



THE ITALY STARTER KIT

Your First 30 Days • Checklists • Templates • City Finder • Budget Tools

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(Free resource for readers of "Starting a New Life in Italy")



Welcome Page

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Relocation Timeline

Before moving:

- Secure visa appointment at Italian consulate in your country
- Obtain Codice Fiscale (tax code) — can be done at consulate or online
- Prepare documents, apostilles, certified translations
- Arrange housing, school, shipping
- Stop recurring payments in home country
- Notify banks of international move
- Research the comune (municipality) you will live in

Month 1:

- Apply for Permesso di Soggiorno at local Questura (within 8 days of arrival)
- Register at Anagrafe (civil registry) of your comune
- Open a local bank account
- Get an Italian SIM card
- Register children for school enrollment
- Obtain local transport card

Month 3:

- Register with local ASL (Azienda Sanitaria Locale) for healthcare
- Obtain Tessera Sanitaria (health card)
- Join local expat groups and community activities
- Review tax obligations (Flat Tax regime if applicable)

Month 6:

- Review finances and Italian tax residency status
- Confirm Permesso di Soggiorno renewal timeline
- Apply for Flat Tax regime if within first year (if eligible)

Italy Visa Comparison Chart

Elective Residency • Digital Nomad • Self-Employment • Employment • Student • Investor

1. ELECTIVE RESIDENCY VISA

Best for:

Retirees, financially independent individuals, and those who do not need to work in Italy.

✓ Requirements

- Proof of sufficient passive income (minimum ~€31,000/year for individual)
- Income from abroad: pension, investments, rental, dividends
- Proof of accommodation in Italy (lease or deed)
- Private health insurance (full coverage)
- Clean criminal record
- Valid passport

✓ Pros

- Relatively straightforward for high-income retirees
- Leads to permanent residency after 5 years
- Eligible for Italy's Flat Tax regime (7% on foreign income for retirees in southern Italy)
- Family reunification possible

✓ Limitations

- No work of any kind permitted
 - High income threshold
 - Must reside in Italy for significant portion of year
-

2. DIGITAL NOMAD / REMOTE WORKER VISA

Best for:

Remote employees and freelancers working exclusively for non-Italian companies or clients.

✓ Requirements

- Proof of remote employment contract OR freelance agreements
- Minimum income: approximately €28,000/year (subject to change)
- Proof company has been operating for 1+ year
- Private health insurance
- Criminal background check
- Proof of accommodation in Italy
- Codice Fiscale

✓ Pros

- Specifically designed for location-independent workers
- Pathway to long-term residency
- Eligible for Impatriates Tax Regime (significant tax savings)

✓ Limitations

- Relatively new visa — processing inconsistent across consulates
 - Income threshold may be interpreted differently by consulates
 - Only limited income may come from Italian sources
-

3. SELF-EMPLOYMENT VISA (Lavoro Autonomo)

Best for:

Freelancers, consultants, and entrepreneurs who plan to work with Italian clients.

✓ Requirements

- Proof of professional qualifications or skills
- Business plan or client contracts in Italy
- Proof of sufficient income or startup capital
- Professional registration (where applicable — e.g. architects, doctors)
- Health insurance
- Criminal record certificate

✓ Pros

- Work legally with Italian clients and companies
- Access to Partita IVA (Italian VAT number / self-employment tax system)
- Leads to permanent residency

✓ Limitations

- Complex application — requires proving Italian market demand
 - Professional orders (ordini professionali) add complexity for licensed professions
 - Annual Partita IVA costs even with low income
-

4. EMPLOYMENT VISA (Lavoro Subordinato)

Best for:

Those with a job offer from an Italian employer.

✓ Requirements

- Valid job offer from Italian company
- Employer must apply through Decreto Flussi (annual quota system)
- Nulla Osta (work authorization) from employer

- Proof of qualifications
- Health insurance

✓ **Pros**

- Full access to Italian employment protections
- Pathway to permanent residency
- Employer handles much of the process

✓ **Limitations**

- Quota system (Decreto Flussi) is competitive and opens once/year
 - Very limited slots for non-EU workers
 - Tied to specific employer
-

5. STUDENT VISA (Visto per Studio)

Best for:

University and language school students.

✓ **Requirements**

- Enrollment in accredited Italian institution
- Proof of financial means
- Accommodation in Italy
- Health insurance
- Background check

✓ **Pros**

- Renewable while enrolled
- Part-time work allowed (up to 20 hours/week)
- Can transition to work visa post-graduation

✓ **Limitations**

- Must remain enrolled
 - Limited work authorization
-

6. INVESTOR VISA

Best for:

High-net-worth individuals investing in Italian startups, government bonds, or philanthropy.

✓ **Investment Options**

- Innovative startups: minimum €500,000
- Italian companies: minimum €1,000,000

- Government bonds: minimum €2,000,000
- Philanthropic donations: minimum €1,000,000

✓ **Pros**

- Fast processing (30 days)
- 2-year visa, renewable for 3 years
- Eligible for Flat Tax regime (€100,000/year flat tax on foreign income)

✓ **Limitations**

- Very high investment threshold
- Complex legal process

All Visas at a Glance

Visa Type	Work Allowed?	Income Req.	Stay Required	Who It's For	Difficulty
Elective Residency	No	~€31k/yr	Majority of year	Retirees, passive income	★★
Digital Nomad	Yes, remote only	~€28k/yr	183 days/yr	Remote workers	★★
Self-Employment	Yes, Italy-based	Variable	183 days/yr	Freelancers	★★★
Employment	Yes, employer-tied	Per contract	183 days/yr	Job offer holders	★★★
Student	Part-time	Sufficient funds	Enrolled	Students	★
Investor	Yes	€500k–2M invest	Flexible	High-net-worth	★★★

Visa Preparation Checklists

Elective Residency Visa

- Valid passport (6+ months validity beyond intended stay)
- Completed visa application form
- 2 passport photos
- Proof of passive income (bank statements, pension letter, investment statements)
- Income proof: minimum ~€31,000/year individual (~€38,000 for couple)
- Private health insurance (comprehensive, no exclusions)
- Criminal background check (apostilled + certified Italian translation)
- Proof of accommodation in Italy (lease or property deed)
- Application fee

Digital Nomad Visa

- Valid passport
- Remote employment contract or freelance agreements
- Proof of income (~€28,000+/year)
- Employer letter confirming remote work is permitted
- Company proof of existence for 1+ year
- Private health insurance
- Criminal record (apostilled + Italian translation)
- Proof of accommodation in Italy
- Codice Fiscale (if already obtained)
- Bank statements (3–6 months)
- Passport photos

Student Visa

- Letter of acceptance from Italian institution
- Proof of financial means
- Accommodation in Italy
- Health insurance
- Background check
- Passport photos
- Language proficiency proof (if required by institution)



The First 30 Days in Italy Checklist

Week 1: Essentials (Critical — Act Fast)

- Apply for Permesso di Soggiorno at Questura or Post Office — WITHIN 8 DAYS of arrival
- Get an Italian SIM card (TIM, Vodafone, WindTre, Iliad)
- Register at your Comune's Anagrafe (civil registry office)
- Get your Codice Fiscale confirmed at Agenzia delle Entrate
- Open a bank account (or activate Wise/Revolut as temporary solution)
- Get a local transport card (varies by city)
- Map out nearest supermarket, pharmacy (farmacia), and health center

Week 2: Home Setup

- Register utilities in your name if not included in rent
- Set up fiber or ADSL internet (TIM, Fastweb, WindTre, Vodafone)
- Buy home essentials (IKEA, Leroy Merlin, Euronics, OBI)
- Follow up on Permesso di Soggiorno appointment receipt (ricevuta)
- Learn local neighborhood rhythms (riposo, closing times)
- Set up local payment apps (Satispay is widely used)

Week 3: Health & Admin

- Register with local ASL (Azienda Sanitaria Locale) for public healthcare
- Obtain Tessera Sanitaria (health card — doubles as tax ID card)
- Choose a family doctor (medico di base)
- Find nearest farmacia and understand prescription system
- Compare private health insurance options if needed
- Set up SPID (Sistema Pubblico di Identità Digitale — digital identity)
- Register for PEC (Posta Elettronica Certificata) if self-employed

Week 4: Integration

- Join 3 local expat or community groups (Meetup, InterNations, Facebook)
- Start an Italian language class
- Try a cornetto and cappuccino at your local bar — standing up, Italian style
- Learn 20 essential Italian phrases
- Create a monthly calendar for bills, bureaucracy appointments, and renewals
- Explore 1–2 nearby towns or neighborhoods

Tip: The Permesso di Soggiorno is the most time-sensitive step — missing the 8-day window creates legal complications. Do this before anything else.



How to Get a SIM Card in Italy

Best Providers:

- TIM (best overall coverage, especially rural)
- Vodafone Italy (strong network, good data plans)
- WindTre (good value bundles)
- Iliad (cheapest — €9.99/month for unlimited calls + 180GB)
- MVNO options: ho. mobile, Very Mobile, Fastweb Mobile

What you need:

- Passport or EU ID
- Codice Fiscale (tax code — essential for monthly contracts)
- Italian address (sometimes optional for prepaid)

Where to buy:

- Any provider's retail store (negoziò)
- Phone shops and electronics stores
- Tabaccherie (tobacconists) for Iliad and some prepaid SIMs
- Airport kiosks (more expensive)
- Online (Iliad is online-only)

Tips:

Tip: Iliad is the best value provider in Italy — fully online signup, no Codice Fiscale required for the SIM kit, but needed for activation.

Tip: TIM has the best rural coverage — essential if you live outside major cities.

Tip: Prepaid (prepagato) is available without Codice Fiscale at most tabaccherie.



Housing & Renting Checklist

Before Signing a Lease (Contratto di Locazione):

- Verify landlord identity and property ownership (visura catastale)
- Confirm lease is registered with Agenzia delle Entrate (mandatory by law)
- Understand lease types: 4+4 (standard), 3+2 (transitorio), or short-term
- Ask about condominio fees (spese condominiali)
- Confirm heating type (autonomous vs central — centralizzato)
- Check if AC is installed
- Ask about humidity and mold (comune in older Italian buildings)
- Test water pressure and heating
- Understand caparra (deposit — typically 2–3 months)
- Check if appliances are included (many Italian rentals come unfurnished)
- Confirm building rules (regolamento condominiale)

Move-In Day:

- Take timestamped photos of every room and all appliances
- Document any existing damage in writing to landlord
- Collect all sets of keys and mailbox key
- Record meter readings (electricity — contatore, gas, water)
- Confirm how to register utilities in your name
- Get the building administrator's (amministratore) contact details

Tip: In Italy, leases must be legally registered with Agenzia delle Entrate within 30 days. An unregistered lease has no legal protection for tenant or landlord.



Setting Up Utilities and Internet

Electricity (Luce):

- Main providers: Enel, Edison, Eni Plenitude, A2A, Illumia
- You need: Codice Fiscale, passport, rental contract, meter POD number
- Call provider or go online to activate — takes 1–5 business days

Gas (Gas):

- Main providers: Eni, Edison, A2A, Italgas
- You need: Codice Fiscale, PDR number (on gas meter or previous bill)
- Technician inspection required for first activation

Water (Acqua):

- Usually managed by local municipality — contact your comune
- Often included in rent or condominio fees

Internet (Internet):

- TIM (most coverage, FTTH in major cities)
- Fastweb (excellent fiber, strong customer service)
- WindTre
- Vodafone Italy
- Eolo (best for rural areas)

Installation:

- Usually 1–2 weeks for internet installation
- Technician visit required for fiber connection

Tip: Fastweb is generally considered the best for customer service in Italy. TIM has the widest coverage including rural areas.

Tip: Avoid signing contracts longer than 24 months unless you plan to stay long-term — early termination fees (penale) can be significant.



Getting Your Codice Fiscale

The Codice Fiscale is Italy's tax identification code — a 16-character alphanumeric code. It is essential for almost every bureaucratic step in Italy: opening a bank account, signing a lease, getting a SIM card, healthcare registration, and more.

How to get it before arriving:

- Apply at the Italian consulate in your home country — free and fast
- Bring: passport, birth certificate, completed application form
- Usually issued same day or within a few days

How to get it in Italy:

1. Go to your local Agenzia delle Entrate office
2. Bring: passport + copy, proof of Italian address (if available)
3. Request a Codice Fiscale
4. Receive it immediately (same-day service)

You need your Codice Fiscale for:

- Opening an Italian bank account
- Signing a rental lease
- Getting a post-paid SIM card
- Permesso di Soggiorno application
- Healthcare registration (ASL/Tessera Sanitaria)
- School enrollment
- Setting up utilities
- Tax filing
- Buying a property or car
- Opening a Partita IVA (self-employment)

Tip: You can calculate your Codice Fiscale online before arriving using your personal data — but you need the official version from Agenzia delle Entrate for legal documents.



Permesso di Soggiorno (Residency Permit)

The Permesso di Soggiorno is Italy's residency permit for non-EU nationals. **CRITICAL:** You must apply within 8 working days of arriving in Italy. Missing this deadline creates serious legal complications.

Where to apply:

- Post Offices (Uffici Postali) with Sportello Amico — the most common method
- Or directly at your local Questura (police headquarters) for some visa types

Steps (Post Office method):

5. Go to a Post Office with Sportello Amico (not all have this)
6. Request the Permesso di Soggiorno kit (yellow envelope / busta gialla)
7. Fill in the forms carefully
8. Return to Post Office with completed forms + documents + payment
9. Receive ricevuta (receipt) — this is your proof of legal stay while waiting
10. Attend Questura appointment (fingerprints + photo)
11. Collect Permesso di Soggiorno when ready (1–6 months wait)

Required Documents:

- Valid passport + full copy of all pages
- Valid Italian entry visa
- 2 passport photos (biometric)
- Completed application forms (from the kit)
- Proof of accommodation (lease or deed)
- Proof of income / financial means
- Health insurance certificate
- Codice Fiscale
- Post Office payment receipt (marca da bollo €16 + postal fees)

Processing Time:

- Ricevuta: issued same day — keep this with you at all times
- Questura appointment: 1–3 months after application
- Permesso di Soggiorno card: 2–6 months after Questura appointment

Tip: The ricevuta from the Post Office is legally equivalent to the Permesso di Soggiorno while waiting — carry it with your passport at all times.

Tip: Track your application status at sportelloimmigrante.interno.gov.it

Registering with Your Local Health Center

Steps:

12. Find your local ASL (Azienda Sanitaria Locale) using your address
13. Bring: Permesso di Soggiorno (or ricevuta), passport, Codice Fiscale, proof of residence
14. Fill the registration form
15. Receive your Tessera Sanitaria (health card — also your tax ID card)
16. Choose a medico di base (family doctor) from the ASL list

Notes:

- Public healthcare (SSN) is available to legal residents
- Elective Residency Visa holders must use private insurance — confirm eligibility
- Co-payments (ticket) apply for some specialist visits and non-urgent care
- Emergency care is always free regardless of status

Finding a Family Doctor (Medico di Base):

Public System:

- Choose from ASL list of available doctors in your zone
- GP referrals needed for most specialist visits
- Emergencies: call 118 (ambulance) or 112 (general emergency)
- Pronto Soccorso = A&E / Emergency Room

Private System:

- Faster appointments, no referral needed for specialists
- Providers: UniSalute, Generali, Allianz, AXA, Previmedical
- Private hospitals (case di cura) and clinics widely available
- Costs significantly higher than public system

Pharmacy (Farmacia):

- Green cross sign — widespread, even in small towns
- Prescription = ricetta medica (white for general, red for specialist)
- Over-the-counter medications widely available
- Farmacisti often provide basic medical advice

Tip: *Italy's public healthcare system is excellent — but waiting times for specialist visits can be long. Many expats use a combination of public for primary care and private for specialists.*



School Enrollment Starter Pack

Required Documents for Minors:

- Birth certificate (translated + apostilled)
- Passport copies (child and parents)
- Vaccination record (libretto delle vaccinazioni)
- Previous school transcripts (translated into Italian)
- Proof of residence (residenza)
- Permesso di Soggiorno or ricevuta
- Codice Fiscale for child and parents
- Parents' IDs

Steps:

17. Find your assigned school zone (circoscrizione) at your comune
18. Contact the school's segreteria (administrative office)
19. Submit iscrizione (enrollment) application
20. Attend placement assessment if required (especially for older children)
21. Provide all documents at registration

Options:

- Scuola pubblica (public) — free
- Scuola paritaria (semi-private, state-subsidized) — small fees
- Scuola privata (private) — fee-paying
- International schools (British, American, French) — higher fees

Italian School System:

- Asilo nido (nursery): 0–3 years
- Scuola dell'infanzia (kindergarten): 3–6 years
- Scuola primaria (primary): 6–11 years
- Scuola secondaria di primo grado (middle): 11–14 years
- Scuola secondaria di secondo grado (high school): 14–19 years

Questions to Ask Schools:

- Are there Italian language support classes for non-native speakers?
- What is the mensa (canteen) arrangement?
- Are extracurriculars included or additional?
- What is the school calendar? (Italy has regional variations)
- Is there a school bus (scuolabus)?

Tip: Italian public schools are excellent and fully integrated — most non-Italian children adapt well within 6–12 months. Language immersion is the fastest path to fluency.

€ Opening a Bank Account in Italy

Required Documents:

- Passport
- Codice Fiscale (mandatory)
- Permesso di Soggiorno or ricevuta (for non-EU nationals)
- Proof of Italian address (lease, utility bill, or residenza certificate)
- Italian phone number
- Employment contract, pension proof, or income documentation (varies)

Most Foreigner-Friendly Banks:

- Intesa Sanpaolo (largest Italian bank, widespread branches)
- UniCredit (major bank, international experience)
- BancoBPM
- Fineco (digital-first, excellent app)
- N26 (fully digital, easy setup for non-residents)
- Wise / Revolut for nomads (not full Italian banks)

Tips:

- Ask for a conto corrente (current account) — the standard account type
- Set up Satispay (Italy's most popular payment app — like Venmo)
- Bancomat is the Italian ATM/debit card network — essential
- Many landlords require Italian bank account for rent transfers
- Annual fees (canone annuo) vary significantly — compare before opening

Tip: *Fineco is widely recommended by expats for its English-language app, low fees, and easy online setup. N26 is ideal if you need an account before arriving.*



Italy Bank Comparison Sheet

Choosing the Right Bank for Your First Year in Italy

1. Quick Comparison Table

Bank	Monthly Fees	English Support	ATMs	Expat-Friendly	Best For
Intesa Sanpaolo	€0–€10	Low	Huge	★★	Long-term residents, all profiles
UniCredit	€0–€12	Medium	Many	★★	Professionals, international
BancoBPM	€0–€8	Low	Many	★★	Residents, northern Italy
Fineco	€0	Medium	Few	★★★★	Nomads, digital users, investors
N26	€0–€16	High	None	★★★★	Newcomers, nomads
Wise	€0	High	None	★★★★	Freelancers, nomads
Revolut	€0–€13	High	None	★★	Travelers, short-term

2. Category Breakdown

Best for Remote Workers / Nomads

- Fineco
- N26
- Wise

Why? Low fees, easy international transfers, English app.

Best for Retirees

- Intesa Sanpaolo
- UniCredit

Why? Large branch networks, accept pension income, foreigner-experienced staff.

Best for Families / Long-Term Residents

- Intesa Sanpaolo
- BancoBPM
- UniCredit

Why? Stable, reliable, extensive ATM access.

Best for Students

- N26
- Fineco

Why? No fees, easy setup, mobile-first.

3. Bank Comparison Sheet (Printable)

Bank Name:	_____
Monthly Fees:	_____
Codice Fiscale Required?	Yes / No
Permesso Required?	Yes / No
ATM Network:	Strong / Medium / Weak
English Support:	Strong / Medium / Weak
My Notes:	_____

Italy Region Comparison Guide

A. Quick Comparison Table

Region/City	Cost	Climate	Safety	English	Best For	Downsides
Rome	\$\$\$	Mediterranean	Medium	High	Culture, history, expats	Chaotic, tourist-heavy
Milan	\$\$\$\$	Continental	High	Very High	Professionals, fashion, finance	Very expensive
Florence	\$\$\$	Mild	High	High	Art lovers, students	Touristy, small
Bologna	\$\$	Mild	High	Medium	Foodies, students, families	Less international
Turin	\$\$	Continental	High	Medium	Professionals, families	Foggy, industrial
Naples	\$	Mediterranean	Medium	Low	Culture lovers, budget	Bureaucracy, traffic
Sicily	\$	Hot/Sunny	Medium	Low	Retirees, flat tax seekers	Remote, slow pace
Puglia	\$	Hot/Sunny	High	Low	Retirees, nature, food	Limited services
Tuscany	\$\$\$	Mild	High	Medium	Quality of life, wine, beauty	Touristy areas
Lake Como/Garda	\$\$\$	Mild	High	Medium	Luxury living, scenery	Very expensive

B. Region-by-Region Profiles

Rome

- Best for: history lovers, expat communities, culture
- Vibe: chaotic, beautiful, eternal
- Cost: high
- English: high in tourist/expat areas
- Why choose it: unmatched history, international community, good connections
- Downsides: traffic, bureaucracy, tourist crowds, pickpocketing in center

Milan

- Best for: professionals, finance, fashion, tech
- Vibe: northern European efficiency meets Italian style
- Cost: very high — comparable to major European capitals
- English: very high
- Why choose it: jobs, international business, excellent transport
- Downsides: most expensive city in Italy, foggy winters, impersonal

Florence

- Best for: art lovers, students, short to medium-term expats
- Vibe: Renaissance beauty, compact, walkable
- Cost: high
- English: high
- Why choose it: art, culture, food, world-class universities
- Downsides: very touristy, small for long-term, limited job market

Bologna

- Best for: foodies, students, young families, balanced living
- Vibe: lively, intellectual, gastronomic
- Cost: medium
- Why choose it: best food in Italy, university city, good quality of life
- Downsides: less international than Rome or Milan

Naples

- Best for: culture lovers, budget-conscious expats, adventurers
- Vibe: chaotic, passionate, deeply authentic
- Cost: low
- English: low outside tourist areas
- Why choose it: incredible food, history, proximity to Amalfi/Pompeii
- Downsides: bureaucracy, traffic, safety concerns in some areas

Sicily & Southern Italy (Flat Tax Regions)

- Best for: retirees seeking the 7% flat tax benefit, budget living
- Vibe: slow, warm, traditional
- Cost: very low
- Why choose it: Italy's Flat Tax for retirees applies in municipalities under 20,000 population in the south
- Downsides: limited English, fewer services, some areas economically challenged

Tip: Italy's 7% flat tax on foreign pension income is available in specific southern municipalities with under 20,000 inhabitants. This is one of the most attractive tax incentives in Europe for retirees.



Quick Italian Cheat Sheet

Essentials:

- Ciao — Hello / Goodbye (informal)
- Buongiorno — Good morning
- Buonasera — Good evening
- Buonanotte — Good night
- Per favore — Please
- Grazie — Thank you
- Prego — You're welcome / Please (go ahead)
- Quanto costa? — How much does it cost?
- Dov'è...? — Where is...?
- Non parlo italiano — I don't speak Italian
- Parla inglese? — Do you speak English?
- Un tavolo per due — A table for two
- Il conto, per favore — The bill, please
- Dov'è il bagno? — Where is the bathroom?

Admin & Daily Life:

- Ho bisogno del mio Codice Fiscale — I need my tax code
- Ho un appuntamento — I have an appointment
- Può aiutarmi? — Can you help me?
- Non ho capito — I didn't understand
- Può ripetere? — Can you repeat that?
- L'affitto — The rent
- Il contratto — The contract
- La farmacia — The pharmacy
- Il permesso di soggiorno — The residency permit

At the Bar (Important!):

- Un caffè, per favore — An espresso, please
- Un cappuccino — A cappuccino (morning only — Italians don't drink it after meals)
- Un cornetto — A croissant
- Al banco — At the counter (standing — cheaper and more Italian)

Emergency:

- Aiuto! — Help!
- Chiami un'ambulanza — Call an ambulance
- Mi sono perso/a — I'm lost
- Ho bisogno di un medico — I need a doctor
- Emergency number: 112

- Medical emergency: 118

Tip: *Never order a cappuccino after 11am in Italy — you will be judged. Espresso all the way after lunch.*

Budget & Expense Tracker

MONTHLY EXPENSES:

Affitto (Rent):	€ _____
Utilities (Luce/Gas/Acqua):	€ _____
Internet/Phone:	€ _____
Groceries (Spesa):	€ _____
Transport:	€ _____
Healthcare:	€ _____
Entertainment:	€ _____
Schooling/Childcare:	€ _____
Gym (Palestra):	€ _____
Pets:	€ _____
Travel:	€ _____
Savings:	€ _____
Insurance:	€ _____
Commercialista (Accountant):	€ _____
TOTAL:	€ _____

AVERAGE PRICE GUIDE (Italy 2025):

Milk (1L):	€ _____
Bread (pane):	€ _____
Eggs (12):	€ _____
Local Wine (bottle):	€ _____
Public Transport Card (monthly):	€ _____
Gasoline (per liter):	€ _____
Gym Membership:	€ _____
Co-working Space (monthly):	€ _____
Lunch Menu (pranzo fisso):	€ _____
Private Health Insurance (monthly):	€ _____
Espresso at bar:	€ _____
Cornetto:	€ _____

👉 A Word Before You Go

Thank you for downloading the Portugal Starter Kit.

I created this guide to help make your transition smoother, clearer, and less overwhelming. Moving abroad is exciting, but building a life in another country also requires patience, flexibility, and preparation.

As you settle into Portugal, give yourself time to adapt to new systems, routines, and rhythms. Every small step — getting your NIF, finding your neighborhood café, navigating residency appointments — helps build the foundation of your new life abroad.

This Starter Kit is part of the *Starting a New Life* relocation series, created to offer grounded, compassionate guidance for people beginning again in a new country.

If you'd like updated templates, new checklists, or early access to future resources, you're warmly invited to visit my website, alphonsinepelletier.com, join me on Facebook at [Solifleur/alphonsinepelletier](https://www.facebook.com/Solifleur/alphonsinepelletier), or join my Facebook group, [Starting a New Life Abroad](https://www.facebook.com/StartingaNewLifeAbroad).

I am also on [Instagram](#), [Pinterest](#), and [LinkedIn](#).

Your journey is just beginning — and I'm honored to be part of it, one page at a time.

Warmly,

Alphonsine Pelletier

Solifleur