285.pdf>



### **MILAN LINATE:**

Go to the bus stop outside the terminal and find buses to Milano Stazione Centrale. You can buy your ticket at the shop inside the airport or from the bus driver. (4,50 €)

Here you can find the timetable of the buses to Milano Stazione Centrale:

<http://www.autostradale.it/interna.aspx?gr=2&sez=60&sot=2&ae=8>

When you arrive at **Milano Centrale train station**, take the train to **Oulx Cesana**. You can buy your ticket at the ticket office (BIGLIETTERIA) or at the ticket machine that speaks English too 😊. Remember Regional (R) are the cheapest trains (15 €).

For timetables check the train company website:

[http://www.ferroviedellostato.it/homepage\\_en.html](http://www.ferroviedellostato.it/homepage_en.html)

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### 1.2) By train

If you arrive at **Torino Porta Nuova**, take the train to **Oulx Cesana**. You can buy your ticket at the ticket office (BIGLIETTERIA) or at the ticket machine that speaks English too ☺.

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When you arrive in **Oulx train station** there's a direct bus to **CESANA**.

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### 1.3) By car

You have to reach the motorway **A32 / E70**: Frejus - Bardonecchia - Torino. Get out of the motorway at the **9 - OULX circonvallazione** way out to **Sestriere/Claviere/Cesana/Sauze d'Oulx** and go straight for 2 km.

Take the **SS24** to **Cesana/SR23/Sestriere/Claviere/Monginevro** and continue on this road until you see the BEST signs!

REMEMBER: do not enter in Cesana city center!!

## 2) WHAT TO BRING

- Yourself
- Some typical food and drinks from your country for the International
- Typical clothes, recipes and songs from your country
- The flag of your country
- A sleeping bag
- Towels, Soap and deodorant ^\_^
- Travel insurance
- Medical assistance documents
- Some Italian currency (EURO) for extra expenditures
- Photo camera

- White T-shirt and Pants, shoes/slippers to be wasted
- Musical Instruments and any stuff you can use to entertain people!
- This Survival Guide (you know, the one you are reading now. I hope so :))
- A big smile with a lot of BEST spirit and don't forget the present for the organisers!!!

### 3) IN AND AROUND TORINO

#### 3.1) Money and prices

The currency in Italy is EURO (€)

To give you an idea we provide some examples for prices in Italy

What?	Prices (euro)
a beer (supermarket - bar - pub)	4
a pizza	(4,00-8,00)
a slice of pizza	2,00
a packet of cigarettes	4.10
a can of Coke (supermarket - bar - pub)	(0.60 – 1.50 – 2.50)
an ice-cream	1,50 - 2,00
a Hamburger/Cheesburger at McDonald's	1,00
a McDonald's Menu	5.50
a Kebab roll	3,50
a bottle of wine (supermarket - restaurant)	3.00-8.00
a postcard + stamp for EU	1.00
a Bus/Tramway/Metro ticket	1.00

For the rest... use **MASTERCARD**...

#### 3.2) Electricity

In Italy we use "in-line" sockets (they look like this: [o o o] ), with 220V, 50Hz AC.

Normally, your mobile phone charger should fit in the socket but you may need an adaptor for devices like hair-dryer or iron (yes, we've had participants who bring irons with them :D).

In the modern buildings European sockets are usually available.

### 3.3) Alcohol and drugs

Even if American tourists coming here are always surprised about this, you might already know that in Italy you can buy alcohol in any quantity, anywhere, at any age, anytime and in almost all the public places selling drinks and food.

Italian laws, which are surprisingly liberal in this occasion, don't restrict the alcoholic consumption unless you are going to drive (or pilot an aircraft of course). So the only way you can have trouble with police when drinking is becoming dangerous or aggressive towards other people.

In Italy it is legal to take drugs, but it is illegal to distribute them. This means that if police catches you with any kind of drugs (including Marijuana) you are going to be prosecuted only if the quantity that you are carrying exceeds a minimal quantity that is allowed for personal use. This quantity is not set definitely but depends on the decision made by the court. In any case you are not allowed to cross the borders of Italy with any kind of drug.



### 3.4) Restaurants, shops, pubs and discos

#### **Restaurants**

Prices can differ a lot from a place to place; when computing prices remember that at restaurants you have to pay a fixed amount of money for each person (usually between 1,00 and 2,00 euro) that is listed somewhere in the menu and in the bill, referred as "Pane e Coperto". This doesn't apply to restaurants like McDonald's or Kebab in which there's no table dressing.

#### **Shops**

In the period of the course shops will close around 7.30 p.m., meaning that some of them will close at 7.00 or maybe at 8.00.

In the center of Turin you will mostly find small shops and little supermarkets, again looking at the prices is a universal advice, remember that VAT (in Italian called IVA) is always included in the showed price.

Especially if you are a girl you will want to wander around to see some clothes and shoes. There are some streets in the center of Turin with a high concentration of such kind of shops: Via Roma (fashion shops), Via Garibaldi (shops mostly for young people, with moderate prices) and Via Po.

#### **Pubs and discos**

Torino offers a great variety of pubs, and they are not too expensive (a beer may cost you from 2,00-5,00 EUROS) but again always look for the prices first. Pubs are quite popular between Italian young people and every one of us will be able to suggest you a good one.

If you are going to seek a good disco in Turin, you may consider them quite expensive, compared with the other prices. You should expect to spend 10,00 EUROS to enter, but sometimes entry prices rise up to 25 EUROS and over. Usually the ticket includes the first drink.

## 4) YOUNG PEOPLE OF TORINO

Once in Turin you may want to meet some local people, maybe to make friends.. But before approaching them it's better to learn what to be waiting for :)

Here we provide the descriptions of the basic types of young people in Turin.

### **TRUZZO, TAMARRO, ZARRO/ZARRETTA**

These words indicate a trendy youth, who loves gel in his hair, tight t-shirts and jeans that become second skin.

S/he adores dance music, preferably techno, which s/he listens to at full volume: it is the only way to obtain a trance from disco music and thus perpetrate during the week the wild state reached over the week end. They use to live in groups, around their cars dancing disco music, except on Thursday, when they move all together to the Cutre<sup>1</sup>. If s/he owns a means of transport, it will certainly be “souped-up (Tamarata)” and contain several modifications to make it faster. If s/he owns a car, s/he will spend a lot of time cleaning and polishing it, s/he’ll have spoilers mounted as well as extra neon and flashing lights. If s/he take a bus, s/he’ll immediately own it.. Often he dreams of becoming a football player and he keeps up with the right image by tanning regularly at his favourite solarium and having their some kind of haircut.

### **CABINOTTO**

This is a variation of the above, more refined. S/he buys only designer clothes and accessories and adores showing them off. Logos of all sorts appear on every item of his clothing and s/he never leaves home without first choosing all kinds of accessories, strictly matching of course. S/he often emphasises his pronunciation of the French r, may exhibit noble ancestors and usually belongs to a supporting wealthy family. Considers important to appear well educated, orderly and diligent; loves sailing and golf. S/he considers him/herself a good investment. They use to live in small groups, in fancy places, and move around Turin with really expensive car (Usually borrowed from their father).

### **FRICCHETTONE**

A sworn enemy of the "truzzo", s/he is an alternative type, a neo hippie. S/he wears ethnic clothes, often has dreadlocks.

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<sup>1</sup> Cutre is one of the night party in Turin, where you can find cheap alcohol and a lot of problems ☺

Studies mystical philosophy and anthropology and preaches world peace. Socialises easily and loves others. S/he usually buys in shops selling solidarity goods at fair prices, loves whole foods. In the free time s/he practices juggling or plays the djembè drums. At the ultimate stage, s/he practices yoga and is macrobiotic vegetarian. They usually gather in parks to smoke a healthy joint all together and discuss communism, capitalism and other political issues.

### **DARK**

Black is their favourite colour, used profusely on make up, hair, clothes and drinks.

They only wear gothic clothes, laces, studs and chains. Their favourite film category is horror; in music it is heavy/Death metal.

Their bedrooms are full of medieval utensils and fantasy cartoons. Darks are fairy tale and slightly spirited characters, easy to hear from a distance because of their chains, rings, studs and other pendants jingling at every movement. Actually there is no meeting point of those groups that are spread around Turin.

### **COMMUNIST MAN/GIRL**

Inseparable from his crumpled Che Guevara T-shirt, has a wontedly shabby appearance and always carries some books. In his/her spare time loves fighting all social conventions, pointing out the evils of the capitalist world and of globalisation. They publicly insult their "cabinotto" enemy.

They spend most of their spare time discussing philosophical matters, love Karl Marx, and are free thinkers.

If male, he grows a beard (like Gramsci) and goes to essay cinemas.

### **POLIMAN/ POLIGIRL**

S/he is inseparable from the Politecnico, practically living there even during the night. S/he always has something to study or to do, except during weekends when s/he spends the whole time reading books (like *Theory of Relativity*). These guys have pale complexion and dark shadows under the eyes. They wear glasses and strange clothes in the 60ies style. They speak a strange language that only

engineers of their field can understand. For example, information technology engineers understand each other, but can't understand the mechanical ones.

Example of a conversation:

**Normal person:** Hi, how are you?

**IT engineer:** 8000!

**Normal person:** Are you allright?

**IT engineer:** asd!

**Normal person:** Eeh.. ok, I think I should go..

**IT engineer:** have a good random!

**In general there is a special slang common among the young people (especially among Tamarri). but if you try to use with a pretty young girl/guy, you'll definitely be in a winning situation ;)**

**We give you some examples:**

### Example 1: SHOPPING

<ul style="list-style-type: none"> <li>•Ola, bella, facciamoci una vasca....</li> <li>•Gio', ci sto', c'hanno della roba che mi fa sballare!</li> <li>•Zio fa'!! Oh, tira un po' il freno a mano! Costa un occhio della testa!</li> <li>•Vabbè va', non ti chiudere... invece butta l'occhio su 'sta maglia... oh, da paura!</li> <li>•Mo' me la provo... è troppo fashion!</li> <li>•Ti sta un pacco bene!</li> </ul>	<ul style="list-style-type: none"> <li>•Hi, my friend, lets go for a walk...</li> <li>•Ok Georgia, here there are some clothes I really like.</li> <li>•Damn it!! I can't... I'll have to contain myself, its really expensive!</li> <li>•It doesn't matter, don't be sad. Look at this t-shirt... its rather pretty!</li> <li>•I'll go straight in to try it, its really fashionable!!</li> <li>•you look great!</li> </ul>
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### Example 2: AT THE CAFÉ

<ul style="list-style-type: none"> <li>• Cia' Toni, come ti butta?</li> <li>• Guarda, sono all'aceto.</li> <li>• Non ci stai proprio dentro oggi. Ma che t'ha fatto sclerare?</li> <li>• Sono chiusissimo. Ho cuzzato la mia tipa che si beccava con un altro.</li> <li>• Te l'avevo detto di fare cisti che era un pacco!</li> <li>• Sono preso troppo male, mi sento proprio un gaggio.</li> <li>• Tagliata, non è il caso che ti sdereni così, mica l'hai fatto tu il bordello.</li> <li>• Ma mo' come la metto?</li> <li>• Scianti, ti do due dritte: ora scialatela un po' e fatti vedere intrippato da qualche bella gnocca; se lei è ancora imbarcata, le piglierà strizza e ti baccaglierà di brutto per scusarsi.</li> <li>• Grazie fratello, sei troppo un serio!</li> </ul>	<ul style="list-style-type: none"> <li>• Hi Antonio, how are you?</li> <li>• I'm really tired.</li> <li>• It seems your mind is elsewhere. What's worrying you?</li> <li>• I'm sad and thoughtful. I discovered my girlfriend with another bloke.</li> <li>• I always told you to watch out because she could betray you!</li> <li>• I'm desperate, I feel really stupid.</li> <li>• Stop it, you mustn't blame yourself like this: it wasn't your fault.</li> <li>• And now, how do I solve the situation?</li> <li>• Relax, I'll give you some advice: don't worry and show some interest for other good-looking girls. If she still loves you, she'll be afraid to lose you and will start to be kind to you asking to be forgiven.</li> <li>• Thanks my friend: you're really wise</li> </ul>
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### Example 3: ON THE ROAD

<ul style="list-style-type: none"> <li>• Ohi vecchio, figata 'sto tuo nuovo motorello!!</li> <li>• Sgasa di brutto, zio fa'... altro che il catorcio di bici che c'avevo!</li> <li>• Con quella ciofecca, anche se scannavo a manetta, mi sentivo uno sfigato.</li> <li>• Ma non c'hai caga a guidarlo?</li> <li>• No, è uno sballo!</li> <li>• Dai, allora mi dai uno strappo?</li> <li>• Schiaffati il casco e si va!!</li> </ul>	<ul style="list-style-type: none"> <li>• Hi there, what a nice new scooter you have!!</li> <li>• It goes really fast, certainly a lot better than my old collapsing bike!</li> <li>• With that wreck, even if I managed to go fast, I used to feel anonymous.</li> <li>• Aren't you afraid to drive it?</li> <li>• No, it's really great fun!</li> <li>• Then will you take me for a ride?</li> <li>• Put your helmet on and we're off!!</li> </ul>
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Adapted from TURIN in which sense? guide of the Comune di Torino.

To know more about young Turin check out this website:

<http://www.comune.torino.it/infogio/guida/eng/>

## 5) YOUR MINIMAL DICTIONARY

If you think young Torino slang is too hard for you for now, you can stick to a more classical and simple Italian language:

### Basics

Hello / Bye	Ciao
Good morning	Buongiorno
Good evening	Buonasera
Good night	Buonanotte
Good bye	Arrivederci
How are you?	Come stai?
My name is....	Mi chiamo...
Nice to meet you	Piacere di conoscerti
Thank you	Grazie
See you tomorrow	Ci vediamo domani
Yes / No / Perhaps	Sì / No / Forse
It depends...	Dipende
Never mind	Non fa niente

### Numbers

0	zero
1	uno
2	due
3	tre
4	quattro
5	cinque
6	sei
7	sette
8	otto
9	nove
10	dieci
100	cento
1000	mille

### On the road

What's the time	Che ora è?
I don't speak Italian	Io non parlo Italiano
Street/Square	Via/Piazza
I don't understand	Non capisco
Where is / are....	Dov'è / Dove sono?.....
Where is the toilet?	Dove è il bagno?
Please	Per favore
Cheers	Salute
Exit	Uscita
Train / Bus / Taxi	Treno / Autobus / Taxi

### In a shop

How much is it?	Quanto costa?
What is this?	Che cosa è questo?
My size is...	La mia taglia è...
I want this	Voglio questo
Exchange Office / Money	Cambio / Denaro
Wine / Beer / Water	Vino / Birra / Acqua
Mineral Water	Acqua Minerale
Coffee / Milk /Tea	Caffe' / Latte / Te'
Sugar / Salt / Pepper	Zucchero / Sale / Pepe
May I have the menu / bill, please?	Mi può portare il menu / conto, per favore?

### Approach techniques

I like you	Mi piaci
Love	Amore
I love you	Ti amo
Honey	Tesoro (literally Treasure)

Kiss	Bacio
Do you like me	Ti piaccio?
Lips	Labbra
Kiss me	Baciami
You have so beautiful eyes	Hai degli occhi bellissimi
I don't like you	Non mi piaci
You are handsome	Sei bello / Sei un figo
You are pretty	Sei bella / Sei figa
Are you enjoying yourself?	Ti stai divertendo?
Do you want to dance with me?	Vuoi ballare con me?
Don't even think about it	Te lo puoi scordare
It's very hot in here, don't you think?	Fa caldo qui, non credi?
Yes, it is. Let's get out and have some fresh air!	Sì. Andiamo a prendere un po' d'aria!
I can give you a lift home if you want	Posso accompagnarti a casa, se vuoi
May I show you my butterfly collection?	Vuoi vedere la mia collezione di farfalle?
Oh, help me to get rid of that man (woman)	Oh, levami quest'uomo / questa donna di torno per favore
He is boring!,,	Mi annoia

### Advanced approach techniques

I want to make love with you!	Voglio fare l'amore con te!
Did you like it?	Ti e' piaciuto?
Let's do it one more time	Facciamolo ancora
I practice safe sex	lo pratico sesso sicuro
It was supposed to be only a kiss	Doveva essere solo un bacio

**Phrases we hope you'll never use**

We are in Italy, aren't we?

I was needing a toilet, but it's too late

Wasn't it a toilet?

I want to smoke a last cigarette

Kill me gently please

Siamo in Italia, vero?

Dovevo andare al bagno ma non fa niente

Non era un bagno?

Voglio l'ultima sigaretta

Mi ammazzi con cortesia, la prego

