# easy milano

FREE MAP

The #1 FREE biweekly publication for the English speaking community of Milan

Year XVII No. 375 November 16 - 29, 2017



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## Completion of a Challenge and the Beginning of New Endeavors



Amie Louie and Aaron Pugliesi, Easy Milano founders

## dear readers,

In 1999 my partner Aaron and I moved to Milan after spending several years in Paris. As an expat, I expected to find an English language publication to help me ease into life in Italy. Similarly my partner, returning to his hometown after close to a decade spent abroad, felt the need to stay connected to like-minded people with international experiences. What we discovered was surprising—there was no such publication. There were thousands of expats living in Milan, but there was no *Community*. English speakers would congregate at work related groups, revolve around the occasional Consulate event or meet to share and swap books in English. There were a multitude of micro-communities comprising of a few dozen clubs and a cluster of small groups, all essentially disconnected from one another. We were in our twenties and had the audacity to think we could make a difference. Our goal was to bridge the gap and bring the community together, a single community—vast and diverse, made up of tens of thousands

together, a single community—vast and diverse, made up of tens of thousands of international individuals that would infiltrate Milan and bring new impulse to it. Soon, expats were not to feel alone anymore in this alluring yet foreign country; or even worst, have to wait for visitors from abroad to bring them a can of Libby's or a jar of Marmite.

How were we going to do this? Weeks followed and Easy Milano was born, a FREE magazine distributed in key places around the entire city and composed only of classifieds and display ads. "That's crazy," people would tell us, "a free magazine without articles would never work. Who would take you seriously without a cover price and who would want to read advertisements?" Months later, Italy caught on and we found comfort in other crazy free press pioneers--Metro and shortly after in 2001 City and Leggo came on the scene. We felt reassured. We had already started getting support from the many associations that understood the value of cross communication with other groups. Consulates were freeing themselves of hundreds of requests from foreign residents by diverting them towards Easy Milano. English-speaking doctors and professionals were getting visibility at a fraction of the cost. International schools were gaining greater interest, Chambers of Commerce were attracting managers to their events; and even the City of Milan was pleasantly surprised to discover that Milan had so much to offer to international residents.

Back then business was done the *old fashion* way, in person or on the phone. We had multiple rolodexes sitting on our desks. Proposals with lira and euro amounts were sent out via fax, one page at a time. Over time the *Easy Milano* brand grew and eventually became a household name for English speaking foreigners living in Milan. In 2008, we were called by the U.S. Consulate

We feel we did what was needed and served the international community when it needed it the most.

General in Milan to co-brand the largest and most memorable Election Night event ever made. *Easy Milano* not only published thousands of classified ads, year after year, we supported the communication efforts of hundreds of growing businesses. It had now become a catalyst for events that would physically bring together thousands of people to experience authentic Anglo-American traditions and values. The U.S. Presidential Election Nights, 4th of July Celebrations, Queen's Birthday Party, Thanksgiving Dinners and countless other events... all became opportunities to connect, exchange and share. This went on for years--nearly 18 years and 375 issues now!

The city we live in today has increasingly become more international and multicultural than it was when our mission began. Of course, we were not the only ones promoting internationalization and intercultural integration, but we were proud to do our part and be the vehicle for your ideas and your requests. Today expats can buy international food at the local supermarket, find English-speaking doctors on Google and can join expat groups on Facebook. Even the local government has English speaking services now. The natural evolution for a publication like *Easy Milano* would be to go completely digital, but we decided not to take that route. We feel we did what was needed and served the international community when it needed it the most.

Aaron and I decided instead to follow new career paths; abandon the comfort of our tepid groove and seek new enriching experiences, dare to take on new ambitious challenges and hopefully make a difference for others and for ourselves. As some of you may know, Aaron was appointed Secretary General and CEO of The British Chamber of Commerce for Italy this past February. And in January 2018, I will be taking on the full time role as Development Director at the British School of Milan. We do not see this as the end of a journey, but rather the completion of a challenge and the beginning of new endeavors. You may not realize it yet, but once again, we will rely on your enthusiasm and encouragement to achieve our goals. We will be engaged in promoting international culture, international business and intercultural relations. We will be calling upon you for new collaborations and advice. We will need your support along the way, so even if at the end of this year we will stop publishing *Easy Milano*, we are not going away. We are just moving on to do something different, something new and hopefully something even better.

Last but not least, we are currently engaged in a conversation with **Where Milan**, a wonderful local English publication managed by a crazy visionary named Andrea Jarach, that will likely be taking on the role, along side **EasyCircle.it**, of providing the local international community with useful information, event listings and news.

If Easy Milano has played a role in your life, or if you would like to drop us a line, we would love to hear from you. info@easymilano.it.

Warm regards,

Amie Louie Editor in Chief



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Serving the community since 1999 Free every two weeks I Quindicinale gratuito

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Nov. 21 for Issue 376: Thurs. Nov. 30 Following Deadline:
Mon, Dec. 4 for Issue 377: Thurs, Dec. 14

#### **Advertising Information**

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www.EasyCircle.it
facebook.com/easymilano

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### e events & what's on

UCI Cinema Milano Film in English: "Justice League" in Bicocca, 16 November at 8.30pm and "Star Wars: The Last Jedi" in Multisala Gloria, 20 December at 6pm. More English films

on www.ucicinemas.it
Sound and Motion Picture features a film in English every week on Mondays, Tuesday and Thursdays at 3 locations in Milan. See ad in the current issue for fims and show times.

Jamiroquai concert at Assago Mediolanum Forum on 20 November at 9pm. Tickets on www.ticketone.it 20-26 Nov Music Week

completely dedicated to pop music. Seven days of concerts, dj sets, showcases, presentations, themed evenings, surprise events and evenings, surprise events and parties held throughout Milano with the participation of national international guests.

milanomusicweek.it
Animals Incartati - Paper Animals', from Nov. 22 - Jan. 7 at the Palazzo della Triennale, is the second date of the 'Materialmente' series and presents the floating sculptures in Papier Mâché by Alice Zanin. Free admission. www.triennale.org

Love Story with Compagnia delle Formiche at Teatro della Luna on Sat. 25 Nov at 9pm and 26 Nov at 5pm & 9pm. Based on the film which tells the story about Oliver Barrett and Jennifer Cavalleri.

You are invited to an evening with Kumar Sharma and Svetlana Tulasi, internationally acclaimed Kathak and Bollywood dancers, on Thursday 23 November at 19.30 hrs at the Consulate General of India, Milan, P.zza P. Ferrari, www.cgimilan.in

Antique Flea market at Naviglio Grande "Mercatone dell'Antiquariato" Nov. 26 and every last Sunday of the month from 9am to 6:30pm, over 2km with 400 stalls of furniture, books, silver, jewlery, from Viale Gorizia to the bridge on Via Valenza - metro P.ta Genova. www. navigliogrande.mi.it

Ara Malikian, the Armenian-Lebanese violin prodigy, finally arrives in Italy with a concert at the Teatro dal Verme on November 27th. www.dalverme.org

**Benvenuto** Milan Charity Christmas Bazaar on Tuesday Nov. 28 10am-2pm at Circolo Alessandro Volta, via Giusti 16 Milan for smiles, food, fun and music.

"A Recipe for Success" - Donate a Cookery book and come to our Festive Charity Aperitive free of charge. Eng, Fr & Ita books needed. 29 Nov at 6pm, Museo di Arte e Scienza, Via Quintino Sella 4, Milano (Piazza Castello). RSVP. 02 72022488 or info@ museoartescienza.com"
RockOpera / Jam for Live David Bowie

Tribute, Andy & The White Dukes with Andy Fluon, cofounder of Bluvertigo at Teatro della Luna on 29 Nov at 9pm. 2-3 Dec Milan Comic Con at Superstudio Group. Hollywood Superstudio Group. Hollywood is coming to Milan! An incredible experience for the whole family with everything in Movies & TV, Pop Culture, Sci-Fi, Fantasy, Comics & more! Meet Hollywood Stars from your favourite Movies & TV Shows. www. milancomiccon.com

The Royal Ballet direct via satellite from London in Cinemas in Milan: Dec. 5 at 8:15pm The Nutcracker by Peter Wright (Lev Ivanov) Details on www. nexodigital.it



## Thanksgiving Message from Consul General Elizabeth Lee Martinez



I am grateful for the opportunity to write this year's Thanksgiving message to Easy Milano readers. As a recent arrival to Milan, this is a wonderful way for me to be able to reach out to new people, particularly around the holidays. We are looking forward to our first Italian Thanksgiving. I know from my years in the Foreign Service that although

Thanksgiving is the most quintessential of American holidays one does not need to be in America to celebrate.

This year, I am happy to be spending the Thanksgiving holidays in beautiful Milan. Many Americans have chosen to make Italy home: 35,000 U.S. citizens reside in Northern Italy alone! A fact that, I believe, can be largely attributed to the long friendship between the US and Italy. In Milan's consular district, more than 60 educational exchange programs exist between American and Italian universities, promoting the flow of students, researchers, and educators from both countries.

**66** Thanksgiving is a time for welcoming new people into our lives. It's not about the turkey, or the stuffing - it's about coming together. **!!** 

Thanksgiving is a time for welcoming new people into our lives. The pilgrims could have survived not their first winter at Plymouth Rock had it not been for the Native Americans who gave them food and shelter and taught them how to work the land. This message of welcome is one that I have been reminded of time and again these past few weeks. I want to take

this opportunity to say thank you - thank you for welcoming us and sharing your time and energy and enthusiasm about Italy with me and my husband Don. We look forward to many more wonderful interactions over the next three

The first Thanksgiving among the pilgrims and the Wampanoag people was about food, but more than food it was about graciousness and generosity, about one group of people seeing another in need and saying "we have more than enough." That's how Thanksgiving started and that's how we hope it will always continue, with people turning to their neighbor, their partner, their friend and saying "well I guess we could share..." This Thanksgiving, I challenge you to keep the spirit of Thanksgiving alive; to be the ones

Something that I've learned from my time in the Foreign Service - and many Thanksgivings spent abroad - is that Thanksgiving can happen anywhere. Whether in Kingston, Jamaica, Rio de Janeiro, Brazil, or Casablanca, Morocco, it's not about the turkey, or the stuffing, or the mashed potatoes, or the pumpkin pie - it's about coming together.

From everyone at the US Consulate General in Milan -Happy Thanksgiving, wherever you may celebrate it.



Elizabeth Lee Martinez U.S. Consul General in Milan **Consulate General of the United States of** America in Milan, Italy

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#### International Food Products from around the world American, British, Japanese, Chinese, Spanish, Indian, Greek, Mexican, Arabic, Kosher & Organic











1 easy

- Largo La Foppa 1 tel. 02.6571760 (MM Moscova)
- Via S. Michele del Carso 5 tel. 02.4986346 (MM Conciliazione)
- V.le Coni Zugna corner Pacioli tel. 02.89405749 (MM S. Agostino)

#### **CINEMA IN** ENGLISH SOUND & MOTION **PICTURES** www.spaziocinema.info 16 Nov 15.00 / 17.10 / 19.20 / 21.30 VICEROY'S HOUSE (106 min) by G. Chadha w/ G. Anderson, M. Gambon 13.00/15.20/17.40/20.00/22.20 21, 23 Nov 15.00 / 17.10 / 19.20 / 21.30 MOTHER! (121 min) by D. Aronofsky w/ J. Lawrence, J. Barden 27 Nov 13.00 / 15.20 / 17.40 / 20.00 / 22.20 28, 30 Nov 15.00 / 17.10 / 19.20 / 21.30 NORMAN: THE MODERATE RISE AND TRAGIC FALL OF A NEW YORK (118 min) by J. Cedar w/ R. Gere, L. Ashkenazi on Mondays at ANTEO PALAZZO DEL CINEMA p.zza XXV Aprile 8 - tel. 02 6597 732 (MM2 Moscova) on Tuesdays at ARCOBALENO FILM CENTER ınisia 11 - tel. 02 2940 (MM1 P.ta Venezia) on Thursdays at CINEMA MEXICO ia Savona 57 - tel. 02 4895 1802 (MM2 P.ta Genova) Tickets €7,50 1st two shows €5,00 students €5,50 in collaboration with under 18 €5,5 easy milano

Oh Bej Oh Bej Fiera, the traditional Christmas market at Castello Sforzesco on 7 December.

Vittorio Gregotti at PAC from 19 Dec -11 Feb 2018. An exhibition dedicated to the work and prolific career of Vittorio Gregotti, one of the most important figures of international architecture and founder, in 1974, of Gregotti Associati International, the architectural firm that has developed projects distributed in over 20 countries.

Cats musical in Milan with live

Cats musical in Milan with live Orchestra at Teatro della Luna on Wed, Thu 13-14 Dec. at 9pm. The musical is based on Thomas Stearns Eliot book entitled "Old Possum's book of Practical Cats". www.teatrodellaluna.

Le Cirque World's Top Performers -Alis Christmas Gala at Teatro della Luna from 23 - 31 Dec. For tickets and information visit www.teatrodellaluna.

Beauty And The Beast On Ice International winter tour will also be in Milan on 26, 27 December at Teatro Ciak. Tickets are available on www. ticketone.it If you are interested in participating

If you are interested in participating for free at concerts, exhibitions, inaugurations in Milan, follow the blog http://milanosparklingmetropolis.blogspot.it [62705]

Christmas Fair at All Saints', V. Solferino 17. Sat 2 Dec. Trad Xmas food, gifts, vintage items, toys, costume jewelry, bags, books. Lunches, teas, cakes, atmosphere, fun [62716]

A Christmas Carol Musical, based on Charles Dickens' 1843 novella. Sat, Sun 16-17 Dec at Teatro della Luna. For tickets and info visit www. teatrodellaluna.com ▲

## clubs & expat

associations

Register on www.EasyCircle.it, the online community for English speakers in Italy and join groups with likeminded people or create your own group. It's free, by the makers of Easy Milano. [58617]XL

Meet a dynamic group of international women at Professional Women's Network Milan (PWN). We are the Italian member of Global Professional Women's Network. Join our networking aperitivos and the exclusive empowering talk events: go to pwnmilan.net [46113]B F XL

Benvenuto Club of Milan- An all-volunteer organization of English speaking women meeting for friendship, fun, cultural exchange, travel and more: visit our website www. benvenutomilano.net; write to us at newcomersbenvenuto@gmail.com; join us each Wed from 10:30 to 12 at D&G Martini Bar Corso Venezia 15 [54106]XL

Casa Ścozia, The home of Scottish Culture in Italy, is an association supporting Scottish initiatives or events involving Italy; from Scottish country dance lessons, Tartan night, Whiskey day to St. Andrew's Dinner Dance, learn more on www.casascozia.org [58685]XL

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## **arts** & leisure

Singing, Exploring polyphonic singing and the dialogue among movement, breath, sound, singing, sharing stories. Nov. 22, 7.30-9.00 pm, Milan. Email: telaiodellearti@gmail.com [62672]

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This classified ad is Free! Plain text & 170 characters. Re-insert your free ad in a new issue every 2wks. Max 2 free ads per issue. See www.easymilano.it for more details [31977] \( \)

## music, dance & theatre

Thu 16&23 Nov, free classical concerts in Ital incl in the Bagatti Valsecchi Museum entrance fee €9, via Gesù 5. Open 7PM, concert 8PM. Email: rsvp@museobagattivalsecchi. org [62742] ▲

## e public announcements

Interested in contributing to new online community? Submit your stories and share your experiences with other expats and English speakers living in Italy. Email: info@easymilano.it [57614]B F XL



#### Join the Premiere Network for Professional Women in Milan

For more information on our networking and career development events, please visit our website: www.pwnmilan.net

PWN Milan is a member of PWN Global www.pwnglobal.net

New to Italy? Learn about the job market, figure out contracts, taxes & visas, as well as common scams & what to avoid. For tips and advice visit www.tjtaylor.net/FAQs [62659] ▲

## consular announcements

Registration of Canadians Abroad is a free service that allows the Government of Canada to notify you in case of an emergency abroad or a personal emergency at home. The service also enables you to receive important information before or during a natural disaster or civil unrest. http://travel.gc.ca/travelling/registration [58040]XL All Americans should register online at https://step.state.gov/step/ (even short-term visitors) for important Embassy emergency notifications. [15819]M

All Irish citizens travelling to or living in Italy are invited to register their details via the website of the Department of Foreign Affairs: www.dfa.ie/travel/citizens-registration/ For further information please visit our website on www.dfa.ie/irish-embassy/italy or contact our consular office in Rome on (+39)06.58.52.381 [58042]XL

Registration service for New Zealanders overseas, www.safetravel.govt.nz . Please register to be contacted in an emergency. More info on www.nzembassy.com/italy [30706]M Need to contact the British Consulate?

Need to contact the British Consulate? https://www.gov.uk/government/world/ italy Email: Info.Consulate@fco.gov.uk Tel. 06.4220.2431 [30234]M Registration of South Africans Abroad

Registration of South Africans Abroad (ROSA), allows travellers to register online. Registration is free and available to South African citizens who are travelling, studying, living, working abroad. By registering you assist the Department to locate you during an emergency, verifying your status. www.dirco.gov.za/consular/index.html [58041]XL

All Australians residing overseas or travelling for tourism or business, either for short or long stays, are encouraged to register with the Department of Foreign Affairs and Trade. http://smartraveller.gov.au/ [57543]XL

Email info-rome@dfat.gov.au if you would like to receive the Embassy Newsletter and other occasional communications from the Australian Embassy in Rome. Please include your name, email address, country of residence, and please specify whether you would prefer to receive communications in English or Italian. [57714]XL A



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## worship directory

Int'l Church of Milan. A Bible believing fellowship. Worship in English Sunday at 17:30 w/ children & young adult programs. Contact Jim 348-554-8937. icm-milan.com [62724] A

## professional

services

Total expat coaching. The ultimate coaching program for living and working lucratively and effectively in Italy. For info Email: expat@damienofarrell.com Tel. 339.333.2547 [61626]M

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## e translation

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ENG/IT Mother tongue with Australian PhD offers translations into English. Madre lingua IT/ENG con australiano offre traduzioni in Inglese. Email: libigr@gmail.com [62664]
American F English teacher translator

interpreter. Good prices. Buoni prezzi. Translate Italian in American. Fast and accurate. Contact Crystal Email: newyorkergirl@email.it [62736] A

### commercial

space

Shared office space near P.ta Nuova area for short/long term rental, 80m2 open space furn w/ desks & small meeting area high speed internet, phone lines & switch board. Ground flr inside quiet courtyard. Ideal for startup, web or communication company or freelance person(s). Reasonably priced. Email: MilanOfficeRental@gmail.com Email: [60972]B F XL A

## holiday rentals

SW Florida paradise. 2 bedrm, 2 bathrm F/furn condo in beautiful Naples for all year rent all mod cons/garage and pool. Frank Tel. 335.656.2992 Email: frank@futuraschool.com [62685]

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## real estate tor sale

Sale villa on two floors of 200m2 with private tavern and garden of 50m2, 60 steps from the metro line 1 for Duomo (12 stops). Independent heating with solar panel, Email: patrizia.soldati@ hotmail.it [62686]

Umbria, beautiful villa on sale by owner. Amazing panoramic view, olive grove. Totally restored fully furnished. only €140.000 www.umbria.webnode. com Tel. 334.573.5512 [62729]

Apt for sale tremezzo co, 5 min walk lake, top floor, huge window, Lake view, one bed, garage, communal garden, €80.000 reduced price, due to owner ill. Tel. 0035.387.224.3095 [62700] A

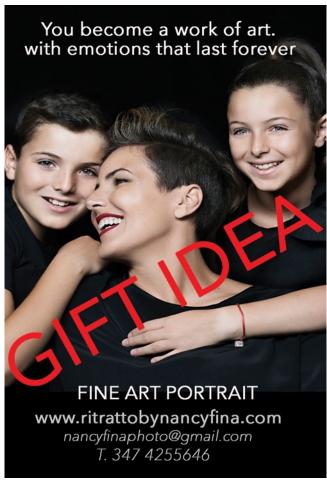
## housing offered

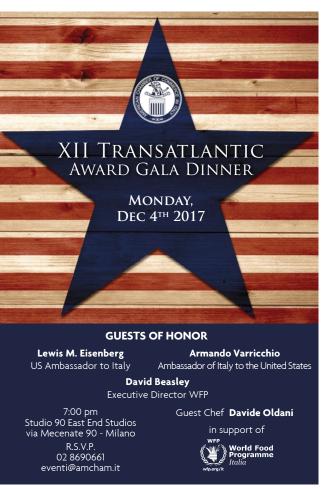
Affitto 500€ appartamento monolocale a Pessano(MI)vicino MM2 Gorgonzola, tranquillo, arredato, piano 2 Email: costantino.ciriello@tin.it Tel. +39 339.685.9076 Eng spoken [62707]

In cerca dell' inquilino perfetto? l nostri lettori cercano soluzioni abitative a breve termine. Cerca un nuovo inquilino oggi con Easy Milano su www. easymilano.it [40884]B F 🛦

### e housing offered elsewhere

Buccinasco rents in a nice area surrd by gardens, cls to fitns cntr tennis courts and sw.pool . 1 std flat, and a 3 rooms No smoke No agencies. anto3000.3000@gmail.com [62650]





Legnano, only 30 mins north Milano, modern beautiful panoramic Irg comfy f/furn-apartment for rent. Also short term http://legnanoapartments.webnode.com/ Tel. 329.031.2013 [62722] 🛦

(e)

## **shares** offered

MM Palestro bright and quiet studio apartment with independed access, entry area, room, large bathroom share only kitchen. Call/sms 366.920.8342 [62511]M

Big Bright Bedroom in large apt w terrazzos. Oasis in Milan ctr. Great location, near Lima/ Pta Venezia/Citta Studi. €650/mo all incl. Avail Jan/18. Email: maddalenadg@gmail.com [62683] ▲

## short lets offered

One-bedroom flat w kitchen, bathroom w shower. Balcony. Ground floor. 2 single + 1 double bed. Tv, wifi, fully furnished. Monteceneri area. Livia Tel. 338.211.9253 [62648]

Milan City center on Viale Piave f/ furnished Studio for rent for female guests, wifi internet. €60 per night, min. 2 nights www.milanrentals.net Tel. 329.031.2013 Ettore [62723] ▲

## **shares** wanted

We are looking for a family for our 19 yo son to stay with for about 6 weeks. We will pay a fee. We are from St Louis USA. Looking for a private bedroom and bathroom. Email: lombards@swbell.net [62647]

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## childcare positions offered

EMT= English Mother Tongue
Looking for a nice F EMT to play
with my 5y girl from 4-5 to 7pm,
2/3 days/week. MM Crocetta, close
to Bocconi Univ. Interested? Send
CV to Anna: annare71@gmail.com

Looking for EMT baby sitter from 4-7 pm (3 days/week) to play with Andrea 3yo; M2 Piola/Lambrate. Sabrina Email: sabrina piperita@gmail.com; WhatsApp 335.724.8671 [62701]

Want your children to speak English at home? Looking for an English speaking nanny or babysitter? Place your free ad in Easy Milano, under "Childcare Positions Offered" See www. easymilano.it for more details [31978]B A

## childcare positions wanted

EMT= English Mother Tongue

English Teacher, nice and kind F who lived many years in London is also available for baby sitting FT/PT with flexibility of time. Email: anaregilima@gmail.com [62698]F

21 yo EMT Babysitter Available. Studying at Cattolica for the next 3 years. Warm, friendly, flexible, responsible and reliable. Email: kinzasaleem96@gmail.com Tel. 380.866.3968 [62711]

41yo, F, creative, sunny, flex & resp nanny seeking FT/PT job, with excellent ref & exp w/ Eng, Amer & Ita families. Also avail for occasional baby sitting eves, weekends. Tel. 327.206.5067

[62708] Italian F very good fluent English spoken written many years exp school age kids can drive cook good ref looks PT BS tutor homework play Mon Fri noons. Tel. 347.518.7821 [62717]

Bilingual F looking for a Mon-Fri job as nanny in dowtown Milan. Referenced, experienced with kids aged 3+, can cook. Available as from January 2018. Tel 339 873 7434 [62704]

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## **Emotional Hurdles of Studying Abroad**



For many university students, a highlight of the college years is the chance to live abroad for a semester – or even a year – and experience life and school in a completely new culture, and often, a new language. Some students carefully plan their studies around being able to manage a semester abroad, knowing that it's something they've always wanted to do. Others may have less conviction, but they decide it's an adventure and risk worth taking. Regardless of how they made the decision, once students show up in their host country, they're all in the same boat. But, how those students will fare in the months ahead of them can depend in large part on how prepared they were for their experience, many aspects of which can come as a shock.

In my practice I see a wide range of university students, some who are studying in Milan for full degrees and others who are in Milan only for a semester exchange from their "home" university. In many ways, their presenting issues only confirm what seems to be an international reality in the world of mental health: that more people than ever – especially teen-agers and young adults – are suffering from mild to severe anxiety. Even students without pre-existing conditions – including those with experience in international moves with their families - are prone to experience unusually high levels of stress and anxiety when finding themselves thousands of miles from home, going it alone in foreign territory for the first time.

While students expect excitement, adventure and newness when going abroad, what is often overlooked is just how hard it can be to fill the time. Most study abroad programs factor in a lot of down time for culture, travel and experiences outside of classroom and study time. And most students arrive in their host country not knowing anyone else in their program. Unlike at their home universities, the pool from which to make friends is extremely small. For some, friendships are made easily, quickly eliminating the issue of, "Who will I eat meals with? Who will I explore with? Who will I take all my great trips with?" For others, friendships within the small program group can be harder to forge. This often creates anxiety about the possibility of too much time alone in a new country. And although many students would be eager to meet students outside their program, communicating in a foreign language they barely speak means the possibility of friendships with locals becomes even more of a challenge.

Returning to the great expectations students have before going abroad, I often hear how much pressure students put on themselves to not only maximize, but to love, every moment of the experience. This is especially true for students who have worked and planned for a long time to make it happen.

...this article continues online at: www.easycircle.it/easylife

Article by Karen Rigatti - Certified Professional Counselor Contact details on page 9



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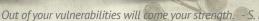
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Mercalli 11 (Crocetta) Anteo Spazio Cinema V. Milazzo 9 (Moscova) Associazione Lo Studio V. Torino 61 (Missori) Australian Consulate V. Borgogna 2 (Duomo) Autostradale V.ggi Sri Passaggio Duomo 2 (Duomo) Bianca Maria Palace Hotel V.le Bianca Maria, 4 (San Babila) British Chamber of Commerce V. Dante 12 (Cairoli) British Consulate V. S. Paolo 7 (Duomo) British Council V. Manzoni 38 (Turati) British School Milano V. L. Mascheroni 15 (Conciliazione) California Bakery Pza Sant'Eustorgio 4 (Sant'Agostino), V. Larga 19 (Missori) Canadian Consulate in Milan Pza Cavour 3 (Turati) Carlsberg OL Bastioni Porta Nuova 9/11 (Moscova) CDI Clinic Largo Cairoli 2 (Cairoli) Centro Sportivo San Carlo V. Bernardino Zenale 6 (Ambrogio) Clorofilla Bilingual Nursery V. Cesare da Sesto 5 (Sant'Agostino) Consulate General of the Netherlands V. G. Donizetti 20 (San Babila) Consulate General of Sri Lanka V. F. Melzi d'Eril, 34 (Moscova) Enel Flagship Store V. Broletto 44/A (Cairoli) Follador Nursery School Largo Quinto Alpini 6 Four Seasons Hotel Milano V. Gesù 6/8 (Montenapoleone) Goethe Institut V. San Paolo 10 Cloumo) Hopelin International Bookstore V. Hoeplis (Duomo) Hospitadella V. San Pietro all'Orto 9 (San Babila) IN EX Palestre V. Molino delle Armi, 7 (Missori) Int'l Education Studies V. Carducci 26 (Ambrogio) International Health Center Galleria Strasburgo 3 (San Babila) International Language School V. Disciplini 5 (Missori) Istituto Maragoni V. Verri Pietro 4 (Montenapoleone) KC School V. Orti 18 (Pta Romana) La Feltrinelli Intl V. Manzoni 12 (Montenapoleone) La Feltrinelli Pza Duomo (Duomo) Marchina Hairstyling C.so Venezia 3 (San Babila) Medics V. P. Litta 2 Museo Nazionale Scienza e Tecnologia (San Babila) Medics V. P. Litta 2 Museo Nazionale Scienza e Tecnologia (San Maria) Medics V. P. Litta 2 Museo Nazionale Scienza e Tecnologia (San Maria) Medics V. P. Litta 2 Museo Nazionale Scienza e Tecnologia (San Maria) Medica V. P. Ziragonia I. V. Kombrogio) Colla Palla Intilia Medica V. P. Nazionale Scienza e Tecnologia V. San Vittore 21 (S. Ambrogio) New Zealand Consulate V. Terraggio 17 (Ambrogio) Ostello Bello | Hillian Hostel V. Medici 4 (Duomo) Pilis Pub V. Agostino Bertani 2 (Moscova) Piscina Colonna V. Conservatorio, 2 Regus Pile Biancamano 8 (Moscova) Santa Maria del Carmine Church P.2a S.M. del Carmine 2 (Lanza) School Uniforms V. Gesù 17 (Montenapoleone) Shenker Corporate Corso Italia (Missori) Sloan Square Pub P.zle Cadorna 2 (Cadorna) Smile Nursery & Preschool V. G. Boccaccio 34 & 43 (Conciliazione) South African Consulate General V. San Giovanni sul Muro 4 (Cairoli) Spazio Lingua V. Carducci 17 (Cadorna) Subway Caté V.le P. Amedeo 2 (Turati) Superpolo International Food Store Largo La Foppa 1 (Moscova) Teatro Strehler Largo Paolo Grassi 2 (Cordusio) The Bagel Factory P.za XXIV Maggio 1/8 (Sant'Agostino) TonikGuy V. Vincenzo Monti 27 (Conciliazione)
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Università Cattolica V. Carducci 28 (Ambrogio) Università degli Studi di Milano V. Conservatorio 7 (San Babila) ersity of Milan V. Santa Sofia 9/1 (Duomo) Versace V. Borgospesso 15 (Montenapoleone) Wall Stre titute V. Carducci 9 (Cadorna)



CAMO Centro Ambrosiano Oftalmico P.za Repubblica 21 (Repubblica)

ZONE 2 CAMO Centro Ambrosiano Ottalmico P.2a Hepubblica 21 (Hepubblica) 2 (Hepubblica) Melchiore Gioia 42 (Sondrio) Cinema Beltrade V. N. Oxilia, 10 (Pasteur) Copernico Milano V. Copernico 38 (Sondrio) Core Cocchini Pza Reppublica 12 (Repubblica) Hilton Hotel V. Galvani 12 (Stazione Centrale) Homes Rentals P.za IV Novembre 4 (Stazione Centrale) Il Nano Gigante V. Lambrate 18 (Pasteur) Osteria Qui Da Noi V. Fara 10 (Stazione Centrale) Studio Inn Centrale V. Cardinal Cagliero 14A (Sondrio) Su Garden V. Carlo Tenca 12 (Repubblica) Ta Hua V. Fara 15 (Stazione Centrale) Westin Palace Milan P.za Reppublica 20 (Repubblica)



ZONE 3 Andersen International School V. D. C. San Martino 8 (Piola) British Institute MI2
Pza S. Francesca Romana 3 (Pta Venezia) Cinema Arcobaleno V.le Tunisia 11 (Pta

Venezia) EasyHomes V. degli Orombelli 11 (Lambrate) Politiconico di Milano Pza
L. Da Vinci 32 (Piola) Grand Hotel Puccini C.so Buenos Aires 33 (Lima) II Libro Libreria Internazionale V. F. Ozanam
11 (Lima) Intensive Business English V. Palazzi 2/A (Pta Venezia) International Language School Pz.le Loreto 11 IT (Lirra) Intensive Business English V. Paladzi Z/A (P.la Verlazia) International Language School P.Zie Coter) (Loreto) International Residence V. Modena 4 (P.la Venezia) John Peter Sloan La Scuola V. Boscovich 61 (Lirra) Kids&Us Galleria Buenos Aires 15 (Lirra) Kilkolle Lab V. Fratelli Bronzetti 18 (Piola) Language Point P.za Aspromonte 35 (Loreto) Pidfree Via Ciro Menotti, 6 (Pta Venezia) Progettare Zero Sei V.le Premuda 38A (Pta Venezia) Politecnico di Milano V. Ampère 2 (Piola) Relocation Enterprises V. T. Cazzaniga 96 (Moscova) Residence Pian della Nave V. Lambrate 9 (Loreto) Sara Mirabelli V. Moretto da Brescia 6 (Pola) Spazio Oberdan Via Vittorio Veneto 2 (Pta Venezia) The British School of Milan V. Pisani Dossi 16 (Udine) Wall Street Institute C.so Buenos Aires 79 (Loreto)



ZONE 4 Accadueo Fitness Center VIe Lucania 27 (Pta Romana) California Bakery VIe Premuda 44 (Pta Venezia) Caruso PortaRomana131 C.so di Porta Romana, 131 (Pta Romana) Istituto Europeo di Design V. A. Sciesa 4 Pogue Mahone's

S V. Salmini 1 (Pta Romana) Studio Dentistico Attilia Petrini V.le Montenero, 8 Sweet Mama V. E. Morosini 51/1

ZONE
5 Bilingual Montessori School V. Palmieri 72/4 (Farragosta) Bocconi
University V. Sraffa 11 International House V.le Brenta, 27 (Brenta)
Istituto Europeo di Design V. P. Leoni 3 Kids&Us V. Vittadini, 5 Les Galipettes V. Verro 39 Live Nation
V. Pietrasanta 14 Ludum V. Pietrasanta 14 Madama Hostel & Bistrot V. Benaco 1 (Brenta) Orchestra La Verdi Largo G. Mahler Residence Ascanio Sforza V. A. Sforza 55 SDA Bocconi V. Balilla 1. Romana) Sunny Side Up V.le Col di Lana 6 (P.ta Genova) Wall Street Institute V.le Sabotino 16



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onsulate General of Bangladesh V. Via Giambellino 7 Ducale Multisala

Consulate General of Bangladesh V. Vira Glambellino / Ducale Multisate General of Bangladesh V. Vira Glambellino / Ducale Multisate Genova) European School of Economics V. Tortona 27 (Pta Genova) Hambistro V. Savona 13 (S. Agostino) Hotel Residence Zumbini V. Zumbini 6 (Romolo) Kids&Us V. C. di Rienzo 5 (S. Agostino) La Tradizionale V. Bergognone 16 (Pta Genova) Les Galipettes V. Cottolengo 25 Libera Università di Lingua e Comunicazione V. Carlo Bo 1 (Romolo) Mexico Cinema V. Savona 57 (Pta Genova) New English Teaching V. Tortona 74 (Pta Genova) Nuova Accademia di Belle Arti V. Darwin 20 (Romolo) Rookies Sports Bar V.le Gorizia 30 (Pta Genova) Scuola Leonardo Da Vinci V. Darwin 20 (Romolo) Scuola Politecnica di Design V. Carlo Bo 7 (Romolo) The Milk Bar Milano V. Conca del Naviglio 5 (Pta Genova) Tizzy's NY Bar Grill Alzaia Naviglio Grande 46 (P.ta Genova)



Carré d'Artistes V. Cuneo, 5 Milan Medical Center V. Angelo Mauri 3 (Concili-azione) Progettare Zero Sei V. Quarenghi 22 (Uruguay) Language Academy C.so Vercelli 51 (Pagano) LearnEng V. Marsica 5 (Amendola Fiera)

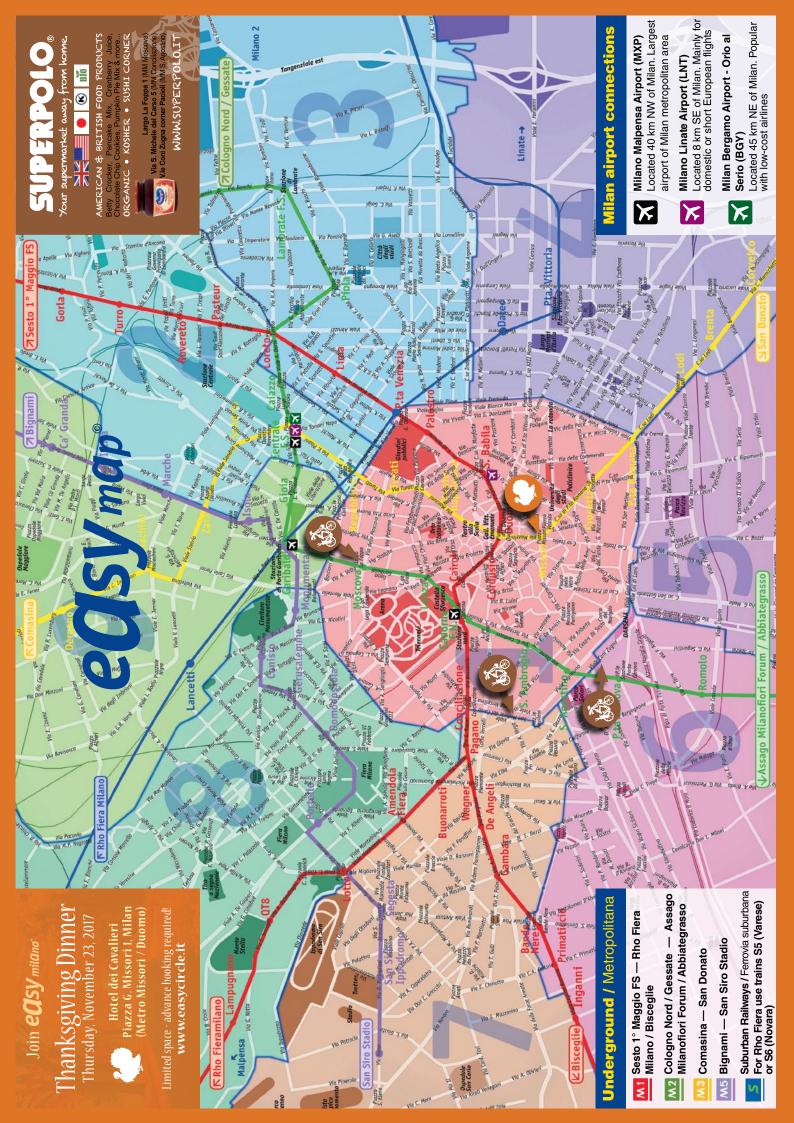


Bugs and Daisies V. Massaccio 12 (Lotto) Foliador Nursery School Viale Cassiodoro 24 (Domodossola) New SpeakEasy Via G. Rossetti 9 (Amendola Fiera) Offside Sports Bar V. Losanna 46



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