



*UNIVERSITY OF ARIZONA
STUDY ABROAD PROGRAM
IN ITALY*

ORVIETO

2009

A few suggestions for the students:

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- ❑ WHAT TO BRING
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- ❑ TRAVELING IN ITALY AND EUROPE
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**A separate booklet with information and instructions
will be provided to students accepted for the
archaeological dig.**

BEFORE YOU LEAVE...

You will need a valid passport and a student VISA. Student visa information and instructions will be coming soon in a separate email. IF YOU DON'T HAVE A PASSPORT, OR IF IT EXPIRES WITHIN 3 MONTHS AFTER THE END OF THE PROGRAM (i.e. your passport needs to be valid for at least 3 months after the program is over), **APPLY FOR YOUR PASSPORT OR FOR ITS RENEWAL NOW!!**

Once in Italy, the Spring and Fall students will have to apply for a **“Residency Permit” (*permesso di soggiorno*) from the local police authority.** We will help you with this. Just remember to **bring the letter -and attached documents- that will be sent back to you by the Consulate along with your passport and Visa.** Even if the summer students won't need to apply for a Permit of Stay, it is advisable to bring the same documents along.

In order to obtain your Visa, you will need to show proof of health insurance. **WE will purchase the INASSITALIA health insurance for you. This is a health insurance, specifically meant for foreign students in Italy, which covers ONLY emergencies (hospitalization included).**

If you have your own insurance that fully covers you while abroad, it is a good idea to bring a letter from your insurance company stating that you're covered while abroad.

You won't need any inoculations or vaccinations to come to Italy. However, we recommend that you go through routine and preventive medical exams, including dental visits, before you leave the States to minimize the chance of needing a doctor abroad. Actually, doctors are quite good in Italy, but you'll have better ways to spend your time!!

Bring enough prescription medicines to last as long as you will be away, and have a detailed diagnosis/prescription prepared by your doctor.

If you are planning to travel a lot, especially in big cities, you may want to purchase theft coverage.

Make Xerox copies of your passport, travelers' checks, etc., and keep them in a separate place. Leave another copy at home with friends or family. Leave all contact info with your family (see also useful contacts below), including information about your flights, travel plans, and the semester calendar.

Remember to take care of all administrative problems that may arise while you're away (bills, bank accounts, university paper-work, mail): get some help from your family or friends.

You don't have to know Italian to come and study in Italy: most people know a little English. **It could be useful, though, to learn a bit of “survival”**

Italian before you leave the States. It can help you while traveling and it will make easier to learn Italian while you're living here.

Here are some web sites that offer simple (and free) lessons:

<http://italianculture.about.com> (check Italian for beginners)
<http://www.june29.com/~chambers/Italian>
<http://academic.brooklyn.cuny.edu/modlang/carasi/site/index.html>
<http://dictionaries.travlang.com/EnglishItalian> (dictionary on-line)
<http://www.travlang.com>

It will be helpful for you to learn as much as possible about Italy and the language and culture. You'll be better prepared and ready to enjoy your trip if you do. We recommend you buy a guide and/or a small Italian/English dictionary. You can also browse some websites or watch Italian movies.

Here are some suggestions:

<http://www.countryreports.org/country.aspx?countryid=120&countryname=Italy>
http://www.ambwashingtondc.esteri.it/ambasciata_washington
<http://www.goabroad.info/Italy.html>

A few suggested guidebooks are:

Let's go Italy 2007 (see also www.letsgo.com)
Eyewitness Travel Guides - Italy

A word about safety: Traveling and studying abroad involves some risks, but no more than in any large American city. There's no reason to be alarmed, but you should always be prepared to deal with unexpected situations.

Please take time to check out:

http://travel.state.gov/travel/living/studying/studying_1238.html

You'll find helpful medical tips at:

<http://travmed.com>

As you prepare for your trip, please attend pre-departure meetings and read all pre-departure materials carefully.

While traveling and during your stay in Italy, behave responsibly; avoid drinking, drugs (all drugs are illegal in Italy, and you are subject to a minimum sentence of three years for use or possession of any kind of drug), and any unsafe situation.

Be smart!

To avoid theft, you should use a money belt, never leave your luggage unattended while traveling, avoid carrying or wearing expensive items, and avoid dangerous places. You should be especially alert in airports, train stations, and on buses in large cities. Watch out for any suspicious characters, including children.

While you are in Orvieto, risks are at a minimum. However, this should not stop you from behaving responsibly and from being careful in unfamiliar situations.

It is advisable to rent or buy a mobile phone and to keep it on hand with useful phone numbers (see below). **Don't hesitate to call me or Claudio if you feel you need help.** (This is true not only for emergencies, of course!!)

One last word for girls: Italian men appreciate young American students strolling around. They may show this in many different ways. Simply ignore them; they aren't dangerous. If you find yourself in an unpleasant situation, be firm (I'll teach you a couple of sentences in Italian that you can use), find your friends, or go into a shop.

It's wonderful to make Italian friends, but you should always remember to be cautious. Let your friends know where you're going; avoid inviting people home (especially if you're alone) or going to somebody's house (especially if you've just met them). **Do NOT accept car rides.**

WHAT TO BRING

DON'T FORGET YOUR PASSPORT (plus the documents that were sent back by the Consulate along with your Visa), TICKETS, ATM/CREDIT CARD, (and/or travelers' checks)!!!

PACK LIGHT!! This is the advice that comes from students who have already experienced a semester abroad.

Remember that you may have to move your luggage through airports, on and off busses, and up several flights of stairs to your room. Student rooms usually have limited storage space (a small closet and/or dresser). Emptied luggage is usually stored under beds. **Keep this in mind when you are packing.**

- Bring practical things. We recommend that you don't pack clothing that needs dry cleaning or ironing; bring things that match easily (with shoes, too); and remember to pack one outfit for special occasions.
- You definitely need a good pair of **comfortable walking shoes** (light, waterproof shoes or hiking boots). We suggest you bring slippers, too, as floors in Italy are often tiled and can be pretty cold.
- **For the FALL and SPRING terms:** Bring a **warm coat, a raincoat with a warm lining, and WARM CLOTHES**, like pajamas, sweaters. **Indoor spaces**, like churches and museums, **may not be as warm as you are used to**. November and February, in particular, can be rainy and pretty chilly (It will be COLD, a real winter, not like a Tucson fall or winter!), so you will need winter jackets, sweaters, gloves, and scarves during these months. Sometimes, especially during the spring term, we may receive a little bit of snow. It usually only lasts a few days, though. Learn about weather and temperatures in Italy and be prepared!
- A battery-operated alarm clock.
- An umbrella.
- If you can help it, don't bring electrical appliances from home. If you do, you will probably need an adapter AND a transformer. Some apartments have hairdriers. For those that don't, it may be more convenient to buy one and share with your roommates.
- Bring photocopies of personal documents such as passport or credit cards. Also bring copies of any other important paperwork, such as university or financial records, if you need to check on them while in Italy.
- We encourage you to bring your **laptop** (with an adapter for Italian voltage), but remember that you won't have an Internet connection at home. You will also be able to use computers (with Internet access) at the Institute or at Internet cafes. Also, there are several wireless spots in town.
- If you take a **prescription medication**, make sure you have enough to last your entire stay abroad. Don't assume that you can get the same

medication abroad. A prescription from home CANNOT be filled in Italy. You'll need a new one from an Italian doctor.

- Bring a supply of over-the-counter products you take regularly or might need (vitamins, cold and flu medicines, pain killer). If you wear glasses or contact lenses, consider bringing an extra pair. Contact lens solution is easy to find in Italy and is not expensive. (Plus it weighs a lot in your bag, so bring only a little!)
- An international calling card will be useful for your first phone calls to let us and your parents know that you've arrived safe and sound; but make sure beforehand that it works calling FROM Italy!
- A money belt.
- **DO NOT BRING** mace/pepper spray: they're **ILLEGAL**.

Try to be selective and choose things that will be really useful or important for you. If you have to ship things over, keep in mind that it's expensive and not necessarily reliable. Check with your airline for luggage restrictions; it's probably better to pay a fee for excess baggage than to ship materials by mail. Remember that you'll be buying stuff (for the girls: Italian fashions are worth the trip!): guide books, little presents to take home. So **don't over pack!!**

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Customs declarations must be made on all packages sent overseas. To minimize duty charges on your belongings, be sure that everything has been used and mark the declaration:

Used: (item names), Property of Addressee.

Also, avoid declaring a high value for the items shipped, since you will be probably be charged for a customs fee, that can range from **10% - 35% of the declared value, depending on the contents and origin of the merchandise**. Prescription medications sent through the mail may require a translated doctor's prescription.

TRAVELING TO AND FROM ORVIETO

You are responsible for arranging your flights to/from Italy. Check web sites that offer special rates for students, such as

<http://www.statravel.com>

<http://www.studentuniverse.com>

We recommend **STA Travel on University Ave, Tucson**: they have good prices and are flexible if you need to change your travel plans. You are required to get an International Student I.D. Card (ISIC): it will help you get good fares and discounts on public transportation in many countries.

Rome Fiumicino (aka Leonardo Da Vinci) is the nearest airport to fly into; below you will find the information about getting from Rome to Orvieto from the Fiumicino airport. (If you are landing in an airport other than Fiumicino and think you will need info on how to get to Orvieto, please email me.)

I suggest you **print these instructions out and carry them with you when you travel to Italy.**

As soon as you exit customs with your luggage, **follow the signs for RAILWAY STATION.** (If you have a luggage cart, you will have to take the elevator to the second floor of the airport, and follow the signs for the railway station from there.) **Trains for ROMA TERMINI Station** leave about every half hour, but have only day service. Tickets cost 11,00 euros and can be purchased at the vending machines or at the ticket window. **The train, called the "Leonardo Express," leaves every 30 minutes, from 6:36 am to 11:36 pm.** It takes about 40 minutes to get from the Fiumicino airport to the Termini train station in Rome.

Termini can be quite chaotic sometimes. Instead, you may want to take a **train from the airport to ROMA TIBURTINA station**, which is a much calmer station. **The train to Tiburtina leaves every 15 minutes starting at 6:27 am to 11:27 pm.** Tickets cost 5,50 euros and can also be purchased at the vending machines or the ticket window. The trip takes about 45 minutes.

Whether you go to Termini or Tiburtina station, you will need to take another train from there to Orvieto. Although you will be taking 2 trains, I have always find it easiest to purchase both tickets at the airport train station. When you go to the ticket counter, just say "Orvieto", and the ticket guy will look up on his computer the most logical train for you to take from Roma Termini. You can even ask for him to show you what time your train will be leaving from Roma Termini to Orvieto (he can show that information to you on his computer screen). He may issue you one ticket (which would be valid for both your train rides); or he may issue you 2 separate tickets (it just depends).

I've always found it easiest to buy my ticket all the way through to Orvieto, so that you don't have to purchase another ticket once you are at Roma Termini. I hope this makes sense...it really is easier than it sounds. And just ask around

if you are confused or need help. People may seem busy, but if you stop and ask someone, they are always happy to help.

Current schedules for the trains from Rome to Orvieto are as follows (a more updated train schedule will be emailed to you a few days prior to your arrival):

Trains from Roma TERMINI (main central station) to Orvieto leave at the following times:

Leaves Roma Termini at:	Arrives in Orvieto at:
6:07	7:29
6:55**	7:54
7:12	8:30
8:55**	9:54
9:12	10:30
10:55**	11:54
11:12	12:30
12:55**	13:54 (i.e. 1:54 pm)
13:12	14:30
14:55**	15:54
15:12	16:30
16:55**	17:51
17:12	18:30
18:07**	18:59 (does not run Saturday)
18:55**	19:54
19:10**	20:12
19:12	20:30
20:30	21:50 (does not run Sat.; change train at Orte)
21:02	22:19 (does not run Saturday)

Trains from Roma TIBURTINA (smaller) station to Orvieto leave at the following times:

Leaves Roma Tiburtina at:	Arrives in Orvieto at:
06:15	07:28
07:20	08:30
09:20	10:30
11:20	12:30
13:20	14:30
15:20	16:30
16:13**	16:58 (only on Sunday)
17:06**	18:03 (only on Sunday)
17:20	18:30
19:20	20:30
21:10	22:19 (does not run Saturday)
22:07	23:20

Those marked with ** mean that it is an Intercity or a EuroStar train. These are faster trains—it will take about one hour to get to Orvieto—but the ticket is more expensive (a one-way trip to Orvieto, in seconda classe (second-class) costs about 15 euros). The other trains cost around 8 euros and take about 1 hour and 20 minutes.

There is the possibility that the train you take from Rome to Orvieto requires a reservation. If this is the case, the ticket guy or the vending machine will simply assign you a seat reservation.

Also note that the schedules here (as you will see in the train station) are on the 24-hour clock (what Americans usually call “military time”). Be sure to acquaint yourself with this system if you are not already familiar with it.

When you have your ticket, look at the Departure (“Partenze”) schedule, located at the head or at the side of each platform, to find out from which track your train is leaving: look for a train leaving at one of the times mentioned above, it will have as its final destination FIRENZE or MILANO, or another big city north of Rome (e.g. UDINE, VENEZIA or even a city outside Italy). Always be sure to double-check from what platform your train is leaving. (There are young people around the train station, in green uniforms, with a Trenitalia ID, who are there to help you.)

Lastly, before you get on the train, DON'T FORGET to stamp your ticket in a yellow validation box (located at the beginning or to the sides of each train track).

You will arrive in Orvieto after one hour /one hour and 20 minutes after your departure from Rome. Try and be ready at the door with your luggage, since the train won't stop long in the Orvieto station. In most trains, you'll have to push a green button to open the door (it won't open automatically). Ask for help, if needed; most people will be nice to you.

Once you get off the train at Orvieto, just call Alba (cell phone: 333.4961838) or Claudio (338.6842815) and we will come and pick you up at the train station.

If you need to buy a calling card to use the pay phones in Roma Termini or Tiburtina, you can go to any TABACCHI shop (place where they sell cigarettes, newspapers, magazines, etc.) Ask for a "UNA CARTA TELEFONICA" (just buy one for 5 euros). There are silver and orange public phones all around the stations. Just break off the corner of the CARTA TELEFONICA before you insert it into the pay phone (it's very clear on the card which corner to break off). It would be good to call us from the Rome train station, so that we know in advance when to expect you to arrive in Orvieto.

Traveling on the Italian trains may seem intimidating, but you will all be fine. We had over 90 students and faculty take the train to Orvieto for the program last summer, and they all arrived safe and sound. (Well, there may have been

one or two students who accidentally got on a train towards Naples....do NOT go towards NAPLES, which is the opposite direction of Orvieto. It's a fabulous city, but you will see it later).

Just in case you need them, here are the directions from the Orvieto train station to the center of the town: go through the station, out the front door and across the square with the fountain and go to the funicular ("funicolare," rail cable car), buy a combined ticket ("biglietto completo," funicular + bus) to Piazza Duomo. Cost is about 1 euro. The funicular will bring you up the hill to Piazza Cahen; from there you should take a small yellow or orange small bus to Piazza Duomo. Our meeting point will be exactly where you get off the bus, in front of the tourist office in the Piazza Duomo.

If you arrive in Milan, from Malpensa International Airport take a bus to the **Milano Centrale** train station (do not take the Nuova Malpensa Treno Express, that goes downtown, but does not stop at the train station. Check out the web site: <http://www.malpensa-airport.com/>)

It will take about an hour (day service only); tickets cost about \$ 8. It takes about 5 hours by train to get from Milan to Orvieto; you'll have to get off the train in Florence or in Bologna and take a second train to Orvieto (check schedules and timetables at www.trenitalia.it). A one-way trip, in "2° classe", costs about 39 €.

We suggest taking a flight that arrives (early) in the morning, so that you have plenty of time to get to Orvieto during the day. If you are arriving in Rome (and especially if you're landing in Milan) in the afternoon/late afternoon, you may want to consider spending the night there and traveling to Orvieto the day after.

You are requested to let us know before you leave the States (e-mailing to albafrascarelli@libero.it) when you plan to arrive in Italy (indicating air flight number, time of arrival in Rome and planned day/time you're getting to Orvieto). It might be good, when you get to Rome (or to Milan), to call either Alba Frascarelli (333-4961838) or Claudio Bizzarri (338-6842815), so that we can make an appointment in Orvieto. You can also call Erika Bizzarri, if necessary (0763 375084 or 338-2663974). You may want to bring an international calling card from the States, so that you will be able to call us once you're in Italy.

We will let Juliet in the UA Office of Study Abroad & Student Exchange know if any of those scheduled to arrive do not, but it is a good idea to send an e-mail to let them know of your safe arrival.

But it is absolutely mandatory that you call or e-mail yours parents to notify them of your safe arrival. Don't forget that while you're having an exciting experience abroad, they're thinking about you!!

TRAVELING IN ITALY AND EUROPE

For all your travel plans, one of the best sources, again, is:

<http://www.statravel.com>

A **rail-pass** can be a very budget-wise solution if you're planning to **travel a lot in Europe**. There are many different passes available, depending on your age, countries that you're going to visit and so on, so take your time to determine which pass is best for your needs browsing the web sites below.

A few examples:

- **EURAIL YOUTH PASSES:** second class travel for persons under 26 years of age. Good for one month or two.
- **EURAIL FLEXI PASSES:** you choose the number of days you want to travel during your entire stay in Europe. You may travel on any 5 individual days within 15 consecutive days.
- **FIRST CLASS EURAIL PASSES:** good for 15 days, 21 days, 1 month, 2 months, or 3 months.

Also, remember that these passes must be purchased before you leave the States (special prices are only for non-European citizens buying their tickets from their country). Most of these passes can be bought on line, and below you'll find some of the best and most reliable sites (see especially the first two).

http://www.trenitalia.it/en/treni_stazioni/treni_internazionali/index.html

<http://www.alleuroperrail.com/eurail-pass.htm>

<http://www.fs-on-line.com/>

<http://www.eurail.on.ca/welcome.html>

HOUSING

FOR STUDENTS COMING FOR THE ARCHAEOLOGICAL DIG:

You will find the details about housing during the dig in the additional “Field Manual” that will be sent to you.

FOR STUDENTS COMING FOR THE SPRING/SUMMER/FALL SEMESTER:

We select furnished apartments within a walking distance from the school; the price includes all expenses (water, gas, electricity bills), sheets and towels (changed once a week), and a weekly cleaning of the house. A fully equipped kitchen will let you prepare your meals at home.

You can move in your apartment a couple of days before the program starts (i.e., for the spring semester, January 23; for the summer semester, May 22, for the fall semester, September 4). If you plan to arrive earlier than that, please let us know (at albafrascarelli@libero.it) and we will help you with the necessary arrangements.

A few selected families are available for students who want to do a family stay; please let Alba know asap if you'd like to explore this opportunity. Living with an Italian family (no meals included) is at no extra cost.

If you choose an alternative accommodation, such as a single apartment, you will have to pay an “extra” (that is, the difference between the cost of your accommodation, as indicated by Alba, and the standard housing cost that you're paying directly to UoA along with your fee).

After your arrival in Italy, you will be requested to **pay a 100 € refundable deposit.**

Most apartments have a washing machine; dryers are totally uncommon in Italy, but you will be able to hang your laundry inside or outside. When you know that the housekeeper is coming for the weekly cleaning of your house, you are kindly requested to tidy up a little bit, to help her do her job (you know, it may be hard to clean if you have layers of clothes on the floor...). Also, you will be sharing your room and your apartment, and it will be **a good rule to keep everything as tidy and in order as possible.**

Cheap electricity is a dream in Italy: this is why we try to save, switching lights off when we're not using them, using the washing machine only for a full cycle, and so on... And you'll find out that our buildings are not as heated as you're used to. Even if you're not paying for these costs, it is a good rule of respect to try to adequate yourself to local habits.

And, don't forget, you're a guest!! As responsible college students, the landlords welcome you into their nicely furnished homes and expect the best results. Remember you are making a name for all Americans in this Italian town so you don't want to leave with a bad reputation and ruin it for students coming after you! **TREAT THE APARTMENTS WITH CARE!!!**

YOUR MONEY (BUDGET AND OTHER INFORMATION)

The Italian currency is the “**Euro**”, which can be used in 11 European countries (Austria, Belgium, Finland, France, Germany, Ireland, Italy, Luxembourg, the Netherlands, Portugal and Spain). To familiarize yourself with Euro bills and coins, you can visit the websites:

<http://www.euro.gov.uk/home.asp?f=1>
<http://www.oanda.com>

To convert US dollars into euro and vice versa, check:

<http://www.xe.com/ucc/convert.cgi>

Credit Cards are accepted almost everywhere (at least Visa, MasterCard and American Express).

Traveler’s Cheques are a safe, but a bit surpassed way to bring money to Italy: the most economical exchange rate is offered by American Express, but it’s sometimes hard to deal with the Italian banks.

The easiest way to get money during your stay in Italy is to use an ATM (Automatic Teller Machines are commonly scattered through all Italian towns and are called **BANCOMAT**), but **you need an ATM card linked to an international network (Cirrus, Honor, Maestro, Euro card), or a MasterCard or Visa credit card with a four-number PIN. Please refer to your bank to check if you can use your card with an ATM in Italy, if you have the right PIN number, if there are limitations or fees.**

You’ll generally be able to withdraw 250 euro per day using an ATM (there’s a fee – about 3%- on every transaction); while it’s almost impossible to cash personal checks drawn on a American Bank.

We suggest that you **change a small amount of Euro before you leave** for the first expenses (about 250 euro; if you change dollars while in Italy, you will probably get the best rates at banks), take some travelers cheques (if you wish) and your credit card/ATM card. Remember that credit cards are not as commonly used as in the States, so that you always need to have some cash with you. On the other hand, try to avoid carrying too much money with you.

It would be useful to have a **budget** and try to stick to it. Verify every week and month how you are doing. These are some of the costs you should consider:

- **Housing deposit:** while in Italy, you will have to pay a 100 € refundable deposit. (There will be an extra surcharge if you choose a particular accommodation, such a solo apartment).
- **Meals:** For the archaeological dig: you’ll have three meals a day from Sunday evening to Friday afternoon. You can use the kitchen facilities to prepare your own meals from Friday evening to Sunday afternoon.

- **For the spring/summer/fall semester:** it depends a lot on how much you're going to eat out; if you're preparing most of your meals yourself, 16 € a day will be enough.
- **Independent travel and local transportation:** you won't need local transportation in Orvieto; you'll have everything for everyday needs within walking distance (seems strange, doesn't it? It was hard for me, while staying in the States, to realize that it was really hard to live without a car!). As for independent travel, try to check train fares and hotels/youth hostels for the destinations you want to reach. Plan your traveling carefully and in advance, even from the economical point of view (it will make things easier then, and it's FUN! You can taste some European flavor in advance, reading, surfing the web, and making contacts....). We're going to have a field trip almost every week, for which travel costs and museum fees are included in your tuition costs. Remember that you'll have to pay for your transportation from/to the airport.
- **Books, clothes and miscellaneous:** it doesn't matter how carefully you pack, there will always be something missing. At any rate, you're coming to Italy and you can easily buy what you need. If you're planning to take little presents home, take your time and look around, compare prices, and see how your budget plans are working while you go.
- **Mobile phones:** we highly encourage you to buy or rent a cell phone, for details and costs, see below.
- **Emergency/unexpected costs:** remember that you should have an amount of money ready for emergencies.

You can calculate about €150/180 per week for meals, travels and personal expenses, but this may vary depending on personal habits and on how much you're planning to travel during weekends.

YOUR SEMESTER ABROAD

Even school will be different during your semester in Italy! A lot of aspects will be the same (grading, textbooks, etc.), but an important part of the curriculum will be focused on guided tours, fieldtrips and cultural excursions. Generally, we will have classes on Mondays, Tuesdays and Thursdays, while one to two full days every week will be devoted to such excursions.

Weekly schedules, with all useful information, will be posted, and you are responsible to keep abreast of what's going on (meeting point, departure time, and so on.). Participation to fieldtrips is – no need to tell- mandatory: after all, did you come to Italy all the way from the States to be sleeping at home ☺?

The preliminary schedule (subject to change) includes:

- a two/three-day fieldtrip to Paestum, Pompeii, and the Vesuvius area;

Full-day excursions to:

- Tarquinia and Cerveteri (two of the most important Etruscan towns, Tarquinia being especially famous for the painted tombs)
- Rome
- Chianciano and the Chiusi Region
- Tivoli (where we will visit Hadrian's Villa, the astonishing architectural project of the Emperor Hadrian, and Villa d'Este)
- Perugia and Todi (two of the most beautiful Umbrian hill towns, with Etruscan, Roman, Medieval remains)

Guided visits to:

- Etruscan necropolis in Orvieto
- archaeological sites in the Orvieto area
- museums in Orvieto
- "Orvieto Underground", a special guided tour to the hidden, underground section of the town

We will also have a chance to experience some of the local most important traditions, tied with food, arts and crafts.

Transportation costs and admissions to sites and museums are included in the program fee. Meals and lodging for the trip to the Vesuvius area are also included.

WHAT'S IT LIKE IN ITALY?

- Italy uses a 220 Volts/AC system; so if you're bringing any electric appliances, check if they have a 110/220 switch. Plugs are different too, so you'll need an adapter. You may want to bring an alarm clock, a Walkman or radio that run on batteries.
- You won't have a telephone in your apartment, but pay phones are quite easily to find. International Calling Cards are one of the most convenient ways to call home and can be purchased here as well.
- We strongly suggest you to buy/rent a cell phone: if you're staying for 3-4 months, it is less expensive to buy a cell phone (good deals for 40/50 euros). Your mobile phone won't work overseas, unless it's a tri-band, unlocked international phone; if your cell phone is working in Italy, all you'll have to buy is an Italian SIM card for 10 euros. Calling the States costs about 45 eurocents a minute, while there is no charge if you are receiving phone calls from the States (as long as you're in Italy).
- If you would like to **rent a cell phone**, you can sign up on line, before you leave the States, through the following website:

To call the United States, you must dial 001+ area code + number

To call Italy from the US, you must dial 0039 or 01139+ number

<http://www.webpuccino.it/>

A phone will be reserved for you and then shipped to Orvieto where we will distribute them to you. You will receive your new Italian phone number by email within two days.

If there are lots of students joining the service, they will offer a group discount on rates overseas.

Hence, it is important that, when you sign up online, you SPECIFY:

School/University Abroad

School in Italy/Hotel

UNIVERSITY ABROAD: UNIVERSITY OF ARIZONA

SCHOOL IN ITALY: ORVIETO INSTITUTE

This will give us the possibility to get discounted rates for the cell phones which are listed under the same organization.

For the same reason, please let me know if you are using this service, so that I can better organize the arrangements to have the cell phones delivered in Orvieto.

- Italy is on Central-European-Time, this means that New York is 6 hours behind; Tucson is 8 hours behind (9 hours in the summer). Italy observes Daylight Savings Times, so clocks are turned one hour ahead in the spring and one hour back in the fall.
- Banks are usually open from 8:20am to 1:20pm and for an hour during the afternoon, from around 2:30 to 3:30.
- Opening times for shops are usually 9:00am-1:00pm and 5pm-8pm. Most grocery stores are closed on Sundays.
- You'll find differences in eating patterns. Please be ready to enjoy them! Breakfast is, well, continental. It is usually very light—coffee and a croissant. As you probably know, Italian coffee, or espresso, is very different from American coffee. If you ask for coffee, you'll find a few drops of a very strong coffee in a very small cup. You may prefer a cappuccino, or you may try asking for American coffee. Italians usually have lunch around 1:00pm; it is the biggest meal of the day. Dinner is usually eaten around 7:30-8:30pm. In fact, most restaurants won't serve dinner before 7:00pm. Nowadays more and more people, even in Italy, are vegetarians. So, whatever your own preference is, you shouldn't have problems finding the food you like.

ONE LAST WORD

You're about to have a life-changing experience...

Living in Italy for some weeks, or months, you will be introduced to a different culture; you will learn about people and visit places that have had a striking importance in world's history. You will discover new friends, food, drinks.

Of course, you will learn that not everything works the same way it does at home. There may even be some things you won't like. But learning to be able to accept what is different is (perhaps the most important) part of the experience.

Try to make the most and the best of your semester abroad. Keep an open mind and a sense of adventure. Remember, you have a wonderful opportunity to learn and have fun!

For our part, we will do as much as we can to help you feel at home and to solve any challenges that may arise along the way. Remember that, if you need help, the best thing to do is ask for it!

Alba, our Administrative Coordinator, has been named by former students "la mamma italiana"!!