



**EXCLUSIVE**  
WORLDWIDE

*cool loco*

# ROME

ReThinkRelo series:

## UNCONVENTIONAL TRAVEL TIPS



Your guide  
**Julia Wypych**

Culture

Business

Safety

Transport

Food

Accommodation

Local Insights and Tips

Free Time

# here's WHAT'S INSIDE

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# *about* **ROME**

## **QUICK OVERVIEW**

Rome is Italy's political and administrative capital, a global center of Catholicism, and one of Europe's strongest tourism economies. Government institutions, embassies, UN agencies, and national headquarters are concentrated here, alongside media, fashion, and public-sector industries. The city also hosts numerous international conferences, cultural events, and business forums, reinforcing its role as a major hub for diplomacy, innovation, and global exchange.

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[VIEW ON MAP](#)

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## **EVERYDAY LIFE AND CULTURE**

Daily life blends history with modern rhythm. Locals move between ancient ruins, busy ministries, neighborhood cafés, and residential courtyards with remarkable ease. Workdays are structured but social life remains essential - long lunches, evening passeggiata walks, and late dinners are part of the culture.

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## **THE CITY AND ITS LANDSCAPE**

Geographically, Rome is built on seven hills and stretches along the Tiber River. Its layout directly shapes everyday living: historic streets are compact and walkable, while outer districts are more residential and spacious. The presence of Vatican City within city limits also gives Rome a unique international and diplomatic character.



# *about* **BUSINESS LANDSCAPE**

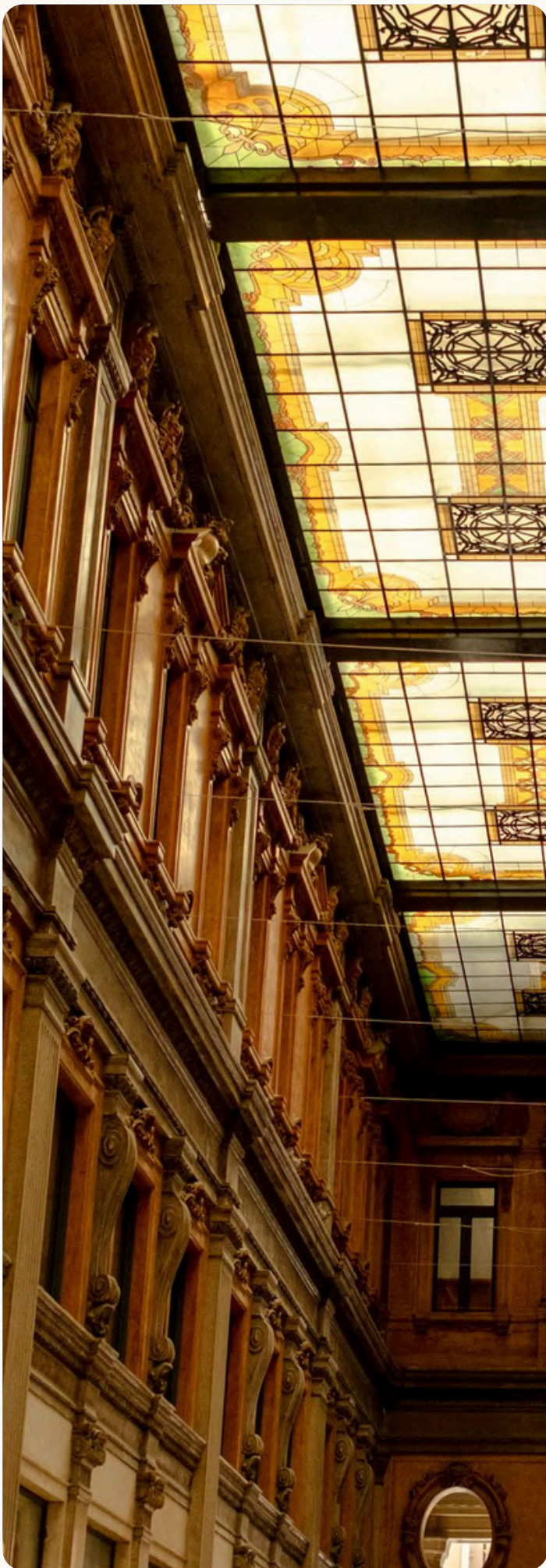
## **BUSINESS DEVELOPMENT**

Rome offers a unique business environment shaped by its role as Italy's capital, its global cultural influence, and a strong service-based economy. While less industrial than northern Italian cities, Rome stands out for its concentration of public institutions, international organizations, and tourism-driven activity.

## **approx. 9% of Italy's GDP**

### **Economic and administrative center**

The Rome metropolitan area generates approximately 9% of Italy's GDP, driven by public administration, finance, tourism, technology, and professional services.



# *about* **BUSINESS LANDSCAPE**



## **GOVERNMENT AND INSTITUTIONAL CENTER**

As the capital of Italy, Rome is home to key political and administrative bodies, making the public sector a major economic driver. It also hosts important international organizations such as the Food and Agriculture Organization, reinforcing its global institutional role and attracting international professionals.



## **TOURISM AND HOSPITALITY ECONOMY**

Tourism is one of Rome's most powerful sectors, supported by iconic landmarks like the Colosseum and the Vatican City. Millions of visitors each year sustain a vast network of hotels, restaurants, and cultural services, making hospitality a key pillar of the local economy.



## **CORPORATE PRESENCE AND SERVICES**

Rome hosts headquarters and offices of major Italian companies, particularly in energy, telecommunications, and infrastructure. Firms such as Eni and Telecom Italia contribute to the city's corporate landscape, alongside a wide range of legal, consulting, and financial services.

# *about* BUSINESS LANDSCAPE



## CREATIVE INDUSTRIES AND MEDIA

The city has a strong presence in film, media, and creative industries, supported by facilities like Cinecittà Studios. Rome's cultural heritage and global image make it a natural hub for design, fashion, publishing, and audiovisual production.



## TRANSPORT AND CONNECTIVITY

Rome is well connected both domestically and internationally, with Leonardo da Vinci-Fiumicino Airport serving as a major gateway. Combined with rail and road networks, this connectivity supports tourism, business travel, and logistics.





# *main* BUSINESS HUBS

## EUR BUSINESS DISTRICT

Finance, public administration, multinational offices. Headquarters of ENI and major ministries. Easy airport access via road connections.

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## PARIOLI / FLAMINIO

Diplomatic zone with embassies and cultural institutions. Quiet, upscale, residential proximity for executives.

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## TIBURTINA AREA

Growing infrastructure cluster near Tiburtina Station. Strong rail links, modern office buildings, tech and consulting presence.

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## VATICAN AREA

Religious institutions, publishing, tourism services, and international diplomacy linked to FAO and other global entities nearby.

# top NEIGHBORHOODS



## **CENTRO STORICO**

Rome's historic heart and a UNESCO World Heritage Site. Ideal for short-term stays, diplomats, and professionals who value proximity to landmarks like the Pantheon and Trevi Fountain. Expect beauty, crowds, and limited car access. Metro: Barberini / Spagna.

## **EUR**

Rome's modernist district with rationalist architecture and corporate offices. Suitable for professionals working in ministries, large corporations, or international organizations. Less tourist traffic, more structured lifestyle. Metro Line B (EUR Palasport).

## **PRATI**

Orderly and residential near St. Peter's Basilica. Wide boulevards, strong safety reputation, and proximity to business institutions make it attractive for families and corporate tenants. Metro Line A (Ottaviano, Lepanto).



# *top* NEIGHBORHOODS

## TRASTEVERE

Creative, atmospheric, and full of nightlife. Popular with expats, academics, and young professionals who enjoy authenticity and social energy. Streets are charming but can be noisy at night. Well connected by tram and buses.

## MONTI

Trendy yet historic. Small boutiques, wine bars, coworking spaces. Best for digital nomads and creatives who prefer central access without full tourist intensity. Metro Line B (Cavour).

## SAN LORENZO

Student-driven and alternative, near Sapienza University. Affordable housing compared to the center. Vibrant evenings and informal atmosphere. Suitable for younger residents and researchers.

# *about* ACCOMMODATION

## **SERVICED APARTMENTS**

Widely available across central and business districts. Typically include Wi-Fi, utilities, air conditioning, equipped kitchens, and weekly cleaning. Minimum stay often ranges from 30 days.

## **FURNISHED RENTALS**

Common for medium-term assignments. Units generally come equipped but standards vary depending on building age. Deposits (2-3 months) are standard practice.

## **AVAILABILITY AND DEMAND**

High demand in Prati, Trastevere, and Centro Storico. Booking several weeks in advance is recommended, especially in peak seasons.

## **SAFETY & AMENITIES**

Modern buildings may include elevators, concierge, gated entry, and parking. Older historic properties may lack lifts. Rome is generally safe; however, central tourist zones require standard urban caution.



# public TRANSPORT

## METRO

Three lines (A, B, C) connect major areas including Termini and the Colosseum. Reliable during working hours. Trains run frequently, but the network is limited. Stations can be busy at peak times.

## REGIONAL TRAINS

Useful for commuting from suburbs and nearby towns. Operated by Trenitalia. They also connect the city with the airport and nearby coastal areas. Comfortable for longer trips.

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## BUSES & TRAMS

Extensive coverage but affected by traffic. Essential for reaching areas without metro access. Trams are usually more reliable than buses. Tickets must be validated on board.

## TICKETS & PASSES

Rome offers 100-minute BIT tickets, 24-, 48- and 72-hour passes, as well as monthly travel cards. Visitors may also consider the **Roma Pass** for public transport and selected attractions.

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## RIDE-HAILING

**Uber** (premium services only), **Free Now** and **itTaxi** are convenient options for airport transfers and late-night travel. Availability is generally best in central Rome.

## MICROMOBILITY

**Lime** and **Dott** e-scooters and e-bikes are easy to find across the city center and are ideal for short distances.

## ON FOOT

Walking is often the fastest way to get around Rome's historic center. Many attractions are located close to one another, making the city easy and enjoyable to explore on foot.

# *must-see* ATTRACTIONS

## TREVI FOUNTAIN

Remarkably preserved ancient Roman temple with a monumental dome and central oculus. A masterpiece of engineering still functioning as a church.

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## COLOSSEUM

Ancient Roman amphitheatre and symbol of the Empire. Once hosting gladiator battles, today it remains one of the most visited landmarks in Europe.

[LEARN MORE](#)



## ROMAN FORUM

Remarkably preserved ancient Roman temple with a monumental dome and central oculus. A masterpiece of engineering still functioning as a church.

[LEARN MORE](#)

# *must-see* ATTRACTIONS

## VATICAN MUSEUMS

World-class museum complex housing Renaissance masterpieces and the Sistine Chapel. A cultural highlight for art and history enthusiasts.

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## BORGHESE GALLERY

Art museum located in Villa Borghese park, featuring Bernini sculptures and Caravaggio paintings. Entry by reservation recommended.

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## PANTHEON

Remarkably preserved ancient Roman temple with a monumental dome and central oculus. A masterpiece of engineering still functioning as a church.

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# local CUISINE

## CACIO E PEPE

Simple yet iconic pasta with pecorino cheese and black pepper. A cornerstone of Roman culinary identity.



## SALTIMBOCCA ALLA ROMANA

Veal topped with prosciutto and sage, cooked in white wine. Traditional second-course dish.



## CARBONARA

Pasta with egg, pecorino, guanciale, and pepper - authentic Roman versions never include cream.



## SUPPLÌ

Fried rice balls stuffed with mozzarella and tomato sauce. Popular street snack.



## ROMAN-STYLE PIZZA

Thin and crispy base, often sold by weight ("al taglio"). Quick and affordable.

## 🍴 FOOD DELIVERY CULTURE

Food delivery is a popular part of daily life in Rome. Services such as Glovo, Deliveroo and Just Eat operate across most districts, offering everything from local trattorias to international cuisine delivered directly to your door.



# do it LIKE A LOCAL

## DINNER STARTS LATE

Restaurants fill after 8 PM. Showing up at 6:30 PM may signal you are a tourist.  
Insider Tip: Reserve in advance on weekends.

## RESPECT ZTL ZONES

Limited Traffic Zones restrict cars in historic areas. Fines are automated via cameras.

## COFFEE CULTURE

Coffee in Rome is often enjoyed standing at the bar, especially when ordering a quick espresso. Sitting at a table is common too, but usually comes with a higher service charge. Cappuccino is traditionally a morning drink, while espresso is enjoyed throughout the day.

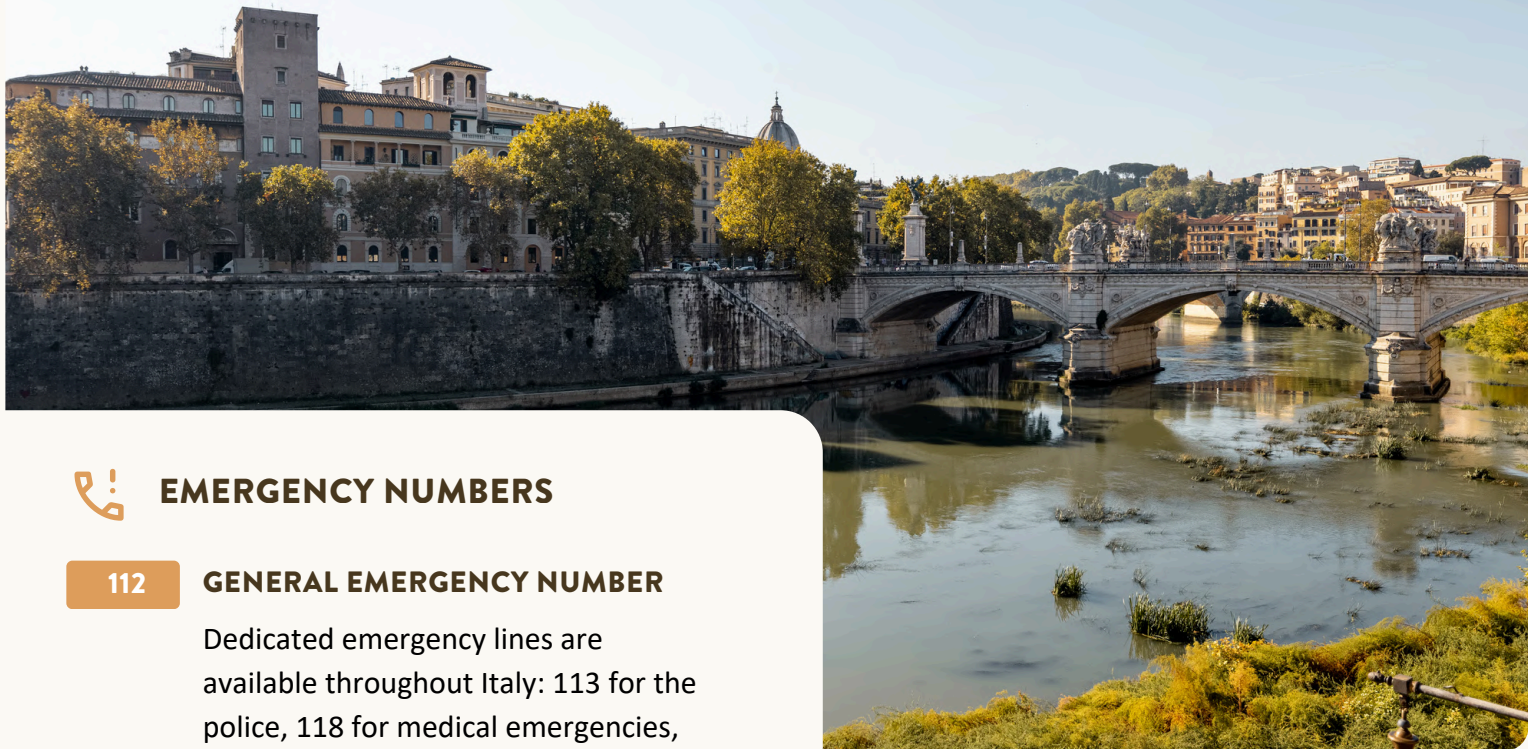
## CASH VS CARD

Cards are widely accepted, but small cafés and markets may prefer cash for minor amounts.

## SPEAK LIKE A LOCAL

Learning a few basic Italian phrases can make everyday interactions easier and more enjoyable. While many people in Rome speak English, especially in tourist areas, locals always appreciate a simple “Buongiorno” or “Grazie.”

# remember, SAFETY FIRST



## EMERGENCY NUMBERS

### 112 GENERAL EMERGENCY NUMBER

Dedicated emergency lines are available throughout Italy: 113 for the police, 118 for medical emergencies, and 115 for the fire department.

## STREET SAFETY

Rome remains generally safe for residents and visitors, but awareness in tourist-heavy areas is essential.

Pickpocketing is the most common issue, particularly around Termini Station, metro Line A, and major attractions. Keep valuables secure and avoid displaying phones in crowded transport.

## SAFE RIDES ONLY

Choose licensed taxis or well-known ride-hailing apps instead of hailing cars on the street. It's safer and usually cheaper.

## ATMS & PAYMENTS

Use ATMs inside banks when possible. Avoid currency exchange stands with unclear rates.

## HOSPITALS

Major public hospitals include Policlinico Umberto I and Gemelli Hospital. European Health Insurance Card is accepted for EU residents.

## KEEP COPIES HANDY

Carry a copy of your passport or ID. Police may request identification.



*Hey there,  
this is me  
who prepared this  
cool loco  
for you!*

**Julia Wypych**

Global Operations Specialist

19 March, 2026

by Agnieszka Karaś · 5min read

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