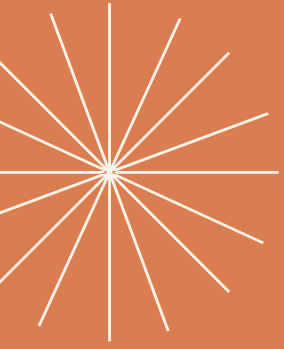




# YOUR WELL-BEING IN ROME

EDUCATION FOR THE MIND, HEART & SPIRIT

DUQUESNE  
IN ROME



# A Healthy Semester of STUDY ABROAD

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*During a semester abroad, health, well-being and an open mind are the keys to success and transformation.*

*We hope that you will invest in your own well-being this semester and take advantage of Duquesne in Rome's wellness opportunities designed especially for you.*

*Duquesne in Rome is here to help empower a better you.*

# STAY FIT

**Maintaining a workout routine or implementing an exercise schedule will help your body and mind stay healthy during your semester abroad.**

- **Fitness equipment in your room:** Yoga mats and light weights are provided for you as a courtesy in your room.
- **Workout on campus:** Campus is your space, so feel free to use spaces like the front gardens and the rooftop terrace to work out.
- **Gyms in our neighborhood:** Going to a local gym is a great way to meet locals as well as stay fit. Visit your Student Handbook or speak to the staff about options in our Boccea neighborhood.
- **Rome's beautiful parks:** Take advantage of Rome's beautiful parks, like the Carpegna Park near our neighborhood, the Pamphilij Park or Rome's Central Borghese Park to run, walk, meditate or simply have a picnic!





# Stay Rested

*"Have luck, and sleep." Italian Proverb*

A giant temptation during a semester of exciting academic and travel opportunities is to not get enough sleep. Make sure you are scheduling 7 to 8 hours of sleep per night for the best benefit to your health.



# STAY CONNECTED

*With knowledge of safe, smart technology practices, you will be better equipped to protect your mental health and maintain a balanced life abroad.*



**Oasis App:** Duquesne University has partnered with the Oasis App to help students mitigate anxiety and provide mental health content free of charge to students. The app helps track your wellbeing, educates on mental health, provides access to support and community, including live chats with professionals when life gets difficult.



OASIS

**Healthy communication with family and friends:** Part of the power of study abroad is being able to explore a world far from your own. However, healthy communication with family and friends back home is necessary and a powerful way to recount and process your experiences.

**Stay connected, but not constantly connected:** A moderate amount of time spent on social media can bring us joy and help us connect with others, but it is important to also be present in the moment.



# Stay Nourished

## *Healthy Eating on Campus*

Our catering service on campus provides healthy, Italian-style meals for students with different options and combinations of carbohydrates, protein, and vegetables daily. Italian eating and the Mediterranean diet concentrates carbohydrate intake for breakfast and lunch, where traditionally dinner is full of protein and vegetables, providing you with plenty of energy throughout your day and lighter fare in the evening.

## *Healthy Eating on Your Own*

You will have the opportunity to take advantage of our partner restaurants each week, as well as eat out during your travels. We know you're on a budget and will be taking advantage of fast food, street food and pub-style food when you are on your own. Make sure that you are making varied and balanced choices when eating out.

# STAY SOBER



For many people, drinking and traveling have become inextricably intertwined. There is something about drinking in foreign countries that makes people feel wild, free, fun and holds the promise of adventure. However, most student feedback is that drinking the "Italian way" (not binge drinking or pre-gaming) actually made their study abroad experience better.

Not being hungover means you can take advantage of exploring exciting destinations, soaking in incredible sights, culture and history without sleeping away your precious free time.

Money that is saved on cocktails can be spent on fancier meals, tickets to museums and other once-in-a-lifetime experiences.

Being sober and alert to your surroundings can make you much more confident to use public transit systems, saving a fortune on expensive taxis.



# Stay Healthy

*"Mens sana in corpore sano."*

Latin phrase meaning: A healthy mind in a healthy body.

Duquesne in Rome provides medical services and free counselling services with locally based professionals. Consultations with our medical team are mostly free of charge for you, as they will be paid for by your CISI supplemental insurance. And our Counselling services are offered to you free of charge, either in person or by Zoom depending on your preference.

**Dr. Andrea Guerriero, MedinAction**

[www.medinaction.com](http://www.medinaction.com)


(app available for download)

**Dr. Carolyn Rathjen, Counselor**

[carolynvrathjen@gmail.com](mailto:carolynvrathjen@gmail.com)



# STAY CENTERED



**Spiritual Life Program:** Our partners from the North American Pontifical College provide a robust Spiritual Life program for all students at Duquesne in Rome, regardless of their faith tradition. The Seminarians provide regular Mass in English and a weekly get-together to talk about matters of faith. Special activities happen in Rome too, like Holy Week events each Spring, a Papal Audience, as well as activities around dinners and gelato to help you process and connect with Rome as the capital of the Roman Catholic faith and a historic hub for Christianity.

**Connecting to Spirit:** For those who are looking for activities like meditation and yoga, you will see these types of activities provided and publicized around midterm and final exam periods to help students mitigate anxiety and connect with their inner calm.

**Volunteer Opportunities:** Looking to give back to your host community? See the Duquesne in Rome staff who can help you find ways to connect in special ways with those in need in Rome.



# Words of Wisdom



Ken Gormley  
President, Duquesne University

"There's a saying that you can't pour from an empty cup. That's why it's so important to focus on you. Fill your cup with people and activities that you enjoy so you have the energy, focus and compassion to be there for others. Taking the time to maintain positive relationships is what makes life so fulfilling."

Meaghan Gleason  
Class of '22

"Having so many daily stressors in my life, such as school, work, extracurriculars and preparing for my future, I find it to be very important to take time for myself and destress. I found that the best distraction is to spend time with my friends and family! It's so important to surround yourself with supportive people and to have a strong support system. When I'm really stressed, I like to go on a walk with a friend or FaceTime my family – they usually always know just what to say to calm me down! This upcoming mental health day, I plan to get a few extra hours of sleep and then spend some time relaxing with my friends, hopefully enjoying the warm weather!"



Dr. Joe DeCrosta  
Center for Global Engagement

"I have always tried to find activities and hobbies to keep my life in balance. Besides singing with my barbershop group and practicing meditation when I can, I enjoy working with my hands and creating things that are good for the environment and my health. Making Kombucha, Kefir and Mead as well as growing microgreens are fun, tasty and healthy hobbies for me. Indoor and outdoor gardening, as well as creating bonsai, reminds me that life is always active no matter what the season."



*We wish you a semester full of well-being  
and new discoveries in Italy!*



DUQUESNE  
IN ROME

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