

HOW TO BE ITALIAN: 20 Rules Italians never break

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Ah, mamma mia...Italy is probably the most admired and dis-liked country at the same time.

People love Italians and Italian culture and they are secretly jealous of us, but they also make fun of us a lot.

Italians are world famous for being loud, being very kissy, and passionate, and moving their hands a lot...for driving like crazy, and for not respecting rules, including the laws at times...

However, there is a specific set of rules Italians will always obey (to)

These are 'The 20 Rules Italians Will Never Break'

Let's start with greetings, 'cuz' these are very very important in Italian culture.

We're very affectionate, we're very passionate, and we tend to kiss, even people who we've never met before.

Now, there's a very specific rule for the cheek kissing, which is - always start on the right.

2 kisses in some regions of Italy, and 3 kisses in other regions of Italy.

In Italy there's nothing like filtered coffee or 'Americano'.

Italians have 'Espresso' - literally drunk within 30 seconds.

Done. and I'm out.

It can be a 'Quarto', or 'Ristretto', which is basically like even shorter than an espresso so up to here, or a 'Lungo', which is basically like a little bit longer.

If you're asking for a 'Latte' in an Italian café, you will get this, because 'latte' in Italian means 'milk'.

'Cappuccino'...is socially acceptable - ONLY at breakfast.

It is, however, acceptable to ask for a 'Macchiato'. A 'Macchiato' is actually an espresso with a little bit of milk foam, and you can

ask for a 'Macchiato Caldo', which is a hot milk foam, or a 'Macchiato Freddo', which is a cold milk foam. Very complicated...

When toasting, always, always look (at) people in the eye.

Eye Contact - it's really important.

And good Italian wine is very important too.

Let's talk 'Fashion' for a second...

The number 1 rule that you should probably never forget if you visit Italy is - Do Not, under any circumstances, wear white socks.

Italians believe in the concept of 'Food Separation'

We don't place it all in 1 plate, which is why buffets don't really work in Italy.

So you always start with 'Antipasto', which is basically the appetiser. Then you move on to a 'Primo', which is your 'entree', if you want.

Then you move on to a 'Secondo', which literally means 'second', and that's like your main dish really.

Then you move on to 'Dolce' which literally means 'dessert'.

And that's how you proceed, not the other way around. You can skip one, if you want, but you need to follow the sequence.

Very Important.

Different meats should not be mixing in the stomach.

If you start with chicken, you cannot go to beef. If you start with beef, you cannot go to lamb.

Breaking News: Bread is Not an appetiser.

It will be there for the entire duration of the meal, and you will not get butter, or olive oil, or balsamic with it.

Plain, amazing, lovely Italian bread on your table...so please enjoy it as it is.

So, once I went to a restaurant with an American friend of mine, and she was vegan, and we asked for vegan options. The waiter was really confused...very few places actually have vegan options in

Italy. It is coming, like you know 'gluten-free', and you know these kinds of things are coming to Italy as well.

Now, let's talk 'Spaghetti' for a second.

Italians do not, and I repeat, do not eat spaghetti with meatballs. That's an American/slash/Disney invention from 'Lady and the Tramp'

But in Italy, we have them with a range of different sauces, including 'Ragu', which is quite close to meatballs, but it's actually not.

We do eat meatballs, but not with spaghetti.

Another American invention is 'Alfredo sauce', and it's not, not something we do...no, absolutely not.

'Carbonara' sauce, by the way, does not contain any cream at all.

Making pasta - you HAVE TO add salt to boiling water.

Like this thing - salt.

And don't forget to make pasta 'Al Dente'. Very Important.

Do not mess with Italian Pizza.

Do not expect chicken on pizza, or crazy sausages, or crazy pineapples, or fruit. You're not going to be finding it there.

There are only 2 types of pizza crust: 'Neopolitan' means that it's kind-of raised, and it's more fluffy, while 'Roman' is quite crusty.

Italian salad is extremely simple: It will be only served with extra-virgin olive oil, vinegar-balsamic.

Salad is supposed to be healthy and simple.

Italians are a bit 'Hygiene Freak'.

They believe that if they don't wash everything of their body and hands and everything at any given time, they will be contaminated by some strange extraterrestrial bacteria.

This is 1 thing we're actually quite 'anal' about - the Bidet.

There's actually a bit of a play on words there...

After (pooping), we always, always, always use the bidet - It is amazing.

For some strange genetic reasons, Italians are very very sensitive to temperature change.

And you will definitely be able to spot an Italian abroad because they normally wear a big bomber jacket.

Also Italian women are not allowed to walk in public with wet hair. Why? Because they might catch a cold.

That's ridiculous.

Italians are also obsessed with the draft. Having a draft at a restaurant is like the worst possible nightmare. They will carefully select the table based on the lack of draft.

Digestion...is probably the most important process of your human body, which is why Italians normally after a meal, they never ever ever expose themselves to cold temperature, because that would block their digestive system.

We even have a whole range of alcoholic beverages aiming at helping you digest, which is basically an excuse to drink more after a big meal, and these are called 'Digestivi'.

So when you're a kid, and you go to beach with your parents, you are actually taught that you are not supposed to swim for 2 or 3 hours after a meal, because you could get congestion and die in the sea. It's very traumatising.

And these are 'The 20 Rules Italians Will Never Break'.

I really hope you liked this video. If you did, give it a 'like' and share it with your friends, especially those visiting Italy very soon, 'cuz' it's 'gonna' be useful for them.

And don't forget to subscribe to my channel. I also made another video, which is here, on 'Italian Hand Gestures'.

So, go check it out if you want to know more about Italian culture.

Thank you very much for watching, and I'll see you next time with another one of 'Marco in a Box' Videos.

Bye, Ciao...