



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

STRUCTURE OF THE GUIDE

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

It is divided into 9 sections:

1. **ESSENTIALS TO KNOW BEFORE ARRIVAL**
2. **WHERE WE ARE**
3. **LIFE IN EFSA**
4. **FIRST STEPS UPON ARRIVAL**
5. **HOUSING IN PARMA**
6. **MEDICAL ASSISTANCE**
7. **MOVING AROUND**
8. **FACILITIES AND LEISURE ACTIVITIES**
9. **ANNEX I**

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 20/09/2019. Any corrections and proposals for improvements are welcome and may be addressed by e-mail to: Traineeships@efsa.europa.eu

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1. ESSENTIALS TO KNOW BEFORE ARRIVAL

Remember to bring with you:

- ID and
- Passport (even if you are a European citizen, you will be asked to show your passport for certain transactions such as getting your Italian SIM card with certain companies).

To do list during your first days in Parma:

1. Get your Codice Fiscale (see page 12)
2. Find an apartment (see page 14)
3. Get an Italian phone number (optional)
4. Open an Italian bank account (optional): it may be an advantage if the currency of your bank account is not in euros as a fee may be charged for the transaction of your grant
5. Sign up for CPIA public Italian language lessons (optional, see page 12)
6. Get a general family doctor for your stay in Parma/join the Italian public health system (optional, see page 18)

Tips:

- If possible, arrive in Parma at least one week in advance to sort things out (housing demand in Parma is high and lodging can take some time)
- Consider a temporary AirBnb for the first days in Parma
- Bear in mind when planning your travelling to Parma that some bus lines stop running after 8:00 pm

Contact persons:

For any further questions, you can refer to the [Facebook group](#).

2. 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 by foot and enjoy all the 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. 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](#) 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

How to reach Parma



By plane

The closest airports to Parma are:

- [Bologna - "Marconi"](#) (ca 1.5 hours by car from Parma – ca 100 km)
- [Milano/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)
- Parma international **"Giuseppe Verdi"-airport** (it has just two destinations: Cagliari, Italy, and Chisinau, Moldova). It is only a few kilometres from the city centre and can easily be reached by car and by bus.

By train

Trains in Italy are generally good value, frequent but of mixed reliability. There are different train types:

- **High-speed trains ("Alta Velocità, AV")** operated by Trenitalia and Italo train-NTV (Frecciarossa, Frecciargento, Frecciabianca, Italo treno)
- **Intercity**, a bit slower but cheaper than the high-speed trains. Sometimes requires reservations
- **Regional trains** (Regionali, Regionali Veloci, InterRegionale, Diretto, Espresso) the slowest and thus, the cheapest ones
- **International trains** (Eurocity, Euronight) from Austria, France, Germany, Spain and Switzerland

Parma is on the main railway line connecting Milan to Bologna. The journey to Parma takes approx. 90 minutes from Milan and 60 minutes from Bologna. Information about schedules can be found at [this site](#) (see Section 7 for more information and discount tips).

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 must pay a toll based on the length of your trip and on the region, that 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 is possible to use the [Via Michelin website](#). This provides mapping coverage for 7 million kilometres of roads and streets across more than 42 European countries and is available in many languages.

By bus

- [Eurolines](#) organises coaches leaving from the main European cities for Parma and vice versa and connects Parma to many European cities (e.g. 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.
- [Flixbus](#) offers low cost bus travels from/to several destinations in Europe and can also be useful for transportation to/from the airports surrounding Parma
- [Goopti](#) offers good deals from Parma train station straight to Milano/Bologna airport if booked in advance.

3. 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, report to the reception (Via Carlo Magno 1/a - 43126 Parma) by 08.30 am. The reception opens at 8 am, 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). Bring your ID CARD!

There will be a small tour of the building and an induction session where it will be explained 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(s) at EFSA

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.

The lunch

In EFSA, there is a canteen that offers you different dishes (vegetarian included) and you will find free distributor of drinks (water, cola, etc.) and a coffee bar. A member card is available to ease the daily payments and save some money. However, you can also bring your own food. On each floor you can find a kitchenette and water dispensers.

4. 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, getting 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. When asked to **include your Italian address use either that of your apartment in Italy or the one of EFSA (Via Carlo Magno 1/A, 43126 Parma)**.
2. when coming to Parma, you need to go to the Italian Revenue Agency Office in Parma (Agenzia delle Entrate, Strada Quarta 6/1 A, 43123 Parma). Please refer to this [website](#) for further information.

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)**.

Italian language

Learning a little Italian before arriving will ease your daily activities. For this reason, you may find some of the following web pages helpful:

- <http://www.oneworlditaliano.com/>
- <http://www.bbc.co.uk/languages/italian/>
- <https://www.duolingo.com/>

Once you arrive, you can take advantage of the Italian courses offered by the City of Parma for a term subscription of 15€. Ask HuCap for further information about how to subscribe.

CPIA: centro provinciale per l'istruzione degli adulti

Via La Spezia, 110 - tel. 05211917221 – 05211917220 Web site: <http://cpiaparma.it/>
e-mail: cpia.parma@gmail.com

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, etc. Therefore, have a look on the following web pages where people buy and sell used stuff:

- <https://www.subito.it/annunci-emilia-romagna/vendita/usato/parma/>
- <https://parma.bakeca.it/annunci/compro-vendo/>

Facebook pages:

- Mercatino dell'usato di Parma – NEW
- Mercatino dell-usato Parma e provincial
- Mercatino dell-usato. Vendo/Compro a Parma
- Parma marketplace (Facebook default)

5. HOUSING IN PARMA



Renting a room/apartment

Finding housing is a challenge in Parma especially if you don't speak Italian and you have to make arrangements on distance. For this reason, preferably arrive in Parma a few days before the start of your traineeship. You can search in the following ways:

- 1) [Informagiovani](#), a municipal entity that helps young people to find a cheap accommodation. You can also check the board at their office in Via Melloni, 1/B - 43121 Parma.
- 2) Online Portals for renting apartments/rooms:
 - [Subito.it](#)
 - [Bakeca.it](#)
 - [Kijiji.it](#)
 - [Immobiliare.it](#)
- 3) Visit the [Camplus Apartments](#) (Residenza Universitaria Cocconi) and check for available studios and rooms all around Parma. The office is located in Borgo Pietro Cocconi, 30, 43125 Parma
- 4) Check the boards for rooms available at the University of Parma

- Main Building: Via Università, 12, 43121 Parma PR
- Faculty of Economics: Via John Fitzgerald Kennedy, 71, 43125 Parma
- Faculty of Philosophy: Viale Paolo Toschi, 1, 43121 Parma PR
- Public Library: Vicolo S. Maria 5, 43121 Parma

5) Check the following Facebook groups:

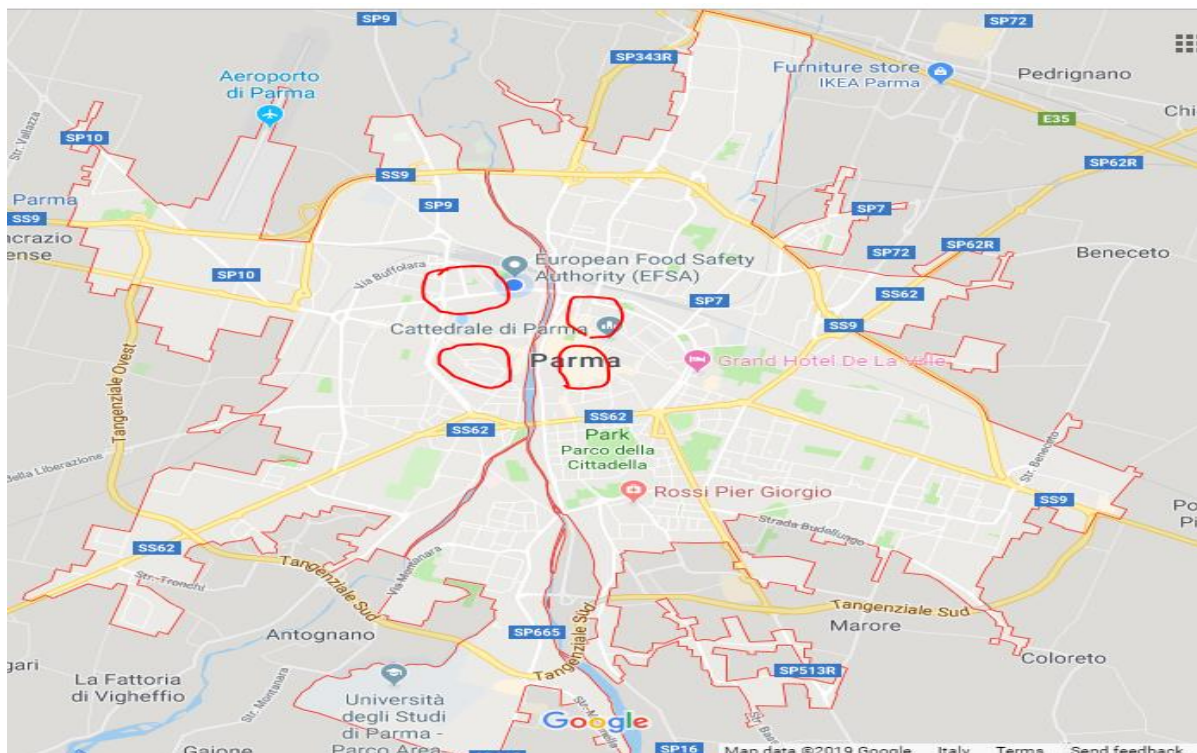
- [PARMA AFFITTI TRA PRIVATI](#)
- [AFFITTI PARMA Camera-Monocale-Bilocale-Trilocale - brevi&lunghi periodi](#)
- [Case in affitto a parma](#)
- [CAMERE IN AFFITTO A PARMA](#)

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

7) Ask someone you know to check the board next to the Cafeteria in EFSA if housing announcements are available there.

8) Contact one or several of the real estate agencies located in Parma. Find in **Annex I** an indicative list of such agencies for which current trainees have a positive feedback to give.

WHERE TO STAY



- Most EFSA staff live in the circled areas
- A room costs between EUR 250-400
- Studios cost between EUR 400-500
- Apartments cost between 500-800

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 that you can find on the [Official city website](#), on the [Tourism website](#) or on the commonly known web pages like Airbnb or Wimdu.

Home services

Gas, electricity and water

IREN is the main provider of gas, electricity, water and garbage services for Parma, even though there are more companies which you can address like Coop energia. In the following table, you will find the documents needed for requesting or changing a gas, electricity or water connection.

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

Waste sorting

Dedicated bins are in the common spaces of each building, and collection days are different depending on the areas. To check your collection days, use the following [website](#). 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. More detailed information about how garbage is collected can be found through the following [link](#).

Garbage collection & recycling

A door-to-door separate waste collection takes place. 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.

How to get the different bins for refuse collection and recycling

Each household receives various bins for recycling different kinds of waste (organic, paper, glass, plastic). It is advisable to call Numero Verde Ambiente of IREN: 800 212 607 (free of charge) in order to get the different containers for refuse collection. Following this, you will can pick your bins at the reception desk of ENIA office in Strada Baganzola between 7.00 and 20.00 (Monday to Friday).

6. MEDICAL ASSISTANCE

EFSA does not cover sickness insurance and thus 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.

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

1. European Health Card valid for the entire duration of traineeship
2. Private healthcare insurance for the entire duration of traineeship

It is also possible to subscribe to the Italian National Healthcare Service (SSN) which provides coverage for the calendar year (from January until December). You can register as "student" providing the bar code of your Codice Fiscale (it is important you have registered yourself with an Italian address at the moment of requesting the Codice Fiscale), and proof of your enrolment in EFSA traineeship (only in Parma), your ID card and providing an Italian address. You will also be provided with a general practitioner or "medico di base" which you will have to choose from a paper list hanging in the SSN office (please choose carefully because not all doctors speak English). Check here the [web page](#) and the "SSN" dedicated section below.

For non-EU trainees, the same options are valid except from the 1st option of the European Health Card.

Places providing medical assistance

- Italian trainees will get medical assistance with their Italian Health card ("tessera sanitaria").
- Both Italians and European health card holders can go to the Casa della Salute (Via Pintor Giaime, 1, 43125 Parma PR; tel: 0521 393637) to be assigned a general practitioner¹. Further information can be found in the following [link](#).
- At the above address you can find the Ufficio Rapporti con L'Estero (Foreign Affairs office) in case further information is needed.
- When it is not possible to receive assistance by the general practitioner, you can go for non-urgent cases to **Punto Bianco**² (Ospedale Maggiore di Parma, Via Abbeveratoia, 41, 43126 Parma PR). The service is for free, and you just need to carry your health card with you. Further information can be found in the following [link](#).
- For emergencies, refer to Pronto soccorso (dell'Ospedale Maggiore in Via Abbeveratoia, 2, Parma). Further information can be found in the following [link](#).

¹ Note that in order to visit a specialist, you must first see your general practitioner first according to the general medical procedure.

² You can go to Punto Bianco to receive medical assistance related to joint pain, muscular pain, not serious contusions (without fracture), dermatologic issues such as insect bite, mycosis, sore throat and influenza symptoms, superficial wounds, infection of the urinary tract, otitis, non-acute gastroenteritis and anti-tetanus vaccination. However, it does not provide services such as repetition of medicines prescription, certificate of illness or specialist consultation.

- It is advisable always to bring your original ID and your (European) Health Card with you.

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.

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. You can find general information about the card [here](#).

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. Read more on the rules [here](#).

SSN

The student visa allows you to subscribe to the National Healthcare Service (SSN) in Italy. SSN 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. 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:

- 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)

Health relevant 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://europa.eu/youreurope/citizens/work/social-security-forms/index_en.htm

http://europa.eu/youreurope/citizens/national-contact-points/italy/index_en.htm?topic=health

<http://www.agenziafarmaco.gov.it/>

Registration to the city hall as foreigner temporarily staying in Parma for more than 3 months

Citizens of European Union countries have the right to enter Italy where they can stay without any formality for a period not exceeding three months. It is sufficient that they have a valid identity document for expatriation. For more information, you are welcome to ask TraCoP upon arrival.

7. MOVING AROUND



In this section you will find all the information needed 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

There are 204 parking spaces at EFSA and parking is based on a first come, first serve basis. However, it is necessary to register your car or motorcycle before you can access the parking lot by sending the brand and model, fuel type and plate number of your vehicle to servicedesk@efsa.europa.eu.

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

Within Parma there are traffic restrictions for the central areas, called Zone a Traffico Limitato (ZTLs). Access to the ZTLs is electronically monitored and these areas cannot be used freely during certain hours (7:30 – 19:30). As well as this, Parma have an initiative to reduce air pollution from traffic on certain days, so called “ecological Sundays”. More information on these and how to get a resident or temporary permit for the ZTLs can be found on the infomobility [website](#)

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, which indicate who can park there and when:

Delimited by blue lines	Delimited by blue and white lines	Delimited by yellow lines
<ul style="list-style-type: none">• payment parking: usually from 8.30 to 19.30, Monday to Saturday. Free outside of these time-slots• tickets to be purchased at the parkometers	<ul style="list-style-type: none">• payment parking: usually from 7.30 to 19.30, everyday.• tickets to be purchased at the parkometers• from 19.30 to 7.30: only for residents	<ul style="list-style-type: none">• only with explicit permission, e.g. for disabled persons• appropriate certificate (obtained from the Comune) has to be placed on the windscreen

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](#).

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](#).

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 price.

For those not having a bicycle of their own: there is also the **bike sharing** initiative "*mi muovo in bici*". 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! 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 400 m from the station, near to the underground parking *Toschi*. For more detailed information, please check the Punto Bici's [website](#).

Public Transportation



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 (line urbane) and for the ones connecting Parma to the towns in the province (line extra urbane). Tickets and passes are sold at the TEP points and at tobacconist shops. Information on prices and locations can be found on the [TEP website](#).

During the evening/night, night busses operate until 00:00 Monday to Thursday and until 01:30 Friday and Saturday. For further information, check the TEP website indicated above or send an email to customerservice@tep.pr.it (English email correspondence possible).

Train

Special offers for trains can be found via:

- **Trenitalia:** if you are below 30 years old, you can take advantage of the Carta**FRECCIA** Young, which allows you to receive a discount of 30% - 50% 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 of your departure. For further information have a look on the [website](#).
- **ItaloTreno:** These trains usually operate between the big cities of Italy. The closest station to Parma from which these trains depart is Reggio Emilia AV Mediopadana and there are buses connecting Parma with this station. Further information can be found on the [website](#).

Special train travelling discounts:

- A membership card: Cartafreccia Young; and
- On the [website](#) of ItaloTreno for travelling in Italy.

8. 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, etc.).

- [Teatro Regio](#)
- [Teatro Due](#)
- [Teatro Pezzani](#)
- [Teatro delle Briciole](#)

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 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).

- [Cinema D'Azeglio](#)
- [Cinema Astra](#)
- [Cinema Edison](#)
- [The Space – Barilla Center](#)
- [The Space - Campus](#)

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 number of movies (e.g. €18 for 4 movies) 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 must 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 and the most important ones are:

- **Biblioteca Internazionale Ilaria Alpi** [here](#)
- **Biblioteca Palatina** [here](#)
- **Biblioteca Comunale Ugo Ganda** [here](#)

You can get a single library card for all the libraries for free and have access to books and movies.

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 hosts the Ducal Palace and the Palazzetto Eucherio Sanvitale. It is located in the historical centre on the west side of the river, opposite to the Pilotta palace and it's the perfect destination for sports with its 3.2 km of roads. The park closes for the night.
- **Parco Cittadella:** In the past, it was a military fortress with a pentagonal shape; now Cittadella is a public park with children's games and space for outdoors sports. The park closes for the night.

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 (e.g. [Cooper nuoto](#)). With your EFSA badge you get a discount at the [GYM NCG Fitness Centre](#). To find out more about facilities in Parma and surroundings, check the related webpage in the Italian Yellow pages (Pagine Gialle).

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.

Museum of

- [Parmigiano Reggiano](#)
- [Prosciutto di Parma](#)
- [Salame di Felino](#)
- [Tomatoes](#)
- [Pasta](#)

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 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*, etc. 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. Some of the most important places for aperitivo are: Panino D'artista, Pulcinella, Hub café, Peter Pan, Barino, etc. If you are longing for a sandwich, you should go to Pepen or Frank Focaccia. You will find a good kebab or falafel at 'Carpe Diem' and a nice piadina at 'La Piadineria'. Also, there are lots of restaurants close to EFSA (Max, Tempi moderni) and in the city centre (Oste Magno, Ombre rosse, Trattoria del Tribunale, Trattoria dei Servi, etc.)

Live music

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

- [Campus Industry](#)
- [Shakespeare Café](#)
- [Arci Zerbini Food & Music](#)

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 this [web page](#). In case you don't feel like cooking yourself, you can always order some food online on [just eat](#).

There are also several **malls** in and around Parma where you find supermarkets, but also shops for clothes, kitchen ware, electronic devices, etc. Here is a selection of them:

- [Eurotorri](#)
- [Centrotorri](#)
- [Eurosia](#)
- [Barilla Center](#)
- [Parmaretail](#)
- [Panorama](#)
- [Helen Store](#)
- [Happy Casa](#)
- [IKEA](#)
- [My Euro Island](#)

You can also find useful stores, sites and even applications with second-hand items like:

- [mercatopoli](#), a store with a big variety of second-hand items
- [Parma bacheca](#)
- shpock app, an app that you can download from play store.

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 visit, amongst others: Torrechiara, Castell'Aquato, Colorno and Fontanellato. An overview of all

the castles with a short description and history of the respective sites and useful information for visiting can be found [here](#).

Annex I

Please find below a list with real estate agencies, for which there was a positive feedback from the current trainees and a specification if they speak English as an additional asset.

Name of the real estate agency	Link to their website/Contact details	English
Grandi Agenzie	https://www.grandiagenzie.it/	Yes
Superchi	https://www.agenziasuperchi.it/	Limited
Errezeta immobiliare	https://www.errezetaimmobiliare.com/	Yes
Buro Immobiliare	http://www.buroimmobiliare.it/	Limited, written



Throughout the process, EFSA trainees have taken the time to collect the information needed to compile this guide: Borrello Francesca, Cafagna Ettore, Finning Gelda, Flynn Brian, Gonzalez Laura, Iglesias Alba, Koufakis Ioannis, Kourdoumpas Ioannis, Krivova Viktorija, Nielsen Charlotte, Pantazi Foteini, Quattrocchi Elisabetta, Seow Ti Kian, Visciano Micol & Volk Katharina. A special contribution for the pictures: Bendiba Simon & Volk Katharina.

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