



**Culinarian
Expeditions**
Cooking in Italy and Mexico

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Communicating in Italy



1. Contact your current cellphone provider to see what packages they offer on your current plan to be able to roam (use your phone while in Italy) [T-Mobile](#) , [AT&T](#), [Verizon](#), [Sprint](#) , and sign up for an international roaming plan. This is the easiest solution for a one or two week trip. Check out this [independent comparison](#) of their plans.

2. If you have not done so already, download and sign up on **WhatsApp**. This way you will be able to call and message and video call from your US smartphone for free while on WIFI anywhere in the world. And if you have also signed up for an international data roaming plan with your provider, then you are all set.

Alternatively, you can get an international SIM card or an Italian SIM card, (a SIM card is also called a chip) This is a bit more involved and it requires a minimum knowledge of how phones work and how to change SIM cards (chips).

1. If you want to use your own phone, the first thing you must do **immediately** is call your provider and ask them to unlock your SIM card. Otherwise you will not be able to use a different SIM card in your phone.

2. If you are SURE your phone is SIM-Unlocked, then you can choose one of the international SIM cards that you can buy on the web

<https://www.simoptions.com/product/prepaid-sim-card-italy/>

https://www.worldsim.com/international-sim-card?__store=eu

<http://www.onesimcard.com>

<https://travelsim.com>

<http://www.telestial.com>

<https://www.truphone.com/us/consumer/sim/>

Here is more info on [choosing the best SIM card](#)

3. You can use a separate phone for your international SIM card, maybe an old phone you don't use anymore, BUT it must have been SIM-unlocked already!

4. You can pick up a cheap (or expensive) unlocked phone here on [Amazon](#), [BestBuy](#), [Walmart](#), [Ebay](#)

5. Alternatively you can buy a SIM card once you are in Italy. These are special visitor plans offered by [TIM](#) and [Vodafone](#), the two largest mobile companies in Italy. Check out this [comparison](#) of the various options available.

Remember. If you have NOT signed up for a data plan with your provider or have NOT inserted an Italian or International SIM card in your phone, BE SURE to set your phone in **Airplane Mode** for the duration of your trip. (You can still turn WIFI on). Otherwise you may be charged thousands of dollars, and then you'll have to spend many unpleasant hours with customer support trying to explain and begging them to forgive you.

Good luck!