Welcome!

Practical guide for working in EFSA and living in Parma

Prepared by trainees for (future) trainees
You see things; and you say, “Why?”
But I dream things that never were;
and I say, “Why not?”

- George Bernard Shaw
This guide aims at helping you to get ready for your new job at EFSA and make you feel at home in Parma.

We recommend that you read the guide carefully and keep it close at hand. You can refer to it whenever you have questions on practical or technical arrangements.

It is divided into 7 sections:

**WHERE WE ARE**

**LIFE IN EFSA**

**FIRST STEPS UPON ARRIVAL**

**HOUSING IN PARMA**

**MEDICAL ASSISTANCE**

**MOVING AROUND**

**FACILITIES AND LEISURE ACTIVITIES**

The guide is complementary to the EFSA Intranet pages where you will find a comprehensive set of relevant information and links. Further information can be found on the EFSA website.

**Disclaimer**

*This Practical Guide is for information purposes only and has no legal value. Bodies, Enterprises and Companies mentioned in this guide are in no manner endorsed by EFSA and are simply taken as example of actors having served EFSA's staff in the past without representing a specific sponsorship from the side of the Authority nor a discouragement to consider others.*

*The information provided is accurate and up to date as at the time of issue on 01/03/2018. Any corrections and proposals for improvements are welcome and may be addressed by e-mail to: Traineeships@efs.europa.eu*
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WHERE WE ARE

EFSA’s headquarters are in the city of Parma, in the region of Emilia-Romagna.

Parma has around 200,000 inhabitants spread across 260 km². It has a rich cultural and historical heritage, and its food and wine traditions are well known worldwide – products such as prosciutto di Parma and Parmigiano-Reggiano cheese are just two of the typical flavours of the area. Parma is divided into two parts by a stream that takes its name from the city.

The province of Parma is set in a varied landscape that stretches from the Po river valley to the peaks of the Apennines, with small villages all over the countryside rich in history and art.

Parma has cold winters and hot, humid summers, with temperatures ranging from a minimum of 0°C to a maximum of 35°C.

In Parma you can move around by bicycle or walking and enjoy all other benefits of a small town. However, who said that a small town can't be fun? Here you won’t be short of things to do. You will find shops, museums, cinemas, theatres, restaurants and bars at any corner (An overview on the average costs for living in Parma is shown in Annex 1). And if you feel like discovering something new, many amazing cities can be easily reached by train.
To get more information you can surf the city’s tourism website (http://turismo.comune.parma.it/en) or go to the tourist information point:

**Parma Point**  
Strada Garibaldi, 18, 43121 Parma

Phone: +39 0521931800  Fax: +39 0521931881  
E-Mail: info@parmapoint.it

Hours: open every day from 9.30am to 7.30pm; 1 January open from 2.30pm to 7.30pm. Closed 25 December.

**How to reach Parma**

**By train**

Parma is on the main railway line connecting Milan to Bologna. The journey takes approx. 90 minutes from Milan and 60 minutes from Bologna. Information about schedules can be found at the address: [http://www.trenitalia.com/home/en/index.htm](http://www.trenitalia.com/home/en/index.htm) There are also some special discounts, especially if you book your ticket in advance, on the website of Trenitalia (a membership card, Cartafreccia Young [http://www.trenitalia.com/tcom/Offerte-e-servizi/CartaFRECCIA-Young-e-Senior](http://www.trenitalia.com/tcom/Offerte-e-servizi/CartaFRECCIA-Young-e-Senior)) and on the website of Italo treno ([http://www.italotreno.it/it/offerte-treno/italo-special](http://www.italotreno.it/it/offerte-treno/italo-special)) for travelling in Italy.

**By plane**

Italy is one of the main battle grounds for European low cost airlines, several routes to/from and within Italy are offered. The larger airports are, of course, served by the major European airlines; intercontinental airlines mainly arrive in Rome and Milan. Parma’s small international "Giuseppe Verdi"-airport has just three destinations (London Stansted, Cagliari and Trapani). It is only a few kilometres from the city centre and can easily be reached by car and by bus.

The closest airports to Parma are:

- **Bologna - "Marconi"** (ca 1.5 hours by car from Parma – ca 100 km)
- **Bergamo - Orio al Serio** (ca 2.5 hours by car from Parma – ca 160 km)
- **Milano - "Linate"** (ca 2 hours by car from Parma – ca 120 km)
- **Milano - "Malpensa"** (ca 2.5 hours by car from Parma – ca 170 km)
- **Verona** (ca 2 hours by car from Parma – 135 km)

**By car**

Parma lays nearby the main Italian highway (A1) and the European Route E35, and can be easily reached by car.

- **A1, Autosole / Milano-Napoli (E35) / Parma**
- **A15, Autostrada della Cisa / Parma - La Spezia (E31) / Parma Ovest Pontetaro**

The Italian Motorways Web site, provides detailed information on the Italian roadways. In Italy, you have to pay a toll based on the length of your trip and on the region you are travelling through.

To reach Parma by car take the motorway (toll way) Autostrada del Sole (A1) from Milano direction “Bologna” or from Bologna direction “Milano”. The A1 is connected by motorways to the other cities of Northern Italy.

To calculate the distance from a starting point to Parma it’s possible to use Via Michelin website ([http://www.viamichelin.com/](http://www.viamichelin.com/)) which provides mapping coverage for 7 million kilometers of roads and streets across more than 42 European countries, the website is available in many languages.

**By coach**

Eurolines organises coaches leaving from the main European cities for Parma and vice versa. Eurolines lines connect Parma to many European cities such as London, Paris, Amsterdam, Brussels, Barcelona, Madrid, Warsaw, Krakow, Prague, Bratislava and Budapest.

Coaches arrive at and leave from Parma, close to the railway station (P.le Dalla Chiesa) on alternate days.
By ferry

There are several ferries departing from Greece, Albania, Montenegro and Croatia. Most of them arrive at Venice, Ancona, Bari and Brindisi. Some regular ferry services connect the island of Corsica to Genoa, Livorno, Civitavecchia, Naples and North of Sardinia. Barcelona is connected to Civitavecchia and to Genoa. There are also services connecting Sicily and Naples to North African harbours, an hydrofoil service running from Pozzallo on the south-eastern coast of Sicily to Malta, a year-round service between Trieste and Albania and summer services between Trieste and Pirano (Slovenia) and Parenzo and Rovigno in Croatian Istria. The service between Trieste and Rovigno takes less than 2 hours which is quicker than the bus service.
LIFE IN EFSA

Your first day at EFSA

The first day as a trainee may be among the most memorable — and perhaps stressful — of your career. But don’t worry, we are here to help you and give you some tips.

First of all, report to the reception (Via Carlo Magno 1/a - 43126 Parma) by 08.30 a.m. The reception opens at 8 a.m., so if you arrive earlier than expected you are welcome to enter the building. You will have the chance to meet all the other trainees who are starting on the same day and you will receive your badge which allows you to enter in all EFSA facilities and rooms (be prepared for a picture).

There will be a small tour of the building and an induction session where it will be explained to you how EFSA works and how your traineeship will look like. After that you will finally meet the colleagues of your team!

Tips for your first day at EFSA

What documents should I bring with me?

You are kindly requested to bring all the originals of the scanned documents you sent us:

- Criminal records
- Degree
- Health insurance
• Medical certificate confirming that you are physically fit to perform the duties of the traineeship
• Placement offer
• LEF
• BAF

And last, but not the least, you will be asked to show your original ID/passport to the security guards of EFSA at the entrance, so bring it with you!

*What to wear?*

There is no strict dress code at EFSA. Staff is expected to dress in a tidy manner and appropriately for their work. It is normal for staff to dress more formally for meetings where there are external participants.

*Say hello*

You’ll be introduced to people and there will be a welcome by colleagues from your unit.

*Ask Questions/Ask for Help*

The more you ask early on, the better it is. The traineeship is the best time to question anything you don’t understand, and you’ll look great if you manage to pick up a lot of it. Try to get organised about these and other things from the start.

*Service desk*

Service desk is an important part of EFSA organisation engine. They actually try to solve virtual and no virtual issues. The earliest contact them the best it is. They will give access to the EFSA archive platform (DMS), to your personal Outlook account and to all online EFSA resources you will need to use.

*The lunch*

In EFSA, there is a canteen and a coffee bar that offers you different dishes (vegetarian included) and you will find free distributor of drinks (water, cola,…).

You can bring your own food, we have a kitchenette (fridge, microwaves,…) and water dispenser in each floor.

You can find some restaurants close by EFSA building.
EFSA’s organisational structure

**Figure 1:** EFSA’s organisational structure (check [here](#) for any updates)

Organisational Structure on 01/02/2018
FIRST STEPS UPON ARRIVAL

Codice fiscale

The Codice Fiscale is a permanent Italian identification number, which is essential for all Italian national and local administrative procedures – from renting an apartment to having a bank account, buying a mobile phone, having a land line, etc.

You can obtain Codice Fiscale in two ways:

1. Through your local Italian embassy/consulate. Please contact the relevant office at the Italian embassy or Consulate and follow their instructions.

2. When coming in Parma, you need to go to the Italian Revenue Agency Office in Parma (Agenzia delle Entrate, Strada Quarta 6/1 A, 43123 Parma). The office is open during the following hours: Mon, Thu 8.45-12.45 + 14.30-16.30 Tue, Wed, Fri 8.45-12.45.

On the Agenzia delle Entrate website you find the bus lines you can take to arrive at the office. At the reception desk you will be asked to fill in an application form with your personal details, including your Italian address – either that of your apartment in Italy or the one of EFSA (Via Carlo Magno 1/A, 43126 Parma). After filling out the form, you will receive a ticket to queue at the office desk, where you will be given a temporary A4 paper version of your codice fiscale.

If you are not able to go to the Agenzia delle Entrate, you can nominate someone to go on your behalf to carry out the procedure and obtain the codice fiscale for you. However, please note that it is necessary to fill in a prepared ‘self-certification’ (delega), containing your basic details and the ones of the person you delegate, together with the date and your signature. If you need help with the delega, contact your HR partner. Subscription to “schedario temporaneo”

The law concerning EU people staying in Italy for a temporary period will make your stay in Parma fully legally recognised. It is called “subscription to schedario temporaneo” and it is applicable from the 4th month of the stay until up to 1 year.

It is necessary to go to Anagrafe office at the Comune (Largo Torello De Strada, in principle a side part of Viale Mentana) with:

- ID document
- Rental contract
- The European Health card or something demonstrating that you are covered concerning health issues
- Something demonstrating the reason why you are in Italy (traineeship agreement, university enrolment, etc.)
- Something demonstrating that you have enough money to stay in Italy (it can also be an auto-declaration/ bank statement)

You will then be asked to buy a revenue stamp.

![Figure 2: Location of the municipality’s offices (source: https://www.google.it/maps)](image)

**Italian language**

Having a basic knowledge of Italian will ease your daily activities such as buying groceries, communicating with your landlord or just organising your leisure time. If you have some time to start learning Italian already before your arrival, here are some web pages which may be helpful for you:

- [www.oneworlditaliano.com](http://www.oneworlditaliano.com)
- [http://www.bbc.co.uk/languages/italian/](http://www.bbc.co.uk/languages/italian/)
- [https://www.duolingo.com/](https://www.duolingo.com/)

Moreover, the City of Parma offers Italian courses for free:

**CPIA: centro provinciale per l'istruzione degli adulti**
Via La Spezia, 110 - tel. 05211917221 - 05211917220
Web site: [http://cpiaparma.it/](http://cpiaparma.it/)
e-mail: cpiaparma@gmail.com
Money exchange

In Parma there are no money exchange offices, but it is possible to change US Dollar, Yen, Pound and Swiss Franc in the following post offices:

Post office City centre
Via Melloni, 2 - Via Pisacane, 1
Hours: from Monday to Friday from 8.20a.m. to 7.05p.m., Saturday from 8.20a.m. to 12.35p.m.

Post office Parma Sud Montebello
Via Pastrengo, 1
Hours: from Monday to Friday from 8.20a.m. to 7.05p.m., Saturday from 8.20a.m. to 12.35p.m.

Parma 6
Piazzale Santa Croce
Hours: from Monday to Friday from 8.20a.m. to 7.05p.m., Saturday from 8.20a.m. to 12.35p.m.

Post offices are closed on Sunday and festivities and 13 January, S. Ilario day, patron saint of the town.

Websites to buy and sell used stuff

Especially at the beginning of your stay in Parma you might need some things for your flat, a bicycle, ... Therefore have a look on the following websites where people can buy and also sell used stuff:

- http://www.subito.it/annunci-emilia-romagna/vendita/usato/parma/
- http://parma.bakeca.it/annunci/compro-vendo/
This section contains information on finding an accommodation in Parma.

Via the following link, you can find an interactive excel with the list and information of some houses/rooms/bilocale/monolocale given by previous trainees. We kindly ask you to not share the link with other people.

https://docs.google.com/spreadsheets/d/1k2WBivbHosuojAOvVNhM1E_pcMSBc5Efvw8b2u2Hxag/edit?usp=sharing

**Renting a room/apartment**

Finding a room/apartment is a challenge - especially when you don't speak Italian and you have to arrange everything by distance. However, you can find many available rooms and apartments in Parma if you search well!

1) *Informagiovani*, is a municipal entity that helps young people in finding a cheap accommodation. For further info, take a look on this website: [https://informagiovani.parma.it/bacheca/abitare.html](https://informagiovani.parma.it/bacheca/abitare.html) or go and check the board at the Informagiovani office located in:
*Via Melloni, 1/B - 43121 Parma, in front of the Central Post Office*

2) **Online Portals for renting apartments/rooms:**
Subito.it (https://www.subito.it/annunci-emilia-romagna/vendita/appartamenti/parma/)
Bakeca.it (http://parma.bakeca.it/annunci/offro-casa/)
Kijiji.it (https://www.kijiji.it/case/affitto/annunci-parma/)
Immobiliare.it (https://www.immobiliare.it/affitto-case/parma/)

These websites are in Italian. However, be aware that you can translate the content through the Google translator tool available on Google Chrome.

3) Visit the “Camplus Apartments” (Residenza Universitaria Cocconi) and check for available studios and rooms all around Parma.

4) Check the boards for room available at the University of Parma
Main Building: Via Università, 12, 43121 Parma PR
Faculty of Economics: Via John Fitzgerald Kennedy, 71, 43125 Parma PR
Faculty of Philosophy: Viale Paolo Toschi, 1, 43121 Parma PR
Public Library: Vicolo S. Maria 5, 43121 Parma

5) Check the Facebook groups (below). Notice that you need to ask for the registration to the admin first.
   o PARMA AFFITTI TRA PRIVATI
   o AFFITTI PARMA Camera-Monolocale-Bilocale-Trilocale - brevi&lunghi periodi
   o Case in affitto a parma
   o CAMERE IN AFFITTO A PARMA

6) Get in contact with Trainees leaving through the “European Food Safety Authority (EFSA) – Trainees” Facebook group, or simply networking!

7) Check the Board next to the Cafeteria in EFSA. Many housing announcements are available there.

NOTE: In order to rent rooms or apartments, very often, you need to pass through some commercial agencies which require the payment of a quite expensive fee (usually around one monthly rent). Prefer the announcements that are directly published by the owners, without any intermediary.

Temporary accommodation

Temporary accommodation can be a good option before choosing a longer term solution or if you were not able to find a place before the start of your traineeship. Therefore consult the list of hotels, hostels and residences in and around Parma in Annex 3.

Further opportunities can be found on the official city website (www.comune.parma.it), on the tourism website (www.turismo.comune.parma.it) or on commonly known websites like Airbnb or Wimdu.
Home services

In this section you will find the information on activating utilities (if you need to do so). Additional information can be found on the EFSA Intranet Portal.

Gas, electricity and water

IREN is the main provider of gas, electricity, water and garbage services for Parma.

When requesting or changing a gas, electricity or water connection in your house, you will need to provide the following documents:

<table>
<thead>
<tr>
<th>GAS &amp; ELECTRICITY</th>
<th>WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td>ID card</td>
<td>ID card +EU citizens: certificate attesting</td>
</tr>
<tr>
<td></td>
<td>permission of stay or certificate from the</td>
</tr>
<tr>
<td></td>
<td>registry office; Non-EU citizens: VISA-Permis</td>
</tr>
<tr>
<td></td>
<td>de Sejour</td>
</tr>
<tr>
<td>Codice Fiscale</td>
<td>Codice Fiscale</td>
</tr>
<tr>
<td>Mailing address</td>
<td>Mailing address</td>
</tr>
<tr>
<td>Phone contact</td>
<td>Phone contact</td>
</tr>
<tr>
<td>Current address</td>
<td>Current address</td>
</tr>
<tr>
<td>Email + Fax number (optional)</td>
<td>Email + Fax number (optional)</td>
</tr>
<tr>
<td>Basic characteristics of the required</td>
<td>Basic characteristics and details of the</td>
</tr>
<tr>
<td>supply (power, in-door, etc.)</td>
<td>water-supply (on site)</td>
</tr>
<tr>
<td></td>
<td>Previous bill(s) of the other services’ supply</td>
</tr>
<tr>
<td></td>
<td>(e.g. telephone, etc.) refering to the same</td>
</tr>
<tr>
<td></td>
<td>estate</td>
</tr>
<tr>
<td></td>
<td>Land registry details</td>
</tr>
</tbody>
</table>

Waste sorting

In Parma a door-to-door separate waste collection takes place. Dedicated bins are located in the common spaces of each building, and collection days are different depending on the areas.

To check your collection days, you can go on the web page http://servizi.irenambiente.it/ and fill out the provided section by selecting “Parma” in the first folder and your address in the second one.

Glass and plant waste are not collected door-to-door and must therefore be put in dedicated containers located in the streets.

For batteries, you can find bins in some tobacco, electric and phone shops as well as at the reception of the EFSA building, while pharmaceuticals are collected in pharmacies throughout the city.

You can find all information about how garbage is collected through the following link:

https://serviziweb.gruppoiren.it/ServiziAmbiente/api/media/bb90d090-1811-452f-896e-215e80a9fb70
Garbage collection & recycling

All residents have to pay a local garbage tax, the amount of which can vary according to the size of the accommodation and number of occupants. For general garbage, you will find large black or steel refuse containers on the streets near your home. Each household receives various bins for recycling different kinds of waste (organic, paper, glass, plastic). Rules vary according to the area you live in.

How to get the different bins for refuse collection and recycling

In order to get the different containers for refuse collection you need to call Numero Verde Ambiente of IREN: 800 212 607 (free of charge).

Following this, you will be able to pick up your bins at the reception desk of ENIA office in Strada Baganzola between 7.00 and 20.00 (Mon to Fri).

The receptioner has the list of containers that have to be assigned to each person who called, so he will give them to you together with a calendar containing the picking up days of the different wastebaskets from ENIA operators.
MEDICAL ASSISTANCE

In EFSA

EFSA does not cover sickness insurance. Each trainee should take care of his / her medical insurance. A medical insurance coverage is compulsory for the entire duration of your traineeship period.

During the in-service training a trainee is only personally insured against the risk of accidents.

EFSA’s Medical Adviser is Dr. Luca Buzio, who is responsible for checking exam results and validating the pre-employment and annual medical visits. He may be replaced by Dr. Federico Guidetti during unforeseen absences, holidays and sickness, but they can also work in co-presence.

Dr. Buzio/Dr. Guidetti is assigned to responsibilities related to the workplace, such as:

- Preventive Medicine (annual medical visits, annual anti-flu campaign, pre-employment medical visits, etc.);
- Occupational Medicine (consultations with staff, assessment of workstations, ergonomics, compliance with health and safety requirements);
- Travel Medicine and Dispensary Care (vaccinations for staff travelling on mission);
- Networking and Committees (Health & Safety Committee, Inter-institutional Medical College, liaison with Medical Advisers of EU Institutions/Agencies);
- Medical Files;
- Pre-employment Medical Visits.

For EU-trainees, there are different options they can avail from:


   Or

2. Subscription into the Italian National Healthcare Service (SSN). This specific coverage lasts one calendar year, therefore, only until 31st December. The National Healthcare Service will cover all the fees related to hospitalization, sickness and maternity services provided within Italian public hospitals. The yearly premium starts from 149.77€, and is proportionally increased by the amount of revenue you have declared in the past year. Please note that for the period of time not covered by the Italian National Healthcare Service (SSN), you are encouraged to subscribe a private healthcare insurance. See graph below as example for clarification. Your HR Specialist in EFSA will support you with additional information on the procedure to follow upon your arrival in Parma (Italy).
3. Buy a Private healthcare insurance for entire duration of traineeship.

Example of coverage scheme if you decide to subscribe to the Italian National Healthcare Service (SSN):

For non–EU trainees, there are different options they can avail from:

1. Buy a Private healthcare insurance for the entire duration of traineeship prior to your arrival in Parma (Italy).

Or

2. Subscription into the Italian National Healthcare Service (SSN). Non-EU trainees need to have a Student Visa to benefit from this option. The National Healthcare Service will cover all the fees related to hospitalization, sickness and maternity services provided within Italian public hospitals. This specific coverage lasts one calendar year, therefore, only until 31st December. The yearly premium starts from 149.77€, and is proportionally increased by the amount of revenue you have declared in the past year. Please note that for the period of time not covered by the Italian National Healthcare Service, you are encouraged to subscribe a private healthcare insurance. See graph below as example for clarification. Your HR Specialist in EFSA will support you with additional information on the procedure to follow upon your arrival in Parma (Italy).

Example of coverage scheme if you decide to subscribe to the Italian National Healthcare Service (SSN):
Where should I go if I need medical assistance?

Italian trainees will get medical assistance with their Italian Health card ("tessera sanitaria"). To be assigned a general practitioner (GP), they will have to go to the LHA in Parma (Via Pintor Giaime, 1, 43125 Parma PR; Telephone: 0521 393111).

At the same address you can find Ufficio Rapporti con L’Esterno (Foreign Affairs office) where non Italians can go to ask for information. Please note that this office is not open on Saturdays.

When is not possible to receive assistance by the general practitioner both for Italians and non-Italians, Punto Bianco is the outpatients clinic in Parma where you can go for non-urgent cases. For which kind of issues can I go to Punto Bianco to receive medical assistance? → joint pain, muscular pain, not serious contusions (without fracture); dermatologic issues such as insect bite, erythema, mycosis; sore throat and flu/influenza symptoms; superficial wounds; infection of the urinary tracts; otitis; non acute gastroenteritis; anti-tetanus vaccination.

This means that it doesn't provide services such as repetition of medicines prescription, certificate of illness or specialist consultation. The service is for free, and you just need to carry your health card with you (European Health card in the case of non-Italian citizens).

**Schedule**: open every day from 8:00 to 20:00  
**Address**: Ospedale Maggiore di Parma, Via Abbeveratoia, 41, 43126 Parma PR

For more information visit:  
http://www.ausl.pr.it/dove_curarsi/punto_bianco/default.aspx (only available in Italian)

For emergencies please refer to Pronto soccorso dell’Ospedale Maggiore in Via Abbeveratoia, 2, Parma.

More info (available only in Italian):  
http://www.ausl.pr.it/dove_curarsi/pronto_soccorso/default.aspx  
http://www.ao.pr.it/

What is the European Health Insurance Card?

The European Health Insurance Card is a free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 28 EU countries, Iceland, Lichtenstein, Norway and Switzerland, under the same conditions and at the same cost (free in some countries) as people insured in that country. Cards are issued by your national health insurance provider.

IMPORTANT – the European Health Insurance Card....

- is not an alternative to travel insurance  
- does not cover any private healthcare or costs such as a return flight to your home country or lost/stolen property,  
- does not cover your costs if you are travelling for the express purpose of obtaining medical treatment,
• does not guarantee free services. National healthcare systems differ greatly within Europe. Services that cost nothing at home might not be free in another country.

**What happens if I don’t have an European Health Insurance Card?**

IMPORTANT: Check with the health insurance provider or with the National Contact Point in your home country whether they will cover the costs of your healthcare abroad for the full duration of your stay.

http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo

Some national health insurers will however only cover the costs of your healthcare in another country for a limited time; this is often the case for mature students (older than 28 or 30) and workers on training abroad.


If this is the case for you, you will need to:

• register for state healthcare in your host country OR
• to take out private health insurance.

Considering the first option, the Student Visa allows you to be subscribed into the SSN. The National Healthcare Service will cover all the fees related to hospitalization, sickness and maternity services provided within Italian public hospitals. This specific coverage lasts one calendar year, therefore, only until 31st December. Take into consideration this time span when managing your healthcare insurance coverage.

In order to be subscribed to the SSN you need to provide a copy of:

- The Codice Fiscale
- Your Passport and Student Visa (only for Non-EU Trainees)
- Your EFSA Traineeship Offer
- The payment of at least €149.77 (depending on the level of income of the previous year) at the National Post Office for insurance coverage
- The receipt of the Permit of Stay request (only for Non-EU Trainees)

As an alternative to the private insurance, if you are in a place other than your habitual residence for a period greater than 3 months, for study, work or health reasons, you can temporarily sign up to the LHA lists in that place. Temporary sign-up, allows you to receive general medical assistance in your temporary place of residence under the same conditions than Italian citizens. It guarantees you all the services included in the ECL.

EU countries are free to establish their own rules on entitlement to benefits and services. For example, if you apply for medical care in the country where you now live, you probably won’t be entitled to exactly the same services for the same price as in your country of origin.

To avoid potentially serious problems and misunderstandings, find out about the social security system in your host country or contact National Contact Point.
How can I register to my host country health system?

To sign up to the SSN number, it is necessary to fill a form and pay a fee; you can consult the LHA (ASL) in your place of residence. For more info visit:

http://www.ausl.pr.it/come_fare/iscrizione/iscrizione_volontaria_determinate_categorie_cittadini_comuni.aspx

When signing up, you must choose your GP from a list of doctors agreed with the SSN.

Useful links

http://www.ausl.pr.it/ (available only in Italian)
http://www.salute.gov.it/ (available only in Italian)
http://www.ausl.pr.it/come_fare/sportelli_unici/default.aspx (available only in Italian)
http://www.agenziafarmaco.gov.it/
MOVING AROUND

What are ZTLs? What do the different colours surrounding the parking lots mean? How about bike/car sharing? What is the Pronto Bus?

In this section you will find all the information on how to arrive at EFSA and on how to move around in Parma in general - either by car, bicycle or public means of transport.

How to arrive at EFSA

By car

In case you want to arrive at EFSA by car, you can leave it in the underground parking within the premises. The parking offers 204 lots for cars and is accessible through Via Carlo Magno.

For receiving the permission to enter the parking with your car (the same procedure is also applicable for motorcycles), you need to send an email to servicedesk@efsa.europa.eu providing the following details: brand and model of the vehicle, fuel type and plate number. Once the registration is completed, you will be given a permit, which must be clearly visible on the dashboard of your car when using EFSA parking areas. It is strictly personal and linked to the registered vehicle. Your ID badge will be modified to allow electronic access to the car parks. Use of the parking premises is based on a “first come, first served” basis.
By bicycle

Within EFSA’s premises there are in total 155 parking lots for bicycles – either in front of the building or in the underground parking. If you don’t have a bike of your own and you want to take advantage of the bike sharing initiative in Parma instead: there is a sharing station just in front of EFSA.

By bus

The bus stop “Viale Piacenza Stadio Rugby” is just next to EFSA. It is served by bus lines no. 6, 9 and 12. For more information on the respective ways of transport, have a look at the following sections.

Car

Driving

Like in many other cities, there are also traffic restrictions for the central areas of Parma, the so-called ZTLs (= Zone a Traffico Limitato). Outside of these areas, you can drive freely. Within the ZTLs you are not allowed to drive during daytime (7.30 to 19.30), whereas from 19.30 to 7.30 you are allowed to circulate throughout these areas.

Figure 3: ZTLs in Parma (source: http://turismo.comune.parma.it/en)

There are three check points with electronic and video devices to control the access to the ZTLs during the following times:

- Viale Mariotti and Viale Toscanini (check points next to the Torrente di Parma): 7.30 to 19.30
- Via XXII Luglio: 7.30 to 11.30 and from 16.00 to 19.00
In case you temporarily need access to the ZTLs during daytime or you are a resident, you can go for an exceptional permission.

- **Temporary access for non-residents:**
  There are two kinds of tickets available: the 2-hours-ticket (Biorario, BZ) for 5€ or the day-ticket (Giornaliero, GZ) for 10€. They can be purchased at the following locations:
  - Parkometers next to the three check points (Piazzale della Pilotta, Viale Basetti (in front of house number 6) and in Stradone Martiri della Libertà (corner Strada XXII Luglio))
  - **Counters of Infomobility:** Front Office Mentana, DUC Sportello Mobilità, Parma Punto Bici
  - Kiosks and tobacco shops

  The **tickets** have to be **authorised prior to entering the ZTL** via communication to the respective Infomobility office!

  Further information on the temporary access to ZTLs are provided [here](#).

- **Residents:**
  There are permanent (i.e. annual validity with due date on 31 December) and temporary permits (1 to 6 months). In any case they will be issued only in association with a chargeable parking permission. Further information on the various permit options, costs and vending points can be retrieved from [here](#).

**Parking**

When parking in Parma, you have two main options: parking your car **on the road** or in a **car park**.

- For **parking on the road**, there are certain colour codes for the lines marking the parking slot. They indicate who is allowed to park there and when:

<table>
<thead>
<tr>
<th>Delimited by blue lines</th>
<th>Delimited by blue and white lines</th>
<th>Delimited by yellow lines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>payment parking:</strong> usually from 8.30 to 19.30, Monday to Saturday. Free outside of these time-slots</td>
<td><strong>payment parking:</strong> usually from 7.30 to 19.30, everyday.</td>
<td><strong>only with explicit permission</strong>, e.g. for disabled persons</td>
</tr>
<tr>
<td><strong>tickets to be purchased at the parkometers</strong></td>
<td><strong>tickets to be purchased at the parkometers</strong></td>
<td><strong>appropriate certificate</strong> (obtained from the Comune) has to be placed on the windscreen</td>
</tr>
<tr>
<td><strong>from 19.30 to 7.30:</strong> only for residents</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

[28]
Further restrictions might be in place for specific areas, therefore always consider the information indicated on the signs next to the parking slots.

Further information on the permit options, costs and vending points can be retrieved from here.

- There are several **paying car parks**. Most of them are located around the central area of Parma, so you can easily reach the city centre on foot. Another option is to leave your car in one of the **exchange car parks** in the outskirts of Parma. They are for free and connected to the city centre through public means of transport.

  You can find an overview of the car parks in Parma here and in Annex 4.

**Car Sharing**

In case you don’t have a car, but temporarily need one, you can take advantage of the car sharing initiative in Parma. There is even one location just next to EFSA! For further information on conditions of use, costs, etc. have a look on the Infomobility website.

**Special traffic pollution controls**

In accordance with the project **PAIR 2020** to fight air pollution and to limit circulation of private vehicles, there might be several traffic restrictions during certain times of the year. From 8.30 to 18.30, Monday to Friday and on “ecologic Sundays” (first Sunday of the month) in the period of 1 October to 31 March, circulation is limited for Diesel cars with classification up to Euro 3 (Euro 4 as of October 2018), Benzin cars up to Euro 1 and mopeds up to Euro 0. Exceptions are in place for car pooling (with at least 3 people on board).

The actual days when these restrictions are applicable and the areas subject to these limitations are published on the municipality’s website and on the EFSA portal.

**Bicycle**

Going by bicycle is very popular in Parma. Throughout the city there are cycle-lanes which make it easy to move around. There are several shops offering also second-hand bicycles for a reasonable prize.

Arriving to EFSA by bike is very convenient as there are a lot of parking spaces within the premises – in front of the building as well as in the underground parking.

For those not having a bicycle of their own: there is also the **bike sharing** initiative “*mi muovo in bicicletta*”. After having purchased the membership card (€ 5 for the card + € 15 for the annual subscription), you can go to one of the 21 stations throughout Parma (one is also in front of EFSA’s premises) and rent a bike – the first 30 minutes are for free!

<table>
<thead>
<tr>
<th>Duration of use</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>the first 30 mins</td>
<td>GRATIS</td>
</tr>
<tr>
<td>every half an hour up to the third hour</td>
<td>€ 0,80</td>
</tr>
<tr>
<td>every hour from the third to the 24th hour</td>
<td>€ 2,00</td>
</tr>
</tbody>
</table>
Further information on the location of the bike sharing stations, the conditions of use, etc. can be found [here](#).

Another option is to go to the bicycle renting centre “Parma Punto Bici”, about 400m from the station, near to the underground parking Toschi.

<table>
<thead>
<tr>
<th>Duration of use</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hours</td>
<td>€ 5</td>
</tr>
<tr>
<td>5 hours</td>
<td>€ 8</td>
</tr>
<tr>
<td>1 day</td>
<td>€ 15</td>
</tr>
<tr>
<td>Every subsequent day</td>
<td>€ 10</td>
</tr>
</tbody>
</table>

For more detailed information, please check the Punto Bici’s [website](#).

**Public Transportation**

![Public Transportation](image)

**Bus**

The main operator of buses and coaches in Parma is TEP. On the [TEP website](#) you can find all the timetables for the buses circulating in Parma (linee urbane) and for the ones connecting Parma to the towns in the province (line extraurbane).

Tickets and passes are sold at the TEP points (Barriera Bixio – Piazzale Barbieri, 1 or Biglietteria Stazione FS – P.le C.A. Dalla Chiesa) and at any tobacconist shop for the following rates:
<table>
<thead>
<tr>
<th>Ticket</th>
<th>Rate*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single ticket (60 min validity)</td>
<td>€ 1.20</td>
</tr>
<tr>
<td>Day ticket</td>
<td>€ 3.00</td>
</tr>
<tr>
<td>Ticket for 8 single trips (60 min validity for each trip)</td>
<td>€ 8.00</td>
</tr>
<tr>
<td>Monthly ticket</td>
<td>€ 28.50</td>
</tr>
<tr>
<td>Annual ticket</td>
<td>€ 250.00</td>
</tr>
</tbody>
</table>

(*these rates correspond to the urban bus lines)

You can also buy the single ticket directly on the bus, but in this case the rate will be € 2.00 instead of €1.20 and you have to pay the exact amount as you will not be given change!

During the evening/night, when only partial bus services are available, there is the on-call bus service **PRONTO BUS**. It operates in Parma (Pronto Bus Urbano) and in some of the main towns in the province (Pronto Bus Extra) from 20.15 until 1.15.

To book the bus, you can submit your pre-notification through the online tool or you can call 840 22 22 23 (after 6 p.m.). The booking can either be done on the day you want to use the Pronto Bus or even up to one week in advance. The price for a ticket is € 2.50 (with 60 min validity) or € 3.00 (valid during the entire night). All over the city there are lots of Pronto Bus stops where you then can be picked up. For further information, have a look here.

**Train**

If you want to go somewhere by train, check the train routes and timetables on the [Trenitalia](https://www.trenitalia.com) website. From Parma station you easily reach e.g. Bologna within 1 or Milan within 1.5 hours.

You can purchase the tickets online or directly at one of the ticket machines in the station. Don’t forget to **validate the ticket** before getting on the train! The validating machines are located at the entrance of the platforms.

If you are under 26 years old, you can take advantage of the **CartaFRECCIA Young**, which allows you to receive a discount of 20% on your tickets for all the national trains. You can purchase it in the ticket office, at the ticket machines or via the Call Center - until two days in advance to your departure. For further information have a look on the [website](https://www.trenitalia.com).

Special offers for trains can also be found via [Italotreno](https://www.italotreno.it). These trains usually operate between the big cities of Italy, with destinations like Venice, Firenze, Rome, Naples or Torino. The closest station from which these trains depart is Reggio Emilia AV Mediopadana and there are buses connecting Parma with this station.
FACILITIES AND LEISURE ACTIVITIES

An overview of the events taking place in Parma and the entire region of Emilia-Romagna can be found on the following websites:

- Parma Cultura
- Tourist office Parma
- Emilia-Romagna Turismo
- Città d'arte Emilia Romagna

Whatever cinema, museum or sports club you go to: Take your EFSA badge with you – you never know where you might get a discount.

Theatre

There are four main theatres in Parma offering seasonal programmes. You can buy your tickets in the respective ticket shop or online. Check the websites for special discounts (e.g. offers for people under 25 or 30, discount with Conad Card, ...).

<table>
<thead>
<tr>
<th>Theatre</th>
<th>Adress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teatro Regio</td>
<td>Via Garibaldi, 16/a</td>
</tr>
<tr>
<td>Teatro Due</td>
<td>Via Basetti, 12/a</td>
</tr>
<tr>
<td>Teatro Pezzani</td>
<td>Borgo San Domenico, 7</td>
</tr>
<tr>
<td>Teatro delle Bricole</td>
<td>Parco Ducale, 1</td>
</tr>
</tbody>
</table>

One of the main cultural events in Parma takes place in October: the Verdi Festival. Throughout the entire month the city celebrates the heritage of Giuseppe Verdi, who was born in a town close to Parma (Roncole), with a lot of concerts and events.
Museums and galleries

The city of Parma and its province offer a lot of museums, dedicated to art, music and also to food (see section Food in and around Parma). The first Sunday of the month is always a good opportunity to go there: you can enter some of the museums, mainly the national ones, for free!

Here an overview on some of the museums/galleries:

- National gallery (together with Teatro Farnese), Parma
- Chamber of Saint Paul and Saint Catherine’s cell, Parma
- Birthplace and museum of Arturo Toscanini, Parma
- National museum of Giuseppe Verdi, Busseto
- Art collection of the labyrinth of Franco Maria Ricci, Fontanellato
- Magnani Rocca Foundation, Traversetolo

For a complete list of the museums/galleries in and around Parma, have a look at the tourist office’s website.

Cinema

There are 5 cinemas in Parma, three of them cinema d’essais, whereas in “The Space” cinemas you can see rather the blockbuster movies (in Italian language).

<table>
<thead>
<tr>
<th>Cinema</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinema d’Azeglio</td>
<td>Strada Massimo d’Azeglio 33</td>
<td>Cinema D’Azeglio d’essai</td>
</tr>
<tr>
<td>Cinema Edison</td>
<td>Largo Otto Marzo 9b</td>
<td>Cinema Edison d’essai</td>
</tr>
<tr>
<td>Cinema Astra</td>
<td>Piazza Volta 3</td>
<td>Cinema Astra d’essai</td>
</tr>
<tr>
<td>The Space</td>
<td>Barilla Center: Via R. Barilla 1</td>
<td>The Space - Barilla Center</td>
</tr>
<tr>
<td></td>
<td>Campus: Largo Sergio Leone 7/A</td>
<td>The Space - Campus</td>
</tr>
</tbody>
</table>

*Cinema d’Azeglio* has an event in place called “The Original ones”. On Tuesdays, movies are shown in their original version (with Italian subtitles). The current program is always published on the EFSA portal. By showing your EFSA badge, you get a discount on your ticket. Or you go for a subscription, which is valid for a certain amount of movies (usually six) and where you can always bring a second person – this is even cheaper ;)

*Cinema Edison* also puts on the screen movies in their original language, with Italian subtitles. You can do a subscription for 5 movies, paying € 20. And on Fridays, people under 30 only have to pay € 3 for the ticket.

Also in *Cinema Astra* you have the possibility to do a subscription (6 movies for € 27) or to purchase the ticket for € 3 only if you are under 30 (only applicable on Tuesdays).

In *The Space* cinemas you can take advantage of the “Happy Monday” / “Happy Tuesday”, where you can see selected movies for only € 3.50. Check the weekly program to know which movies will be on the screen as part of this special offer.
Libraries in Parma

There are many libraries in Parma. Some of them have books in different languages (Italian, English, Spanish, Portuguese, French, ...) and organise activities (cinema, tandem, ...)

The most important are:

- Biblioteca Internazionale Ilaria Alpi
  http://www.biblioteche.comune.parma.it/alpi/it-IT/homepage.aspx
- Biblioteca Palatina
  http://www.bibliotecapalatina.beniculturali.it/
- Biblioteca Comunale Ugo Ganda
  http://www.biblioteche.comune.parma.it/guanda/Nuovi-orari.aspx

Public parks

Across the town, a wide range of open spaces and public parks are the perfect landscapes for jogging and running.

- **Parco Ducale:** Parco Ducale is one of the most important parks in Parma; it was designed in 1560 and extended in the 18th century. Decorated with sculptures by J.B. Boudard, it was successively adapted to the French style. The Park plays host to the Ducal Palace and the Palazzetto Eucherio Sanvitale, built in Renaissance style in 1520 by Giorgio Da Erba. It is located in the historical centre on the west side of the river, opposite the Pilotta palace, a 10 minutes’ walk from Piazza Garibaldi and a 5 minutes’ walk from the railway station; it’s the perfect destination for sports with its 3.2 km of roads.
- **Parco Cittadella**: in the past it was a military fortress with a pentagonal shape, built around 1591 by the Duke Alessandro Farnese and finished in 1599 by Duke Ranuccio Farnese. Born as a defensive fortress, it has ramparts and moats; it was used as a prison, barracks. Now Cittadella is a public park with children's games and space for outdoors sports.

**Sport activities**

**In EFSA**

If you want to challenge your EFSA colleagues, join one of the sports teams, e.g. in ping pong or football. For more information check the EFSA Intranet Portal.

**In Parma**

Parma has a lot of gyms, as well as a number of outdoor and indoor swimming pools. To find out more about facilities in Parma and surroundings, check the related webpage in the Italian Yellow pages (Pagine gialle).

With your EFSA badge you get a discount at the GYM NCG Fitness Centre ([http://www.ncgfitnesscenter.it/](http://www.ncgfitnesscenter.it/)).

**Food in and around Parma**

**Food museums and festivals**

Throughout the world, Parma is mainly known for its food, especially the two most famous products *Prosciutto di Parma* and *Parmigiano Reggiano*. In the province of Parma there are museums dedicated to these and other typical products. And of course you can
not only learn something about the history and production of these food stuffs, but also have a degustation.

<table>
<thead>
<tr>
<th>Museum of ...</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parmigiano Reggiano</td>
<td>Corte Castellazzi Via Volta, 5 43019 Soragna</td>
</tr>
<tr>
<td>Prosciutto di Parma</td>
<td>Ex Foro Boario Via Bocchialini, 7 43013 Langhirano</td>
</tr>
<tr>
<td>Salame di Felino</td>
<td>Castello di Felino Strada al Castello, 1 43035 Felino</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Corte di Giarola – Parco del Taro Ingresso in Strada Giarola, 11 43044 Collecchio</td>
</tr>
<tr>
<td>Pasta</td>
<td></td>
</tr>
</tbody>
</table>

Another option to taste some typical products are the several food festivals that take place in and around Parma. September is the month of the Prosciutto di Parma festival: a lot of factories open their doors for visitors, give an insight on how the famous prosciutto is produced and also sell their products. Two months later it is time for “November porc” in the area north of Parma, with events dedicated to typical products like Culatello, Spalla Cotta, ...

Check the tourism office’s website to find out more about the schedule of events in and around Parma.

**Going out - or “The cult of Aperitivo”**

The legendary ‘Aperitivo Italiano’ has become a ritual for people around the world when they want to start a great night out or simply rinse off stress after a hard working day. In Parma, cocktails and appetizers have lived on through the years until the ‘Aperitivo time’ has become a real cult of today’s Parma life, with its hours well defined, from 7pm until 10pm. You’ll find plenty of places in and around Via Farini or Via D’Azeglio where you can have a Spritz or try some of the tasty regional wines.

Some of the most important places for aperitivo are: Panino D’artista, Pulcinella, Hub café, Peter Pan, Barino, ...

If you are longing for a sandwich, you should go to: Pepen, Frank Focaccia.

You’ll find a good Kebab at ‘Carpe Diem’ and a nice piadina at ‘La Piadineria’.

And of course there are also a lot of restaurants close to EFSA (Max, Tempi moderni) or in the city centre (Ombre rosse, Trattoria del Tribunale, ...)

**Live music**

In case you want to enjoy live music in Parma, check out the programmes of the places mentioned below:

**Campus Industry**

Address: Largo Simonini, 43124 Parma PR
Shakespeare Cafè
Address: Via Goito, 1, 43121 Parma PR
http://www.shakespearecafe.it/en/index.html

Arci Zerbini Food & Music
Address: Borgo Santa Caterina, 1, 43125 Parma PR
http://www.arcizerbini.it/

Workout Pasubio WOPA
Address: via Palermo, 6 - 43121 Parma
http://www.wopa-temporary.org/

Shopping

Most major supermarket chains have stores in the city. However, not all grocery stores are open on Sunday. To check it, you can consult the web page http://www.paginegialle.it/supermercati-aperti/Parma

And in case you just don’t feel like cooking yourself, you can always order some food online on https://www.justeat.it/domicilio/parma/

Here is a list of the weekly clothes and food markets in Parma:

**Monday**
Piazzale Maestri, from 7.00am to 2.00pm

**Tuesday**
Piazzale Salsi, from 7.00am to 2.00pm
Viale Osacca, from 7.00am to 2.00pm
Vintage fair in Piazza Ghiaia, from 9.00am to 7.00pm (July and August from 6.00pm to 11.30pm)

**Wednesday**
Piazza Ghiaia and Piazzale della Pace from 7.00am to 2.00pm
Farners' market on Piazzale Lubiana in the morning
Vintage fair in Galleria Bassa dei Magnani, all day long

**Thursday**
Via Pertini (in front of the Esselunga supermarket on Via Traversetolo), from 7.00am to 2.00pm
Via Torrente Bardea, from 7.00am to 2.00pm
Piazzale Matteotti, from 7.00am to 2.00pm
Antiques market in Via Imbriani, from 8.00am to 5.00pm

**Friday**
Piazza Lubiana, from 7.00am to 2.00pm
San Pancrazio via Grandi and via Buozzi, from 8.00am to 1.30pm
Handcrafts fair on Piazza Ghiaia, from 9.00am to 7.00pm
Farmers’ market Mercatiamo, Via Palermo 6 (Workout Pasubio) from 4:00 pm to 7:00 pm

**Saturday**
Piazza Ghiaia and also in Piazzale della Pace, from 7.00am to 2.00pm
Farmer's market on Strada Imbriani, from 8.00am to 12.00pm

**Sunday**
Piazzale Matteotti, from 7.00am to 2.00pm

And there are also several **malls** in Parma where you find supermarkets, but also shops for clothes, kitchen ware, electronic devices,...

<table>
<thead>
<tr>
<th>Malls</th>
<th>Address</th>
<th>Web Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eurotorri</td>
<td>Via Rocco Bormioli, 33/A</td>
<td><a href="http://www.eurotorri.it">http://www.eurotorri.it</a></td>
</tr>
<tr>
<td>Centrotorri</td>
<td>Via S. Leonardo, 69/A</td>
<td><a href="http://www.centrotorri.it/">www.centrotorri.it/</a></td>
</tr>
<tr>
<td>Eurosia</td>
<td>Strada Traversetolo SP513R</td>
<td><a href="http://www.eurotorri.it">http://www.eurotorri.it</a></td>
</tr>
<tr>
<td>Barilla Center</td>
<td>Via Emilia Est</td>
<td><a href="http://www.barillacenter.it/">www.barillacenter.it/</a></td>
</tr>
<tr>
<td>Parmaretail</td>
<td>Str. Burla,</td>
<td><a href="http://www.parmaretail.it">www.parmaretail.it</a></td>
</tr>
<tr>
<td>Panorama</td>
<td>Via Silvio Pellico, 20</td>
<td><a href="https://www.pampanorama.it/punti-vendita/parma">https://www.pampanorama.it/punti-vendita/parma</a></td>
</tr>
</tbody>
</table>

**The castles of the Duchy of Parma and Piacenza**

As a heritage of the former duchy of Parma and Piacenza, the area surrounding these two cities is rich of castles and fortresses. In fact, there are more than 20 of them to be seen, amongst others:

- Torrechiara
- Castell’Arquato
- Colorno
- Fontanellato

An overview of all the castles with a short description and history of the respective sites and useful information for visiting them can be found [here](http://www.eurotorri.it).
### Annex 1 – Average cost of living

#### FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal for 1 person at inexpensive Restaurant</td>
<td>15.00 €</td>
</tr>
<tr>
<td>Three-course meal for 1 person at mid-range Restaurant</td>
<td>30.00 €</td>
</tr>
<tr>
<td>Regular Cappuccino</td>
<td>1.48 €</td>
</tr>
<tr>
<td>1l Milk</td>
<td>1.24 €</td>
</tr>
<tr>
<td>Loaf of Fresh White Bread (500 g)</td>
<td>1.77 €</td>
</tr>
<tr>
<td>Water (1l Bottle)</td>
<td>0.30 €</td>
</tr>
<tr>
<td>White Rice (1 kg)</td>
<td>1.30 €</td>
</tr>
<tr>
<td>Apples (1 kg)</td>
<td>1.20 €</td>
</tr>
<tr>
<td>Potatoes (1 kg)</td>
<td>1.00 €</td>
</tr>
</tbody>
</table>

#### LIVING

<table>
<thead>
<tr>
<th>Item</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bedroom Apartment in the City Centre</td>
<td>450 €</td>
</tr>
<tr>
<td>Monthly basic Utilities (Electricity, Heating, Water, Garbage) for a 50m2 Apartment</td>
<td>68.00 €</td>
</tr>
<tr>
<td>Internet</td>
<td>25 €</td>
</tr>
<tr>
<td>Taxi start</td>
<td>5.00 €</td>
</tr>
<tr>
<td>Taxi 1 Km</td>
<td>2.50</td>
</tr>
</tbody>
</table>

Source [www.numbeo.com](http://www.numbeo.com)
## Annex 2 - Hotels, hostels and residencies in Parma

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Phone</th>
<th>Email</th>
<th>Web</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grand Hotel De la Ville</td>
<td>Largo Calamandrei, 11</td>
<td>05210304</td>
<td><a href="mailto:info@grandhoteldelaville.it">info@grandhoteldelaville.it</a></td>
<td><a href="http://www.grandhoteldelaville.it">http://www.grandhoteldelaville.it</a></td>
</tr>
<tr>
<td>Hostel Ostello per la Gioventù</td>
<td>Via San Leonardo 86</td>
<td>05211917547</td>
<td><a href="mailto:info@ostelloparma.it">info@ostelloparma.it</a></td>
<td><a href="http://www.ostelloparma.it/">http://www.ostelloparma.it/</a></td>
</tr>
<tr>
<td>Hotel Astoria</td>
<td>Via Trento, 9</td>
<td>0521272717</td>
<td><a href="mailto:marketing@piuhotels.com">marketing@piuhotels.com</a></td>
<td><a href="http://www.hotelastoriaparma.it/">http://www.hotelastoriaparma.it/</a></td>
</tr>
<tr>
<td>Hotel Button</td>
<td>Borgo della Salina, 7</td>
<td>0521208039</td>
<td><a href="mailto:info@hotelbutton.it">info@hotelbutton.it</a></td>
<td><a href="http://www.hotelbutton.it/">http://www.hotelbutton.it/</a></td>
</tr>
<tr>
<td>Hotel Century</td>
<td>Piazzale Carlo Alberto</td>
<td>0521039800</td>
<td><a href="mailto:info@centuryhotel.it">info@centuryhotel.it</a></td>
<td><a href="http://www.centuryhotel.it/ita/contatti.html">http://www.centuryhotel.it/ita/contatti.html</a></td>
</tr>
<tr>
<td>Hotel Daniel e Ristorante Cocchi</td>
<td>Via Gramsci, 16/a</td>
<td>0521995147;</td>
<td><a href="mailto:info@hoteldaniel.biz">info@hoteldaniel.biz</a></td>
<td><a href="http://www.hoteldaniel.biz">www.hoteldaniel.biz</a></td>
</tr>
<tr>
<td>Hotel Mercure Parma Stendhal</td>
<td>Via Bodoni 3</td>
<td>0521208057</td>
<td><a href="mailto:H9093@accor.com">H9093@accor.com</a></td>
<td><a href="http://www.accorhotels.com/gb/hotel-9093-mercure-parma-stendhal/index.shtml">http://www.accorhotels.com/gb/hotel-9093-mercure-parma-stendhal/index.shtml</a></td>
</tr>
<tr>
<td>Hotel Savoy</td>
<td>Strada XX Settenbre, 20</td>
<td>0521281101</td>
<td><a href="mailto:prenotazioni@savoyparma.it">prenotazioni@savoyparma.it</a></td>
<td><a href="http://www.savoyparma.it/">http://www.savoyparma.it/</a></td>
</tr>
<tr>
<td>Hotel Stendhal</td>
<td>Via Bodoni, 3</td>
<td>0521208057</td>
<td><a href="mailto:prenotazioni@hotelstendhal.it">prenotazioni@hotelstendhal.it</a></td>
<td><a href="http://www.hotelstendhal.it/index.php?sel">http://www.hotelstendhal.it/index.php?sel</a> lang=english</td>
</tr>
<tr>
<td>Hotel ibis Styles Parma Toscanini</td>
<td>Viale Toscanini, 4</td>
<td>0521289141</td>
<td><a href="mailto:info@hoteltoscanini.it">info@hoteltoscanini.it</a></td>
<td><a href="http://www.hotelstendhal.it/index.php?sel">http://www.hotelstendhal.it/index.php?sel</a> lang=english</td>
</tr>
<tr>
<td>Ora Hotels</td>
<td>Strada Cornocchio, 27/a</td>
<td>0521981295</td>
<td>commerciale.parma@ora hotels.com</td>
<td><a href="http://www.oracityparma.com/index_eng.php">http://www.oracityparma.com/index_eng.php</a></td>
</tr>
<tr>
<td>Palace Hotel Maria Luigia</td>
<td>Viale Mentana, 140</td>
<td>0521293539</td>
<td>reservationsmIPsinahotels.it</td>
<td><a href="http://www.palzemarialuigia">http://www.palzemarialuigia</a></td>
</tr>
</tbody>
</table>
### Annex 3 – Car parks and exchange car parks

<table>
<thead>
<tr>
<th>Car park</th>
<th>Adress</th>
<th>Bus lines to/from the car park</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toschi</td>
<td>Viale Toschi, 29</td>
<td>6, 7, 8, 9, 11, 12, 13 and 14</td>
</tr>
<tr>
<td>Goito</td>
<td>Via Goito, 1</td>
<td>2, 13</td>
</tr>
<tr>
<td>DUC</td>
<td>Viale Fratti, 2</td>
<td>7, 11, 21, 23</td>
</tr>
<tr>
<td>Abbeveratoia</td>
<td>Via Abbeveratoia, 4/1</td>
<td>5, 12, 20</td>
</tr>
<tr>
<td>Repubblica</td>
<td>Viale Riccardo e Pietro Barilla, 3</td>
<td>3, 4, 23</td>
</tr>
<tr>
<td>Kennedy</td>
<td>Via J.F. Kennedy</td>
<td>3, 4, 5, 7, 23</td>
</tr>
<tr>
<td>Bottego</td>
<td>Viale Bottego</td>
<td>1, 6, 7, 8, 9, 11, 12, 13, 14, 21</td>
</tr>
<tr>
<td>DUS</td>
<td>Viale Mentana, 99/A</td>
<td>7, 11, 21, 23</td>
</tr>
<tr>
<td>Railway station</td>
<td>Viale Europa</td>
<td>1, 6, 7, 8, 9, 11, 12, 13, 14, 21</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exchange car park</th>
<th>Adress</th>
<th>Bus lines to/from exchange car parks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exchange Park Nord</td>
<td>Via San Leonardo</td>
<td>2, 13</td>
</tr>
<tr>
<td>Exchange Park Sud</td>
<td>Strada Langhirano</td>
<td>21, 14</td>
</tr>
<tr>
<td>Exchange Park Ovest</td>
<td>Via Emilia Ovest</td>
<td>23</td>
</tr>
<tr>
<td>Exchange Park Est</td>
<td>Via Emilia Est</td>
<td>23</td>
</tr>
<tr>
<td>Exchange Park Traversetolo</td>
<td>Via Traversetolo</td>
<td>8</td>
</tr>
<tr>
<td>Parking Villetta</td>
<td>Viale della Villetta</td>
<td>1</td>
</tr>
<tr>
<td>Parking on Largo Beccaria</td>
<td>Largo Cesare Beccaria</td>
<td>5, 20</td>
</tr>
<tr>
<td>Parking Cavagnari</td>
<td>Via La Spezia</td>
<td>6</td>
</tr>
</tbody>
</table>
Throughout the process of writing this guide, EFSA trainees 2015/2016, 2017/2018 have taken time out to do it:

Borrello Francesca, Finning Gelda, Iglesias Alba, Koufakis Ioannis, Quattrocchi Elisabetta, Visciano Micol & Volk Katerina, Bianchini Giuliano.

A special contribution for the pictures:

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