

East Carolina University

ITALY INTENSIVES

Student Handbook

2017-2018



ITALY INTENSIVES PROGRAM HANDBOOK

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WELCOME TO OUR ITALY INTENSIVES PROGRAM!!!

I am as excited as you are, and really looking forward to spending time with you in Italy. The Mayor and City Council of Certaldo have welcomed us with generous support and encouragement, providing our classroom facility in the beautiful medieval village of Certaldo Alto. The citizens of Certaldo Alto will host us in their lovely lodgings and restaurants, allowing us to study in this idyllic environment. With views of medieval buildings, vineyards, olive groves and the Chianti hillsides, you will immerse yourself in the Italian culture along with intensive, challenging course work.

This handbook has been created to help you better prepare for your semester abroad. Please read it carefully and follow the suggestions regarding all paperwork requirements, packing and money matters. If you have any questions, feel free to contact me. Please share the following with your parents:

- The Director of the program and other faculty will be housed very close to our students. They are available for consultation and assistance, 24/7.
- Participating students are expected to conduct themselves as guests in Italy, realizing that cultural practices may be different from what they are used to in the States.

The Director has the authority to dismiss a student from the program if the student discredits the program or endangers any of its participants. The following conditions apply:

- a. No loud noises, parties, or disruptions at night in the lodgings (after 10 pm)
- b. Curfew—quiet return to all lodgings by 1:00 am is appreciated.
- c. No unauthorized guests in the lodgings. Respectfully keep lodgings clean and neat.
- d. No illegal drugs permitted anywhere while on the program. Discovery of illegal drugs or drug intoxication will result in immediate suspension and dismissal.
- e. If students leaves the residence for any weekend or overnight trip, a signed statement of destination and length of absence must be left with the Director.
- f. Intoxication due to alcohol abuse is a reason for dismissal. Complaints from others in our group or from local residents regarding disorderly conduct or alcohol abuse will result in immediate suspension and dismissal from the program.
- g. Students dismissed will travel back to the States at their own expense and will lose all fees previously paid into the program.

We have never had a student dismissed, and we have never had a problem with student compliance so I do not anticipate any problems. It is simply important that you understand the behavior we expect of our students. Thank you in advance for all that I know you will do to create positive feelings about American students and our ECU Italy Intensives program!

I look forward to getting to know you in Italy! I promise to do everything I can to make this an unforgettable experience and the very best semester ever!

Buon Viaggio!!!



Linda Darty
Professor and Program Director

Arrival Information

If you are arriving near the scheduled pick up time, we will meet you at the airport, with transportation service to our first lodgings.

Get off of your plane, pick up your luggage, follow the crowd OUT of the exit (uscita) then look for ECU staff (with an ECU SIGN). You will see many people grouped in front in a sort of semi circle –waiting to meet passengers. Look front, left and right as you walk out–and stay in the area, in close proximity to the exit. There are chairs, and coffee shops - and we will find you (it is helpful if you wear purple! if you do not immediately see us, stay in the general area. DO NOT GO OUTSIDE. IF FOR SOME REASON YOUR PLANE IS VERY LATE (like you miss a connection or have some other weather etc. problem):

1. First try to email the director, Linda Darty at dartyl@ecu.edu and also the assistant director, Stuart Watson, at stuart@stuartawatson.com
2. If you do NOT have internet access when you find out your plane will be delayed, call your parents and let them know, so they can email us.
3. If you arrive very late and do not see the ECU group at the exit, go to information and ask someone to call our cell phone numbers (listed on the next page). One of us will be in the airport expecting you. We know what flight and we will track it.

If you are traveling prior to the program start date, and do not plan to take the airport shuttle with the group, please let Linda know so she will not wait for you at the airport. If that is the case, we will need to arrange a meeting time. The group will depart from the airport for Orvieto, our first lodgings in Italy.

Hotel website for our first night in Orvieto:

Grand Hotel Italia S.r.l.
Via di P.zza del Popolo n° 13
05018 Orvieto (TR)
tel 0039 0763 342065
P.Iva/r.i./c.f. 00655230555
fax 0039 02 30132865
e-mail: hotelita@libero.it
www.grandhotelitalia.it

Hotel website for our next two nights in Cortona

Hotel Italia
Planhotel Hospitality Group

Via Ghibellina 5/7, 52044 Cortona (AR)
Tel. +39 0575 630254 – Fax +39 0575 605763
Email: hotelitalia@planhotel.com
Web: www.hotelitaliacortona.com - www.planhotel.com

CONTACT INFO in CERTALDO
IMPORTANT ADDRESSES AND PHONE NUMBERS

Bring the following addresses and phone numbers with you and leave a copy with your parents. Keep these addresses and phone numbers with you at all times so that you can call if you need assistance!

Please note:

If you want to call any number in Italy from the US you must dial 011 and the Italy country code:39. If you want to call the same number in Italy, from Italy (for example Linda's cell phone) just leave off the +39. If you call the States from Italy, you must dial 001 before the area code and number that you dial.

In case of emergency please contact Francesca Maddalena (my local Italian assistant) or me- Linda Darty

Francesca Maddalena (assistant)	+39 347 552 7899
Linda Darty (director):	+39 340 858 3833
Stuart Watson (assistant director)	+39 347 372 6493
ECU classroom	+39 057 165 2822
La Meridiana	+39 057 166 0084
Ceramic School: our collaborators in Italy - ask to speak to Claudia or Francesca	

The white building below is our ECU classroom complex-windows above are student apartments. You can see that Certaldo Alto is a small village. In the distance you see Certaldo Basso, the city below us.



Passports and Documents

Get your passport as early as possible, (it can take over 6 weeks!!!) and have it with you at all times while traveling. Keep it in a SAFE place. You will ALWAYS be asked for your passport when you check into a hostel or hotel and sometimes will need to show it when you use a debit or credit card. Be sure to get your Passport RETURNED TO YOU, before you leave each hostel or hotel. Make one or two copies of your passport to leave with people you trust (family/friends). This will enable you to get another one quickly, if it gets lost or stolen. It's a good idea to pack one copy in your suitcase as well.

You should also bring a driver's license AND student ID with a picture – this will work at many stores and other places if you don't have your passport with you when you are shopping.

A SCAN OF THE FRONT PAGE OF EACH STUDENT'S PASSPORT SHOULD BE SENT TO Stuart, (watsonst14@ecu.edu) at least 1 MONTH PRIOR TO DEPARTURE FOR OUR PERMANENT RECORDS. This helps us register your lodgings with the Certaldo Police Department and is also important if you receive packages that are in customs.

Helpful hint: Get a folder or zipped case for all your documents: Keeping all your documents in a folder will save you endless time looking for your important information. You should keep a copy of your passport, health insurance information, credit card, contact info, flight itinerary, class syllabi, etc. in this folder or plastic zip lock bag

TO DO:

- Leave copies of your checking account numbers, savings account numbers, social security number and copies of passport and credit cards with a parent, or friend in the U.S.
- Leave a copy of the semester itinerary with parent, or friend in the US. Let parents, or friend know flight information for pick up when you return home.
- SCAN a copy of the first page of your passport, and email it to *stuart@stuartawatson.com*
- Print out a copy of our lodgings and all contact information so family will know how to reach you. Anticipate any additional information parents may need during your time away. (Ex: tax forms, financial aid forms, etc.)
- Bring a copy of all ADVISING INFORMATION that you have gone over with your advisor for the next semester. This way you can easily register for your classes during registration week, (while you are in Italy.)
- ALL CONTACT INFO FOR OUR LODGINGS IN ITALY IS IN THE ADDENDUM OF THIS HANDBOOK. PRINT IT FOR YOUR FAMILY. IT IS ALSO ON OUR WEBSITE, SO PLEASE SHARE THE WEBSITE WITH YOUR FAMILY. Your family and friends might also like to follow our blog at:

<http://italyintensives.tumblr.com>

Money and credit cards

Currency

Bring only a small amount of US cash with you when you travel to Italy and keep some for your return trip to the US (\$100.00 or less). There is an ATM/Bancomat at the airport for an immediate way to obtain euros with a debit or credit card, and we will help you with this. **DO NOT BRING DOLLARS TO EXCHANGE** as you will be charged a higher fee. **DO NOT CHANGE MONEY AT CHANGE STATIONS** in the airport – it is expensive because of commissions and fees.

IF YOU CONTACT YOUR BANK AT LEAST 2 WEEKS BEFORE YOU DEPART, YOU MAY BE ABLE TO GET U.S. CASH CONVERTED TO EUROS, BEFORE YOU LEAVE THE STATES. THEY NORMALLY DO NOT CHARGE A SERVICE FEE FOR THIS, SO IT IS THE BEST WAY TO GET EUROS. THIS MEANS YOU CAN ARRIVE WITH SOME MONEY IN ITALY, THEN USE YOUR CREDIT OR DEBIT CARD AS YOU NEED MORE.

Credit Cards

BE SURE TO CALL YOUR CREDIT CARD COMPANY BEFORE YOU LEAVE THE STATES TO LET THEM KNOW YOU WILL BE IN EUROPE.

Depending on what your bank charges, most ATM debit cards are the best way to obtain cash in Italy. In most cases you are allowed to withdraw the equivalent of up to \$250.00 euros per day. ATM's allow you the best exchange rate on the day you withdraw. We recommend using ATMs rather than Traveler's checks as they are much more convenient and expedient. Most major credit cards are honored in Europe. It is highly recommended that you bring a credit card in your name, signed on the back, with a pin number *you know*.

Hint: Ask your bank or credit card company, before you leave, about the rates for using their cards in Europe. Some banks have affiliates that charge lower or no transaction fees if you use their ATM's for withdrawals. For example, Bank of America currently has an arrangement with BNL banks in Italy. Be sure and know your PIN number for these accounts.

Again, make a copy of these cards and write down the numbers to call in case of loss. Make an extra copy of this information for a parent or trusted friend.



Phone, Internet and Computer

Internet:

We have wireless internet in the classrooms.

You can video chat on Gmail, Skype or Facebook messenger– these are free.

We limit Skype and other video chat time to evening hours AFTER class time or during non-class days. While staying in touch with family and friends is an expectation, we have found that the ongoing daily contact via Skype can sometimes hamper our students' immersion experience. We strongly suggest that students relax and enjoy their experience in Italy with new friends, limiting contact if at all possible, to a maximum of 2 or 3 times a week. It is a good idea to bring earphones so others do not have to listen to private conversations you may be having on Skype in shared spaces.

Phone:

If you are bringing a phone you should check with your phone provider to learn the cost.

ECU has purchased Italian cell phones for each of our students to have during their stay in Certaldo. We will lend each student one of these phones during the semester with minutes for the first month of calls, charging only a small deposit that will be returned when the phone is returned. If students want to re-charge the phones with more minutes during the next two months, the cost is 10 euros per month. We can call each other for free from these phones and faculty numbers are entered into each phone so that students can immediately contact us if there is an emergency. We recommend students carry these phones with them at all times, especially when traveling.

Computer:

An external hard drive is essential to bring along with your computer. Students have had considerable problems when their computers have crashed and they have not backed up their work. It is very difficult to have computer repairs done in Italy so bring along a hard drive, and back up work frequently!

We have had good results with LaCie “Rugged” and Passport brand drives. Back up your work on a daily basis.

Bring a flash/jump drive along with you as well so you can easily transport your work for printing needs, etc. or use it when traveling.

BE SURE YOU HAVE A CONVERTER FOR CHARGING YOUR ELECTRONICS. DON'T FORGET YOUR COMPUTER CHARGER!

LABEL all chargers, portable drivers, converters, and headphones since we all may have ones that look simliar!

Special Things to Bring

1. **Power converter or adapter** -a power converter changes the voltage from the European 220 volt down to the U.S. 110 volt so you will not fry your electronics.

An adapter is just a transition piece that allows you to plug your US electronics into the wall outlet. Your computer and other major electronics usually automatically convert the voltage (read the little box on your power cord, or check online) so depending on what electronics you bring, get what you need!!! It's a good idea to bring several of the adapters that will allow you to plug in your small electronic devices, chargers, computers, camera, etc. You will want at least one for the studio and one for your apartment. **PUT YOUR NAME ON THESE AS THEY EASILY DISAPPEAR** since we all use them! These are available to purchase in Italy.



2. Sharpie or other permanent markers: bring these or buy when you arrive and mark your personal items; and in particular electronic cords, etc. We have many people who own the same items and it can be very confusing.
3. Do not bring hairdryers, curling irons etc, as they will almost always burn out, even with adapters. Wait to buy them in Certaldo – most cost about 20 euros and students in apartments can share the cost.
4. Bring headphones with a mic for Skyp-ing so we don't all hear your private conversations!!!
5. Bring ziplock plastic bags – they are difficult to find in Italy and can help you pack wet items!
6. Bring prescription medicines! Have them filled for the duration of your travel time!
7. Pack non-prescription meds as well – cold meds, dizzy meds, headaches etc.
8. Review packing list carefully for many other suggestions!! (page 16)



Mail in Italy

The post office is in Certaldo Basso, just a couple of blocks from the footpath that takes us down from Certaldo Alto. It costs the same to send a letter as a post card, about 2 euros to the States. Mail can take 10 days or even 2 weeks or longer to get to the States. Receiving mail from the States can take even longer. Mail, such as letters and post cards are easier to deal with than packages, which are difficult sending both ways. We don't recommend that friends and family send care packages because it costs students to receive them (customs charges). Do not plan to receive any packages during the shorter summer sessions because it can take 3-5 weeks for packages to arrive.

You can buy stamps (francobolli) at Tabbachi stores.

Once we are in Italy, you can receive mail at our classroom facility:

Student Name

East Carolina University

Via Boccaccio 28

50052 Certaldo Alto (Firenze)

Italy

Packages: Only send what is necessary! Most of the time packages get held up in customs—there are random inspections, and you may have customs fees to pay. Declare the contents.

Avoid sending any food because these packages have the most trouble getting through customs and need special authorization. It is ok to send cosmetics, but they also require a special declaration that must be made through La Meridiana, in Italy.

You may be sending some of your things from Italy back to the States at the end of the semester. We will help you with packing and shipping from Italy at that time. Some students prefer packing all their paintings together, for example, and sending them to ECU where they can later pick them up. Of course you can always send packages separately, to your own address.



Buying groceries, etc.

Siesta time for stores is generally 1:00- 4:00 pm. Don't be surprised if they are closed!

Sunday—Not many stores are open—grocery store only in the morning.

During orientation week we will take you grocery shopping and you will learn to find your way around Certaldo Basso and Certaldo Alto.

There are several small groceries in Certaldo Basso.

The Coop is the main grocery store in town. You can use a credit card with a passport or photo id.

If you buy produce in the store there are plastic gloves that must be worn before handling the produce. Once you have placed your produce in the plastic bags that are provided, weigh them on the scales that print out price stickers.

It's a good idea to buy a large cheap cloth shopping bag on your first day, as you will be charged a small fee for plastic bags.

There is a street market in Certaldo Basso on Wednesday mornings. This market has fresh vegetables, cheese, olives, and even a rotisserie truck that sells cooked meats. They also sell clothing, towels, shoes, housewares etc. There is a smaller fruit and vegetable market on Saturdays.

If you have particular food requirements or allergies, you need to know the Italian words for your allergies and how to communicate that information to servers in restaurants or stores. It is possible to buy gluten free products in the grocery stores and pharmacies.

Beauty needs – hair salons, etc. do not seem to require appointments. See the director for her favorite! There is a great store in Certaldo that sells very reasonable toiletries, hair products, lotions, sunscreens, etc.

Student apartments have washers only, but in town there are two laundromats – one near the post office and one next door to the grocery store. A washer cost is about 4-7 euros – and dryer is 3.

Eating out in Italy

Many restaurants will have a cover charge or service charge included in the cost. This is usually written in small letters on the menu and it is called a COPERTO. Sometimes the menu will say NO COPERTO so you will know that there is no cover charge added to the cost. Check the menu prior to sitting down to order to see if you will be charged a coperto. Sometimes if you sit down for coffee, it will cost more than if you stand up and drink it at the bar.

Italians rarely tip, as waiters in Italy are paid differently than in America and tips are included in COPERTO charges, or food prices.

In Italy the word BAR is used to describe places to buy coffee, water, juices, snacks, sandwiches, and pizza as well as wine, beer and other drinks.

Class Supplies

See class syllabi for supply lists and think carefully about what you want to pack from home. If you have any questions about what is available please contact our student services coordinator, Lucy, at lplatoclark@gmail.com.

There are office supply stores and paper stores (cartoleria) in Certaldo Basso where you can buy notebooks, pens, pencils, paperclips etc. Our school office has a stapler, pencil sharpener, paper cutter, copy machine and printers. You can also buy glue sticks, exacto knives, tape etc. in Certaldo Basso. There is a small art supply store in Certaldo Basso, but most of us buy art supplies at larger stores in Florence.

For metals students, there is a metals supply store in Florence that has some copper sheets but no other metals. We have copper and sterling silver in the studio, but it is best to bring whatever other metal you will be using with you. If you are an upper level metals student and already have a selection of tubing, wire or various small pieces of sheet – you might like to have some of that with you. If you are a beginning student we will have what you need here in Certaldo. You will need to pay for the supplies you use. We have jewelry and enameling KITS that students check out to use. **The tools they include are listed in the class syllabus.**

For photographers, large format inkjet and laser photo printers are in our studios. See class syllabus for information on camera and computer requirements for the class.

Book Arts and Design students will find lots of beautiful papers that can be purchased in Florence or Certaldo, for class projects. We have book board, linen threads, glue, polymer and acrylic paint. You can also make books with found papers, shopping bags, maps, photos or drawings . We have book arts KITS that students check out to use during the semester. Kits include scissors, sewing needles, glue brushes and bone folders. Bring a ruler and exacto knife. Check syllabus for other supplies you might want to pack from the States.

You will be sent a syllabus for each class with specific information about supplies for that class.



Travel while in Certaldo

Certaldo:

There is transportation up the hill to Certaldo Alto on the funicolare (similar to a tram or cable car lift). There are hours of operation posted on a bulletin board at the entry gate on both ends. You can buy tickets at either the top or the bottom using a simple vending machine and at the bottom of the funicolare there is a live ticket person who can sell discounted tickets to you as a “resident.” If there is a machine for purchasing a ticket and it says “no resto” it means you need exact change for the machine. Tickets purchased as “residents” cost .70 each way, otherwise one-way trips cost one euro and 40 cents, and two-way trips cost one euro 50 cents. Most of our students walk up and down the hill unless its raining or they have heavy grocery bags.

Taxi: Take this numbers with you in your wallet, in case you ever need a a taxi in Certaldo:

Tiziano: 339 661 9222

Train Travel in Italy: Certaldo is a wonderful location for easy travel. Just a 10-15 minute walk down the hill is the train station with many departure times posted throughout the day.

When you travel by public transportation you can buy a ticket either at the train ticket office or at one of the self service machines, or at the local Tabacchi.

In Certaldo a Tabacchi is located across the street from the train station and the staff are very friendly and helpful. The times for arrival and departure are listed on bulletin boards at the station and sometimes there is a television monitor. Check the number of the track (binario) to see where your train departs from. **NEVER, EVER walk over the tracks...**you can be hurt or arrested!

Check train schedules on the Trenitalia website (www.trenitalia.com/en). During some seasons, the last train back from Florence to Certaldo is approximately 9:20pm

The program director has folders in the office that may provide information about particular places you wish to visit in Italy, maps, transportation schedules, etc. In addition, our library has many good books with information on specific locations, guidebooks and historical references.

EACH TIME YOU travel you must validate your ticket before you get on a bus or train. There are little green and white boxes in the train station and on the buses. You need to put your ticket in the slot of the box, slide it to the left and have it stamped with the time and date. This is important because you could be fined 50 Euros if a conductor asks to see your ticket, and you have not validated it. Keep your ticket where you can find it in case a transportation official asks to see it.



Places to stay in Certaldo: for friends and family

We discourage visitors during class times or on class days, but you might have friends or family who want to visit on free weekends, before or after the program dates. **No visitors are allowed to stay in student housing.** The first three places listed are located in Certaldo Alto, VERY NEAR our school. Email the director if you will have visitors and have any questions. Sometimes our itinerary changes, or is flexible.

Locanda Linando is a nearby bed and breakfast in a 14th century renovated building and our friend Chiara, who speaks English, has furnished it beautifully. She will offer special pricing to our guests so let her know you are with ECU.

www.linando2.it

Tel: +39.0571.66.68.06

<mailto:info@linando2.it>

Il Castello is a lovely hotel and restaurant just at the top of the funicolare, and very near our classrooms. They have 10 rooms with windows that overlook Certaldo, the Elsa Valley and the Tuscan hills. All rooms have ensuite bathrooms, air conditioning and wireless internet. It is owned by our friend Alfred Kramer (who speaks English). Booking is available online. There is a website with more specific details and contact information. Special prices for our guests.

www.albergoilcastello.it/index_en.php

Tel: +39.0571.668250

info@albergoilcastello.it

Casa Giulia is a beautiful little apartment owned by Antoinella and it may also be available to rent. There is a website with more specific details and contact information.

www.casa-giulia.it

info@casa-giulia.it

PRIVATE APARTMENT with bedroom, living and kitchen space, bathroom

Via Fondaccio, 6 50052 Certaldo (Firenze) Italy.



Apartments in Certaldo

THIS CONTACT INFO PUTS YOU IN TOUCH WITH THE HOUSING OWNER, NOT THE STUDENTS LIVING IN THE APARTMENTS. THERE ARE NO PHONES IN THE APARTMENTS. Before contacting apartment owners, please have family contact the director or other emergency numbers at the beginning of this handbook. Most of the apartment owners do NOT speak English.

CHIARA – LOCANDA LINANDO (STUDENT HOUSING)

Via Valdracca, 13/15 - 50052 - Certaldo Alto (Firenze) Italy

Phone: +39 0571 652961

Cell:+39 328 7552516

info@linando2.it

<http://www.linando2.it/en/>

ELIO ANSALDO (STUDENT HOUSING)

Via Boccaccio - 50052 - Certaldo Alto (Firenze)

Phone: +39 0571 663029

Cell:+39 3397679738

info@orgotoscano.net

ALBERTO E FRANCESCO CINI – LA PRIMAVERA GUESTHOUSE (STUDENT HOUSING)

Via Boccaccio- 50052 - Certaldo Alto (Firenze) Italy

Phone: +39 0571 665023

Cell:+39 3494520441

info@casavacanze-la-primavera.it

http://www.casavacanze-la-primavera.it/ENG/certaldo_alto.html

APARTMENT IL GIGLIO:

APARTMENT LA ROSA:

ELIZABETTA POGGI

Poggi Apartment

335 71 12999



Hostel & Hotel Contact Information

Please check Itinerary to find out when we will be in these cities:

ROME

Alessandro Palace
Via Vicenza 42
00185 Rome RM Italy
Tel: +39 .0644.61958
Fax: +39.0649.380534
Info@hostelsalessandro.com
<http://www.hostelsalessandro.com>

CINQUE TERRE

Hotel Marina
Via Buranco, 40
Monterosso al Mare
Tel: +39.0187.817613 Fax: +39.0187.817242
marina@hotelmarina5terre.com

FLORENCE

Ostello Archi Rossi - Angela
Via Faenza, 94r
50123 Firenze
Tel: +39.0552.90804
info@hostelarchirossi.com
www.hostelarchirossi.com

VENICE (we stay at the following places during the 2017-18 year)

Fall 2017

Casa Nicolò Priuli - Castello, 4984/5 - 30122 Venezia
Tel. +39 041 2960639 Fax. +39 041 2411215 - www.casanicolopriuli.com

Spring 2017

Pesione Seguso (spring 2018) <http://www.pensioneseguesovenice.com>
D.D.779 30123, Venice, Italy
+39-041-5286858

Summer 2018

Centro Culturale Don Orione - <http://www.donorione-venezia.it/home-en>
Zattere Dorsoduro 909/A - 30123 Venezia -
+39 041.522.4077

LUGGAGE AND PACKING

FIRST RULE – PACK LIGHT!! You can buy things easily in Italy if you find you don't have enough! Be sure you can easily manage your luggage by yourself! Practice before you depart. Bring less than you think you need, packing only essentials regarding weather changes! We carry our luggage up and down stairs and on and off trains and up and down our hill. **You need to be able to manage your own luggage! I cannot stress this enough...NO ELEVATORS IN CERTALDO LODGINGS - ALL LODGINGS ARE UPSTAIRS!!**

Limit yourself to:

- 1. one carry-on size bag: 9" x 21" x 13"**
- 2. one day pack for short overnights or day trips (on plane you can put your purse inside)**
- 3. one checked bag of 50 pounds or less.**

Do not bring any additional bags. Your carry on bag can be wheeled or a back pack if you prefer. You will use this often for field trips or free weekend travel. Make sure it is light and sturdy!

Some suggestions:

*Be prepared for all weather. September will be warm but by October first, you may need a light sweater. November is fall like, windy and cool, and it typically doesn't get really cold until late December and January. January, February are cold and windy, with normally little or NO snow- March and April are sunny, but often rainy-60's. , May and June are warm to hot in the day and cool at night – July and August can be in the high 90's. Bring at least one thing for all types of weather – hot, warm, cool and cold.

*Bring one set of long underwear – just in case!

*Girls will want at least one dressier skirt/pants and boys may want one nice shirt and pants. **NO HIGH HEELS.** Streets are cobbled and you can easily twist an ankle.

*Swimsuit, shorts or cover-up if you like.

*Underwear and socks,.

*Two pairs of COMFORTABLE walking shoes. You might want one water resistant pair with Vibram-type soles for walking to town when it is wet and the other pair is in case you get blisters and need to change. You can also bring sandals or flip-flops for shower shoes, or beach, and boots, clogs or whatever you like to wear in colder weather. Just keep that luggage as LIGHT as you can and shoes can weigh a lot!

*Jacket. Bring a warm / fleece or down coat and a raincoat that has a hood.

*Warm hat and gloves- it's smart to have one pair of wool socks

*Something to sleep in

*A towel that is thin and packs easily – something you don't mind leaving here!

*Money. As explained earlier in this handbook on page 6.

*Documents and photocopies. as explained in more detail on page 5.

- *Wristwatch. A necessity so we can meet at designated times!
- *Travel alarm clock or cell phone with alarm clock.
- *Earplugs. A DEFINITE If night noises bother you, ...you may have snoring roommates!!!
- *First-aid kit. A few band-aids – moleskin for blisters etc.
- *Medicine and vitamins. Keep medicine in original containers with legible prescriptions. You might also bring something like pepto bismol tablets, Imodium for diarrhea, or Dramamine for motion sickness, cold medicines or aspirin/ibuprofen if you use them. If you take a prescription medication each day, bring enough for the entire time you are away. Also be sure to bring at least one week's worth in carry on luggage in case your checked bag is lost or delayed.
- *Extra eyeglasses, contact lenses, and prescriptions. Contact solutions are widely available in Europe.
- *Sunglasses and sunscreen (you can easily buy both in Italy).
- *Toiletries kit. Put all squeeze bottles in sealable plastic baggies, since pressure changes in flight can cause even good bottles to leak. If you bring any in your carry on bag, all liquids, gels, and aerosols must be in three-ounce or smaller containers, and all of these items must fit within a single, quart-size sealable plastic baggie.) Bring a little toilet paper or tissue packets just in case. Fingernail clippers and tweezers are also handy. Remember - you can buy shampoo, lotions, soap etc. once you get to Certaldo! (You will need soap in the Rome hostel.)
- *Hand sanitizer –for when you need to wash without water and to keep from getting sick!!!!
- *Sealable plastic baggies. Get a variety of sizes. In addition to holding your carry-on liquids, they're ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. The two-gallon jumbo size is handy for packing damp clothing.
- *Sewing kit, if you think you might use it. Take along a few safety pins and buttons too.
- *Travel information. If you don't want to carry your travel book, read it at home and photocopy appropriate chapters from guidebooks and staple them together. We have books in our library.
- *Address list. A list of email and mailing addresses will help you keep in touch. You can send mass emails as you go (bring a shrunk-down print-out of your email address book in case you can't access it online). Or if you prefer to send postcards, consider printing your mail list onto a sheet of adhesive address labels before you leave. There will be Internet access in most cities we visit.
- *Small notepad and pen or make your own in the book class!
- *Do not bring a hairdryer or flat iron.
- *Direct Current Adaptor -In Italy the current is 220 V 50 cycles (in the US it is 110 V 60).
- *Laptop Computer/iPod/Headphones/chargers, portable hard drive etc. ALL LABELED CAREFULLY
- *Class Supplies- read syllabi for details!

DON'T FORGET THESE IMPORTANT THINGS!!

- **Get a flu shot!** Many students miss special travel days because they get the flu.
-
- **See your doctor about immunization for meningitis.**
-
- **Bring Power converter or adapter - PUT YOUR NAME ON THESE AS THEY EASILY DISAPPEAR.**
-
- **Cold medicines, throat lozenges, pain relievers, dizzy medicines (like Dramamine).**
-
- **Sharpie or other permanent markers:** bring these or buy when you arrive and mark your personal items.
-
- **Do not bring hairdryers, curling irons etc,** as they will almost always burn out, even with adapters.
-
- **Bring headphones for skypeing** so we don't all hear your private conversations.
-
- **Bring a few small packages of tissues**—you may also need them in some bathrooms.
-
- **Bring a hard drive or flash drive to back up work!**

PACK LIGHT!!

Below photo: Fall group heading to airport to fly back home in December. Big luggage will be delivered to us by bus at the airport in Venice. In Rome, when you arrive, you will be carrying all your luggage yourself!



Health Insurance and Medical Issues

An insurance policy has been purchased for you that will cover you on the dates you are on the ECU program. It is a GREAT plan. When you get the card (emailed) go online to see details about the coverage.

When you get a copy of your card, print it out TWO times and put one in your wallet and have your spare with your other important documents. The school insurance will cover you for the dates of the program only. Therefore, if you want to travel earlier than the group or stay late, you will have to purchase additional health insurance. Here are a couple of companies that offer extended coverage: MEDEX Insurance Services, TravMed Choice Outbound.

There is a small, good, medical clinic in Certaldo Basso as well as several pharmacies. There is also an English doctor in Florence who will bill the insurance company directly and it is easy to get an appointment with him.

His contact info is: Dr. Stephen Kerr - 055 288055 www.dr-kerr.com

Our local doctor, Caterina, does speak a little English and we really like her! When you are sick and concerned that you should see a doctor, notify the program director immediately. We can usually get you to the doctor right away.

BRING HAND SANITIZER!!! Make sure you wash your hands EVERY time you eat or put them in your mouth, eyes or nose! You'll have so much more fun if you stay healthy!

Other things to do:

- **Send requested information (passport info!)** to stuartwatson@stuartawatson.com
- **Also send Stuart emergency contact information** for your family or friends in the States.
- **Write Stuart about any allergies** or special dietary needs so we can arrange meals in Italy.
- **Bring enough prescription medicine** to last during your entire time in Italy—you can pre-arrange this with your insurance company, explaining that you will be out of the country.
- **Bring non prescription medicines** for dizziness in cars, colds, headaches, flu etc.
- **We suggest a flu shot and immunization for meningitis.**
- **Copy your passport, credit card, plane itinerary** 2 times. Leave one copy with family, and put another in your suitcase in case of emergency.
- **Call your debit/credit card companies** to tell them you will be abroad.
- **Get excited!** You're on your way to ITALY!!!!

In the event of an emergency of any kind, always call the director or staff in Italy right away. If they cannot be reached, here are contacts at the US State Department and also the Study Abroad office at ECU in Greenville.

ECU GLOBAL STUDIES OFFICE on Greenville Campus

Jon Rezek	rezekjo17@ecu.edu
Whitney Morris	252-328-9218
Katie Strickland	252-328-9066

Office of Global Affairs
306 East Ninth Street
Greenville, NC 27858
252 328 1051

State Department Telephone Numbers:

- State Department Switchboard 202 647 4000 (Call this number and ask for the country desk)
- Overseas Emergency 202 647 5225
- Consular Affairs 202 647 3600
- After hours duty officer 202 647 1512

ECU's highest priority is the SAFETY of our students and staff.

The director and program staff are in frequent communication with ECU and the U.S. State Department regarding travel alerts and advisory warnings.

During this 2016 year we are avoiding major tourist sites and cities that have travel alerts.

Certaldo, is a VERY SAFE, SMALL community of only 150 citizens, with 0 crimes reported in the past 10 years. We are lucky to have such a wonderful location for our program!

IF AT ANY TIME you have concerns of ANY kind regarding safety on campus or away from campus, PLEASE CALL our director, one of our staff, or the listed contacts on the ECU home campus IMMEDIATELY.

In the 10 years since our program began, more than 800 students from ECU have safely joined us for a successful and memorable study abroad experience in Italy!