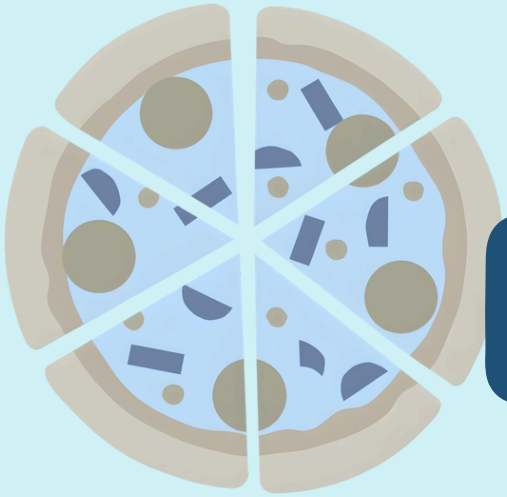
Per una ACCIttà ACcessibile

WELCOME TO NAPLES





QUICK AND FUNNY GUIDE TO HELP YOU!







YOUR COMPASS OF THE CITY!



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WHY A GUIDE?

Per una ACCIttà Accessibile

This guide was created thanks to **Erasmus+ funding**, and it is one of the results of the KA154 project called "**Per una Città Accessibile**" (For an Accessible City).
It is a project by **Noi@Europe**, a third-sector association that works constantly with **expats**, such as Erasmus and international students. This guide is the result of a series of **focus groups, questionnaires, and public events** conducted with international and local expats.
Noi@Europe, with the help of the **participants** of "Per una Città Accessibile", gathered the **information** that was **most useful** for this segment of the population and decided to collect it in a single, simple, and intuitive **guide**. The guide aims to help overcome one of the **main barriers** that expats face while living in Naples: **the lack of information in English and the difficulty of finding it.** However, another barrier that Noi@Europe and the participants have identified is the **absence of a free or accessible student transport card for Erasmus and international students**. This type of opportunity is available to **students residing in the region**, but for obvious reasons, expats do not have residency and consequently do not qualify for the free transport card.For this reason, we have started an **online petition** that we will present to the relevant authorities who have the power to change the Unico Campania regulations.

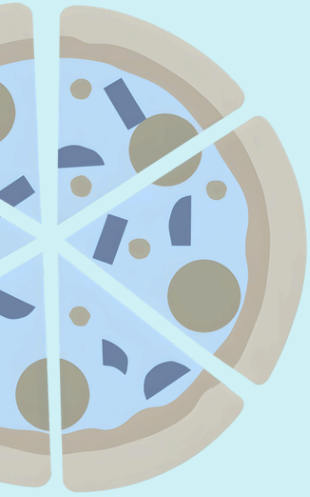
Help yourself and your future friends get a free transport card by signing here on change.org!

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Per una ACCIttà Accessibile





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8. GREEN AREAS









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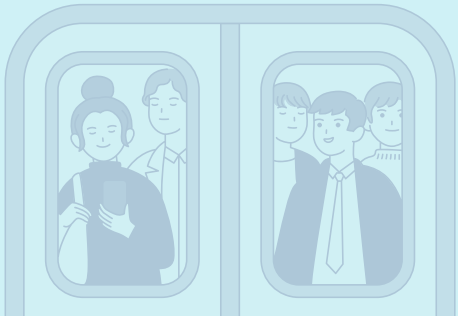
GENERAL INFO ABOUT THE CITY

Per una ACCIttà Accessibile

Naples is a city steeped in history, with Greek roots and Roman, French, Spanish, and Bourbon influences, officially celebrating its 2,500th anniversary in 2025. Beyond the stereotypes of "pizza and siesta," Naples is a vibrant metropolis facing the typical challenges of a major European city.

Here are some common culture shocks you might encounter:

- **The Chaos**: Naples is loud, but that sound is the city's living heartbeat.
- **Public Transport**: It may not be the most efficient, but Neapolitans always find a way to make it work. You can make it too!
- **Waste Management**: The situation can be sensitive, but knowing the local recycling rules makes a big difference.
- **Safety & Perception**: Naples is a real, lived-in, and welcoming city—not the dangerous place often portrayed.
- **The Language Barrier**: While English is spoken more and more, knowing a few words of Italian will go a long way.
- **Eating Like a Local**: Dinner starts late, pizza is a serious matter, and every neighborhood has strong opinions about the best spot.
- **Flexible Time**: Schedules can be more flexible than you're used to. Bureaucracy might move slowly, but social life moves quickly.
- **Football**: SSC Napoli is part of the city's identity. Knowing when there's a big match can explain crowded streets, traffic and fireworks.



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GENERAL INFO ABOUT THE CITY

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EMERGENCY NUMBERS

POLICE.....112

AMBULANCE...118



HERE YOU CAN ALSO FIND SOME USEFUL TIPS:

- Watch out for **pickpockets**! Be especially vigilant in crowded areas.
- **Avoid walking alone at night**, particularly in secluded spots like Garibaldi Station.
- **Card payments** are increasingly common, but having a little cash is still useful for markets, cafés, and neighborhood businesses.
- In Italy, "**bars**" are primarily for coffee, snacks, and breakfast. Don't be surprised if someone invites you to a bar at 9:00 AM!
- **EU citizens under 26** enjoy discounts at state museums and monuments. Plus, entry is free for everyone on the first Sunday of every month!
- Making **local friends** can be challenging at first. This is often due to language barriers or the fact that many young locals live outside the city center.
- Always **validate your ticket** before boarding public transport if required. Ticket inspections are common, and fines can be expensive.
- **Comfortable shoes** are essential. Naples' cobbled streets, hills, and staircases can be tough on your feet.
- **WhatsApp** is the preferred way to communicate with landlords, local businesses, and many service providers.

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PUBLIC TRANSPORT

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Public transport in Naples works, but it has its own specific realities.
The Naples **Metro Line 1 usually closes at 9:00 PM from Monday to Thursday**. On Fridays and Saturdays, it runs until almost 2:00 AM, while on Sundays it closes around 11:00 PM. Because of this, planning evening travel is important.

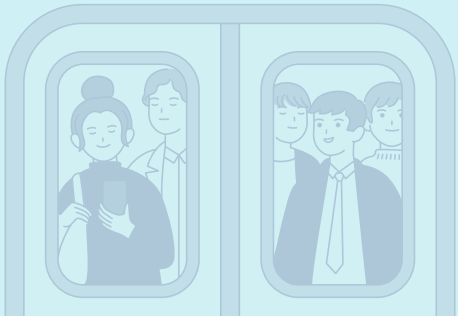
Another important transport system is the **Circumvesuviana** railway, operated by Ente Autonomo Volturno (**EAV**). The trains are quite old, but they run regularly. However, delays are common and the trains are often crowded, especially during rush hours and tourist season.

Buses in Naples do not really follow a strict timetable. In practice, they often arrive when they arrive, and delays are frequent. Because of this, passengers usually rely on mobile applications instead of printed schedules.

APPS THAT CAN HELP:

ANM GO – GIRA NAPOLI – TRENITALIA – UNICO CAMPANIA – MOOVIT

The **ANM GO** app allows users to buy tickets for: **Linea 1, Buses, EAV, Trams** directly in the application. There are different ticket types and travel passes available, including single tickets and subscriptions.
In the **Gira Napoli** and ANM GO apps, there is no traditional timetable. However, you can see on the map if a bus is currently running (if the bus has GPS turned on).
Transport to and for the airport is very good. The **Alibus** operates regular connections between the city center and Naples Airport. Is the only one that permits to buy the ticktes on the bus (cash or card) or in the apps.
Overall, public transport in Naples is functional, but it requires flexibility and checking apps regularly to avoid surprises.



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PUBLIC TRANSPORT

Per una ACCIttà Accessibile

Another important metro line in Naples is Naples **Metro Line 2**. It works quite well compared to other parts of the local transport system. The line is operated by **Trenitalia** and usually **runs from around 5:00 am until around 11:00 PM**. You can check the train hours in **TRENITALIA APP**.

MAIN TYPES OF SUBSCRIPTIONS

Passengers can choose between:

- **7-day pass** – unlimited travel until midnight of the sixth day after first validation.
- **Monthly pass** – unlimited travel until midnight of the last day of the validation month.
- **Annual pass** – unlimited travel for 12 consecutive calendar months, from the first to the last day of validity.

There are two main types of passes:

- **ANM pass** – valid only on ANM services (bus, tram, metro Linea 1, funiculars, Alibus).
- **Integrated pass (Unico Campania)** – valid on different transport operators, including ANM, EAV and Trenitalia within the selected zone.



BUREAUCRACY

Per una ACCIttà Accessibile

WHAT IS THE CODICE FISCALE?

The Codice Fiscale is the **16-digit personal identification number** for citizens (italians and foreigners) used in dealings with the Public Administration.
It must NOT be confused with the STP code, used only for urgent medical treatment and not for administrative purposes.
Obtaining a Codice Fiscale in Naples is a **free procedure** carried out through the **Agenzia delle Entrate**.

WHAT IS IT FOR?

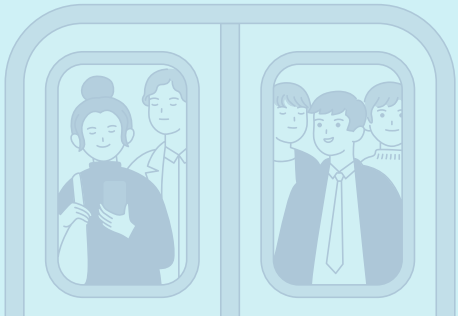
- **Tax obligations**: income tax returns, payment of taxes and duties.
- **Employment matters**: hiring as an employee or self-employment activities.
- **Signing Contracts**: purchase and sale agreements, property rental contracts.
- **Banking services**: opening bank accounts, applying for loans.
- **Healthcare services**: access to services provided by the National Health Service (SSN) and purchase of medications.
- **Utilities and services**: activation of electricity, gas, water, telephone and internet contracts.

WHERE DO I APPLY?

You can submit your documents at any office of the Agenzia delle Entrate, including through a delegate.

BOOK AN APPOINTMENT

- **Online Booking**: Go to the official website under "***Book an appointment***": You can submit your documents at any office of the Agenzia delle Entrate, including through a delegate.
- **In Person**: Visit one of the offices of Agenzia dell'entrate and book in the machine your appointment.



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BUREAUCRACY

Per una ACCIttà Accessibile

SCHOLARSHIPS

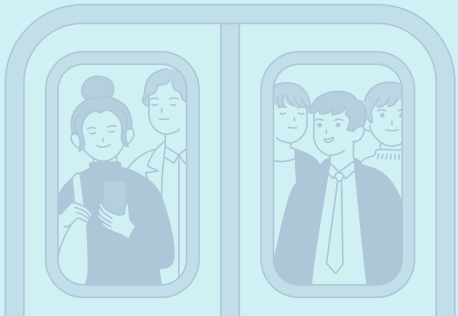
If you are an Erasmus student, you should already be receiving a grant from the Erasmus+ program. Keep in mind that you can also apply for student housing, although be aware that the general conditions are not always the best.

International students can apply for benefits through the **ADISURC** portal. This portal allows you to **request scholarships**, **student accommodations**, and access to **affiliated restaurants for discounted meals**. Regarding accommodation, please note that availability in the city is currently limited and the facilities are often dated; however, the prices are very affordable.

HEALTHCARE

In Italy, the healthcare system is accessible to everyone, including EU citizens and foreign nationals.

- **EU Citizens**: For stays of **less than three months**, you can use your **European Health Insurance Card** (EHIC) for emergency care. If you plan to stay **longer than six months**, you must register with the National Health Service (SSN) — which requires a ***Codice Fiscale*** — or take out **private insurance**. If you feel unwell but it is not an emergency, you can visit the nearest ASL (local health office) in your neighborhood and look for the "***Guardia Medica***" (out-of-hours medical service). A doctor will examine you and provide prescriptions for any necessary medication, often at a discounted rate at the pharmacy. Always remember to bring your ID and your EHIC or Codice Fiscale.
- **Non-EU Citizens**: You can access the SSN by paying a **regional flat fee**, or you can opt for **private insurance** that covers medical care, hospitalisation, and repatriation. If you hold a long-term residence permit, you are eligible to register with the SSN and choose a general practitioner (GP).



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LANGUAGE BARRIER

Per una ACCIttà ACcessibile

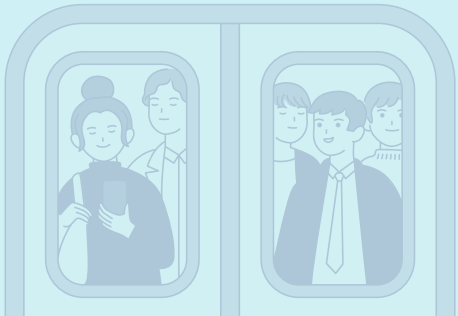
As you will notice, **many locals speak little to no English**. However, people in Naples are generally very open and will do their best to understand you. If English isn't working, try speaking Spanish or French; most Italians studied one of these two languages in school, and since they are closer to Italian, they are often easier for locals to grasp. Additionally, **using gestures and expressing yourself physically usually works wonders**!

If all else fails, here are some basic phrases to help you out:

- **Buongiorno, mi chiamo...** – Good morning, my name is...
- **Parla inglese?** – Do you speak English?
- **Non capisco.** – I don't understand.
- **Mi può aiutare?** – Can you help me?
- **Dov'è il bagno?** – Where is the bathroom?
- **Quanto costa?** – How much does it cost?

and some sentences to move around the city:

- **Dov'è la stazione?** – Where is the station?
- **Dov'è la fermata dell'autobus?** – Where is the bus stop?
- **Dov'è la metropolitana?** – Where is the metro?
- **Come arrivo al centro?** – How do I get to the city centre?
- **Quanto costa il biglietto?** – How much is the ticket?
- **A che ora parte il treno?** – What time does the train leave?
- **Questo autobus va in centro?** – Does this bus go to the centre?
- **Devo cambiare linea?** – Do I need to change lines?



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LANGUAGE BARRIER

Per una ACCIttà Accessibile

If you are an Erasmus student, probably your Italian University will offer you **Italian A1/A2 free classes**. But sometimes people can't get in them because there is a time limit to subscribe to the classes.

So if you are an international student or just didn't have the chance to subscribe in time, here are some free solutions:

- US! **Noi@Europe** frequently starts free Italian language workshops, you can contact us at **noiateurope@gmail.com** or check our ***IG page*** for new calls.
- **Europe Direct Naples**, write to **europedirect@comune.napoli.it**
- **ASDA**, also for driving licenses.
- **Cidis Napoli**
- **Italiano Senza Confini**, done in Ponticelli two times a week.
- **Comunità di Sant'Egidio**
- **CPIA Alessandro Lala**



HOUSING

Per una CIttà ACcessibile

Housing has become a delicate issue. In recent years, Naples has turned into one of the most visited cities in Italy, which has increased **gentrification**.

This created a rapid rise in BnB listings in the centre and a noticeable jump in rent prices. Even local students face difficulties finding affordable rooms, often choosing to live outside the city or in the province, where they can rely on their family's car for transport.

A single room in the city centre now **costs around €400/500**, although prices vary depending on the neighborhood, condition of the property, and time of year.

There is also a big gap between EU citizens and non-EU citizens, as most rentals do not offer a contract. But non-EU citizens need one to process their residence permit, which can make rent even more expensive.

Many offers are posted in **Facebook groups**, and although websites like **Idealista**, **Spotahome** and **Immobiliare** exist, finding a good offer is still challenging.

SOME HELPFUL TIPS:

- **Beware of scammers**.
- Always ask for a **real-life visit of the house**.
- Ask to speak with **current or former roommates**.
- Before paying, **request the contract** and check it with someone who knows Italian or understands the rental process.
- Ask whether **utilities**, **condominium fees** (*spese condominiali*), Wi-Fi, and waste tax are **included** in the rent.

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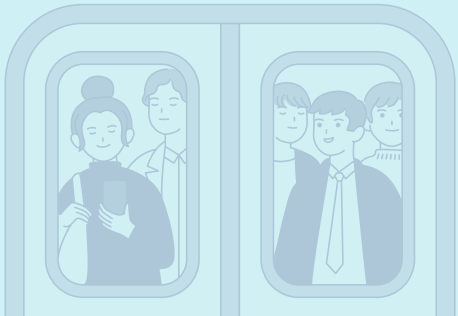
FOOD DIVERSITY

Per una ACCIttà Accessibile

While **pizza** and ***pasta al pomodoro*** are absolute essentials, Naples has so much more to offer. We encourage you to step out of your comfort zone and explore the city's rich culinary tradition: from fresh seafood and street food to local pastries and seasonal specialties.
That said, it's completely normal to miss the flavours of home from time to time. Fortunately, Naples is home to one of Italy's largest international communities, making it easy to find a wide variety of cuisines from around the world.
You'll find plenty of **Sri Lankan, Chinese, Japanese, Indian, and Middle Eastern** (especially Turkish kebab) restaurants throughout the city. While Asian cuisine is widely available across many neighbourhoods, the area around **Piazza Garibaldi** is particularly known for its Middle Eastern, West African, and North African restaurants and grocery shops. If you're looking for **Slavic or Caucasian** products, you'll also find several specialised stores near Garibaldi. For authentic **Chinese supermarkets** and wholesale grocery stores, **Gianturco** is the best destination.

SOME FOOD TIPS:

- **Breakfast** in Naples is typically light and sweet, often consisting of a pastry (*cornetto*) and a coffee.
- **Tap water** is mostly safe to drink (ask the owner to be sure!), and public fountains around the city are great for refilling your bottle.
- **Fresh fruit, vegetables**, and local products are often cheaper and fresher at **neighbourhood markets** than in supermarkets.
- **Vegetarian and vegan** options are becoming increasingly common, although traditional restaurants may have fewer choices than you're used to.



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FOOD DiVERSiTY

Per una ACCIttà Accessibile

Naples is the world capital of food, and everyone deserves to enjoy it! Whether you are **vegan** or **gluten-intolerant**, you won't have to survive on salads. Here's how to navigate local menus like a pro.

WATCH OUT FOR HiDDEN INGREDiENTS

Neapolitan cuisine loves cheese and seafood, so "vegetable-based" doesn't always mean vegan.

- **The Cheese Trap**: Mozzarella, ricotta, and parmesan are everywhere. Pizza dough is usually vegan, but toppings often aren't. Ask for "*senza formaggio*" (without cheese).
- **The Sneaky Anchovy**: Some traditional vegetable dishes include anchovies for extra flavour.
- **Fried Foods**: Some fried snacks may contain eggs or dairy in the batter.

VEGAN-FRiENDLY CHOiCES

- **Pizza Marinara**: Traditionally vegan, with tomato, garlic, oregano, and oil.
- **Pasta al Pomodoro**: A classic, just check that no cheese is added on top.

Useful phrase: "*Sono vegano/a. Contiene latticini, uova o pesce?*"
(I am vegan. Does it contain dairy, eggs, or fish?)

IF YOU'RE GLUTEN-FREE: GOOD NEWS!

Despite being the home of pizza and pasta, Italy is one of the most gluten-free friendly countries in Europe. Many restaurants offer pizza senza glutine and gluten-free pasta, often with excellent quality. Look for restaurants specialising in gluten-free baking and always ask about cross-contamination.

Useful phrase: "*Sono celiaco/a. È senza glutine? C'è contaminazione?*"
(I am celiac. Is it gluten-free? Is there cross-contamination?)

Enjoy your meal, or as we say here: *Buon appetito*!

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TRASH MANAGEMENT

Per una ACCIttà Accessibile

You might get the impression that waste isn't sorted here, but that is definitely not the case! Even if your landlord tells you not to worry about it, remember that you can be fined if you are caught putting the wrong waste out on the wrong day or using the incorrect bin.

Since recycling rules vary from country to country, it's important to learn the local system. Don't forget to check the official website for the full schedule and ***guidelines***.

WASTE SORTING GUIDE

Reminder of Bin Types:

- **Organic Bin (Brown)**: Food waste, peelings, shells, paper towels (without plastic).
- **Paper Bin (Blue)**: Newspapers, cardboard, notebooks, pizza boxes (without food residue).
- **Glass Bin (Green)**: Glass bottles and jars (empty and without caps).
- **Plastic and Metal Bin (Yellow)**: Plastic packaging, cans, metal pots (empty).
- **Non-Recyclable Bin (Grey)**: Non-recyclable waste such as nappies, cigarette butts, and non-recyclable plastic items.

Door-to-Door Collection:

Waste must be put out on the days and times indicated in your collection calendar.

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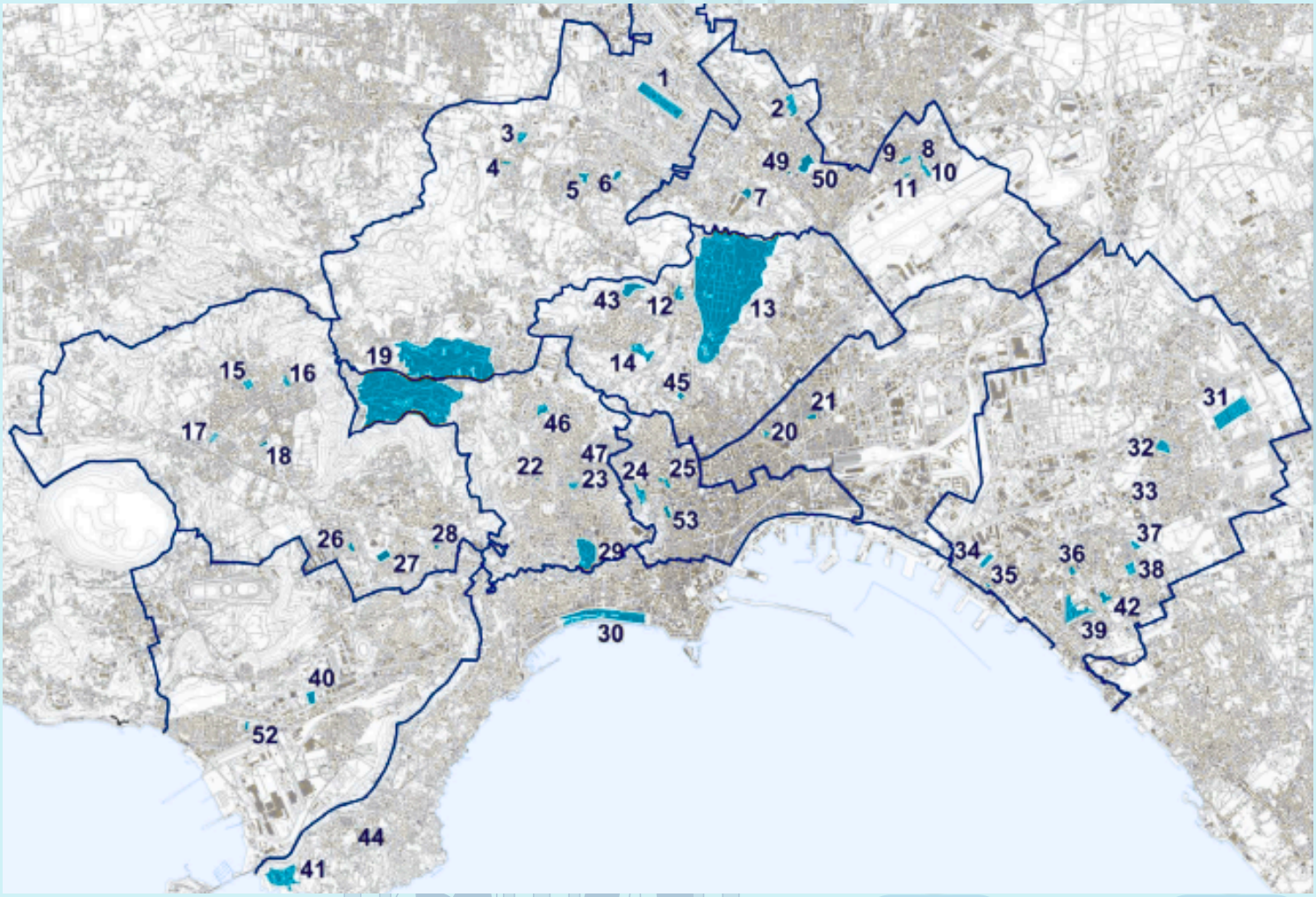
GREEN AREAS

Per una ACCIttà accessibile

We often hear from international students that Naples lacks green spaces, and to some extent, that's true. However, there is often a misconception about this: it's not that parks don't exist, it's just that they can be **hard to find**.
Because of the city's unique urban layout, **many parks are 'hidden'** behind buildings or walls, making them difficult to spot just by wandering around.
Additionally, keep in mind that most parks have **specific opening and closing hours that change depending on the season**. Once you know where to look, you'll discover that Naples has more green corners than you might think!

Also, keep in mind that for most Neapolitans, the closest green area is actually a blue area, **the sea**! For locals, to go to a green area often means going out of Naples. Like in Caserta or to the Sorrento coast, like the beautiful Path of Gods!

Document with the info about the parks



THANKS FOR READING!

Per una ACCIttà ACcessibile





If you've made it this far, you're officially ready for Naples. The city probably has other plans, but that's part of the fun. Good luck, and enjoy the ride!

✨ *Buona permanenza a Napoli*! 🇮🇹



Disclaimer: This guide was created by NOI@Europe – Third Sector Association, based on a series of focus groups with young internationals and expats. While we've done our best to provide accurate and up-to-date information, regulations, services, opening hours, and local practices may change over time. NOI@Europe cannot be held responsible for any inaccuracies, omissions, or decisions made based on the information contained in this guide.







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