



INFO KIT

TRENTO

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Welcome to Trento!

We are very happy to welcome you to Trento for your **internship experience**. We hope this opportunity will allow you to grow both professionally and personally, while discovering a unique and beautiful part of Italy.

Trento: a city where history meets innovation

Located in **northern Italy**, at the foot of the Alps, Trento is a city rich in history, culture, and natural beauty. Known for the historic *Council of Trent*, the city offers a charming old town with Renaissance palaces, colorful buildings, and lively piazzas.



A green and safe city surrounded by mountains

Trento is one of Italy's **most sustainable** and **liveable** cities. It is clean, safe, and surrounded by nature — from the *Adige River* that runs through the city to the majestic mountains that offer **breathtaking views** and **outdoor activities** all year round.

A center for learning and opportunity

With a strong tradition in education and innovation, Trento is home to one of Italy's **top universities** and various **research centers**. It's the perfect place to experience professional life, meet new people, and explore future career paths.

We are sure that your time here will be rewarding, and we look forward to **supporting you** throughout your internship journey.

Enjoy your stay in Trento!

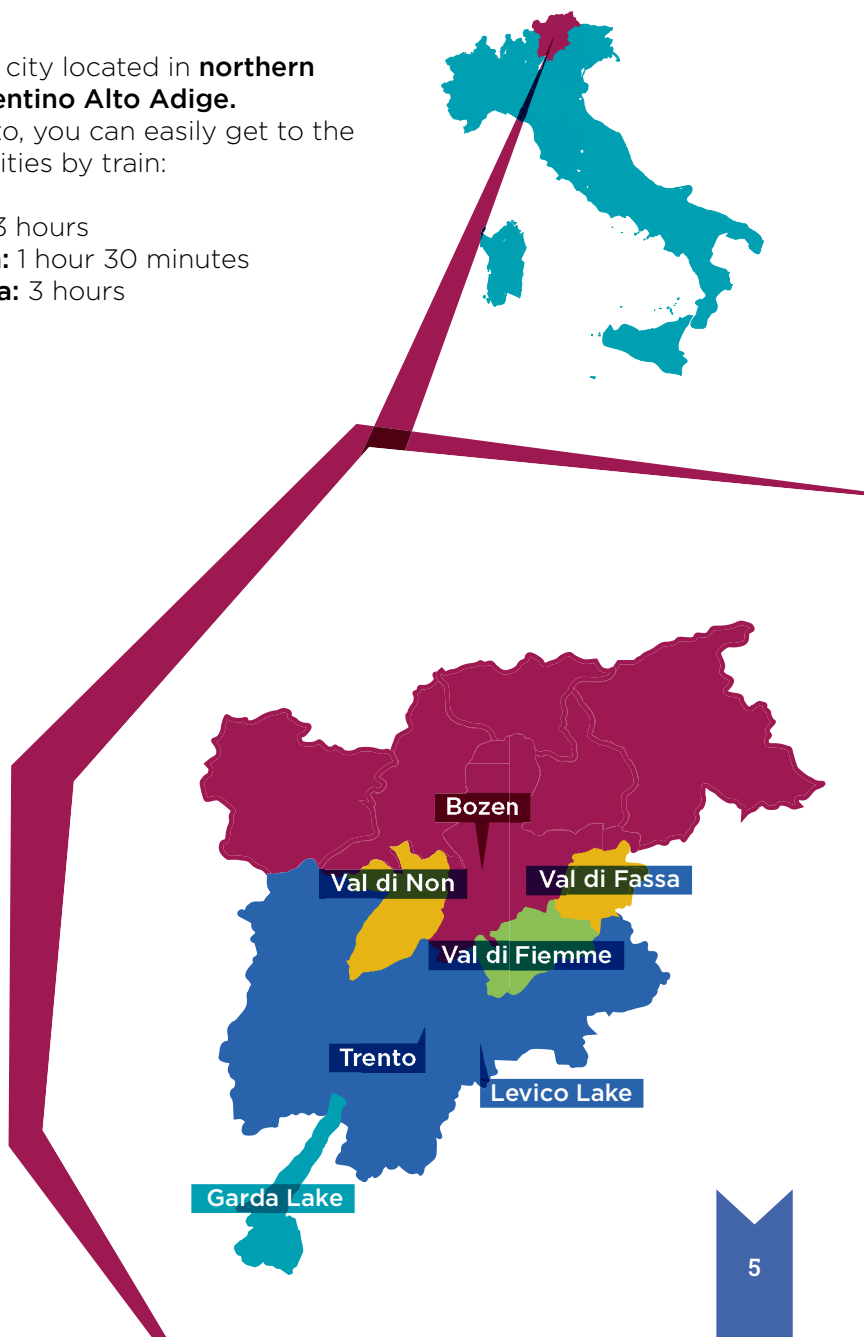


Where is Trento?

Trento is a city located in **northern Italy**, in **Trentino Alto Adige**.

From Trento, you can easily get to the following cities by train:

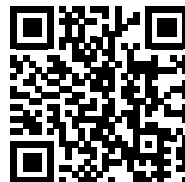
- * **Milan:** 3 hours
- * **Verona:** 1 hour 30 minutes
- * **Venezia:** 3 hours



Moving in Trento

Trento is a small town, you can enjoy it on foot but if you need to move by public transports, **buses** are the best solution. You can buy tickets at the station, online, in some shops or on board.

More info: www.trentinotrasporti.it/en/



If you want to explore surroundings, you can take:

- * **Cable car** (to reach Sardagna)
- * **Trento - Malè**: a little train called tram
- * **Valsugana Trento - Bassano**: a little train to reach Valsugana and Bassano
- * **Public busses** (to different valleys)
- * **Train** (to Bolzano, Verona or further places)
- * **Bike lanes**



What you must see

Interested in history? Trentino is full of **castles** to explore – and one of the most stunning is *Buonconsiglio Castle*, right here in Trento!

Website

www.buonconsiglio.it/en



Take a stroll through the charming **old town**



Step back in time and explore the **Roman underground**

Website

<https://www.cultura.trentino.it/eng/Cultural-venues/All-cultural-venues/Museums-and-collections/TRIDENTVM-S.A.S.-Spazio-Archeologico-Sotterraneo-del-Sas-Sas-Underground-Archaeological-Space>





Visit the *MUSE* for **science and nature**, or head to the *MART* in Rovereto for amazing **modern art**

MUSE

www.muse.it/en

MART

www.mart.tn.it/en

On foot, you can climb **Doss Trento**, a small hill on the right bank of the Adige River which, together with Dosso di San Rocco and Dosso Sant'Agata, forms the “three teeth” of ancient Roman Tridentum.



Take the **cable car** and enjoy a stunning view of Trento from *Sardagna*

Website

www.trentinotrasporti.it/en/travel-with-us/cablecar

Where to eat

In Trento you have different **restaurants, cafés, pizza take away** where you can have lunch and dinner.

Supermarkets are also good if you want to have a packed lunch.

The tradition of *Aperitivo* is very popular. After 6 pm, you can relax with a drink and some snacks at the city's cafés.



Where to sleep

In Trento there are some hotels:

* Hotel Everest

It's a 25-minute walk from the school, or you can get there by bus. It doesn't have a kitchen, but it is used to receiving groups of young people.

But also other options:

[Website](#)

* Komodo

These apartments are modern, functional and equipped with all the comforts you need, they are located in the Albere district, 10 minutes walking from the school.

[Website](#)

* Yugogo

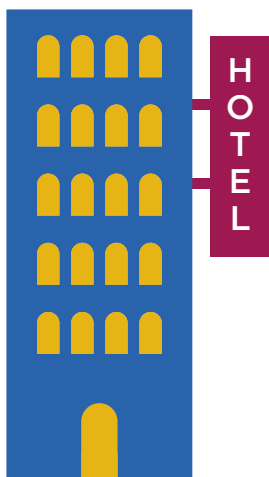
They are new, very comfortable apartments with kitchens in a new area of Trento with many bars and restaurants. Both are a 10-15 minute walk from the school, and it is a nice, safe area to walk around in the evenings.

[Website](#)

* Casa San Paolo

Which is located opposite the school. It's very simple and basic. It's less nice than the previous options. No kitchen.

[Website](#)



Traditional meals



Canederli

They are large dumplings made from a mixture of varying ingredients based on stale bread.

Polenta and Gulasch

Polenta is made from cornmeal or other grains, while gulasch is a hearty meat dish, mainly made with beef, onions, and sautéed carrots.



Strangolapreti

They are traditional gnocchi from Trentino, made with stale bread, spinach, eggs, and Parmesan cheese, served with melted butter and sage.

Strudel

It is a typical dessert filled with apples, usually consisting of thinly sliced apples, raisins, pine nuts, sugar, and ground cinnamon.



Weather

* **Winter:**

Usually cold and snow often falling especially around December-January.

* **Spring/Autumn:**

The weather can be quite variable — sometimes sunny and warm, other times rainy and cool.

* **Summer:**

Hot and sunny, even if we are surrounded by mountains, it can still get really warm.

Before your travel check the weather forecasts online!



In case of emergency

* Pharmacy:

if you need medicines which don't require medical prescription you can go to any pharmacy.

You can find the pharmacy on duty here:
www.farmaciediturno.org/comune.asp?cod=22205

* Hospital / emergency room:

Ospedale Santa Chiara

Largo Medaglie d'oro, 9, 38122 Trento TN



* Emergency number:

112 for any emergency (medical issues, fire, police...)



Tips

- * You can drink from almost **all the fountains and taps**.
- * Trento is a safe city but **avoid walking around alone at night** especially in parks, train stations or remote areas.
- * We **don't use to give tips** in restaurants or cafés.
- * Ask for **students/age discount** in museums and cinemas.
- * You can get a **museum pass** to visit all museums at a discounted price.

www.visittrentino.info/en/experience/museum-pass



Our school

Istituto Pavoniano Artigianelli Trento

Pizza Fiera 4 - 38122 Trento

Tel: 0461 270244

Mail: scuolagrafica@artigianelli.tn.it

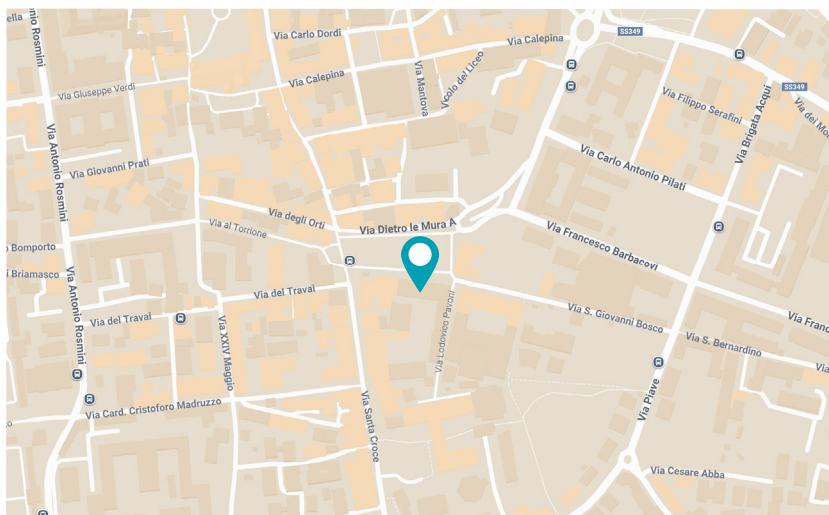
Website: artigianelli.tn.it



Artigianelli is a **high school**, an ecosystem, of graphic design for students **aged 14 to 19** and an IFTS for students aged **19 to 21**.

Some useful information about the school:

- ✳ There is a **café** where you can study/work while sipping coffee or other beverages.
- ✳ There is an internal **canteen** where you can have lunch.
- ✳ **Pavoni classroom** is a free space where you can devote yourself to your activities.
- ✳ **Smoking is prohibited.**



Contacts you may need

* School phone number

+39 0461 270244

* International department email

erasmus@artigianelli.tn.it

* Head of internationalization department

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Language

We suggest you learn a few Italian expressions before your arrival.

Not everyone in Trento speaks English, but people are usually friendly and willing to help — and even just saying a few words in Italian can go a long way!

Hello	Ciao
Thanks	Grazie
Please	Prego
Excuse me	Scusa
I'm sorry	Scusa/mi dispiace
Biglietto	Ticket
Stop (bus stop)	Fermata
Bus	Autobus
Train	Treno
Station	Stazione
Where is the station?	Dove è la stazione?
How much does it cost?	Quanto costa?
Shop	Negozio
Bill	Conto
Water	Acqua
Food	Cibo
School	Scuola
Museum	Museo
Do you speak English?	Parli italiano?
Can you help me, please?	Puoi aiutarmi, per favore?

