You will be residing at the Pieve del Vescovo villa just outside of Perugia, near the small town of Corciano. The villa is owned and operated by the Vasta family. There are ample sleeping accommodations as well as studio space. Three meals per day will be provided seven days a week. You are welcome to have visitors while at the villa, but please check with Antonella in the business office for arrangements.

Voc. Pieve del Vescovo, n 26
06073 Migiana di Corciano
Corciano (PG) Italy
Tel: 39-0347-757-6401
Fax: 39-075-697-8221

**What to Bring:**
As little as possible. While on the travel portion of the trip you will be glad you are traveling light. A bag with the dimensions 9"x22"x14" is considered carry-on luggage and will easily fit in the luggage rack of a crowded train. A backpack is convenient for hauling luggage in crowded stations and walking to hotels. A week before you leave, pack everything you think you want to take and carry it around for awhile. Is it comfortable? Too heavy? You must be able to carry all of your own luggage at all times. To save time with security checks, we ask that you check all your luggage and carry on only a small bag or day pack. Please limit the electronic devices you carry. Security staff at the checkpoints may ask you to turn on any cellular phone, laptop, hand-held game device etc.

There are laundry facilities at the villa, ie coin operated washer and dryer. While on the road, be prepared to hand wash in your hotel room. Bring along packets of detergent and a portable clothesline.

You will be experiencing varying climates. It will be warm when you first arrive and cool by the time you leave. Bring some t-shirts, long-sleeved shirts and a couple of sweaters. A light coat will be useful. Shorts and bare arms are not acceptable in most churches in Italy. Please dress modestly when visiting them. Bring a good pair of walking shoes: you will put a lot of miles on them.

Bring a three-month supply of any prescription medication you are taking. Keep all medication in their original bottles in case you need to see a physician or pharmacist. Over the counter medications as well as other toiletries are easily available in Italy. You don't need to bring a big supply.
If you are bringing your camera, load up on extra batteries or memory cards before you go. They will be less expensive here. A small pair of binoculars is great for looking at the ceilings (Sistine Chapel), view, etc. These can be shared if a few people bring them. Italy works on the standard two-prong pin at 220 volts, so you will need an adaptor. Phone adaptors for modem connection may be different. For tips on packing light go to: www.onebag.com

Money Matters:
It is a good idea to arrive in Italy with a few euros in your pocket. You will be able to exchange US dollars at the last international airport before you leave the country. Once you are in Italy, use an ATM card for cash. You will get the best exchange rate this way. Do not bring traveler's checks. The long lines at banks are not worth the trouble when there are ATM machines readily available, let your bank know that you will be out of the country and for how long, so they do not cancel your card. The exchange rate fluctuates daily and is currently about 1.29.

How much spending money you need while there varies from student to student, depending on personal habits, needs, tastes, items acquired and to the extent of personal travel on weekends and during break. It is possible to eat quite inexpensively. If several people are traveling together, sharing hotel rooms saves lots of money. Look at guidebooks and find average meal and room costs for the areas you want to visit and go from there.

Keeping in Touch:
Calling home is expensive. Beware of credit card telephones: you don't find out the charges until you get home and they are very high. If you want to place a long distance call from your hotel room, check with the front desk to make sure there is no additional charge from the hotel, this will only work if you have an international calling card. Hotels sometimes add double or triple the cost the price of the call to your room. The phone cards from Costco work well and give you 110 minutes for around $30. For a better rate, you can buy a EuropaCard at any tabbacchi for 5 euros and get 270 minutes to the U.S. if you use the local access number, 180 minutes if you use the toll free number.

Postcards and letters (if they arrive) will take at least a week to reach the U.S. The best place to buy stamps is in a tabacchi (marked with a black T sign).

Email is the easiest way to keep in touch. Most of our hotels have free Internet access. The villa is wireless connection. While on the road, Internet cafes are easy to find. There will be small charge, but it is usually far less than a phone call. Before you leave, be sure that you can check your e-mail from Italy as this is how your school will be communicating with you so we request that you check it frequently.
The Internet is full of valuable information about travel in general as well as travel in Italy. Do some research before you go?

- http://www.lonelyplanet.com
- http://www.travelocity.com
- http://www.frommers.com
- http://www.ricksteves.com
- http://www.italyheaven.co.uk

**Dining Out:**
The typical Italian meal has multiple courses starting with the antipasto (appetizer), then the primo (first course, usually pasta, risotto or soup, a secondo (second course meat or fish), which doesn't automatically come with a contorno (side dish), finished off with dolce(dessert). At the very least you will be expected to order a primo and secondo (although at lunch you may just have an antipasto and a primo).

For a quick bite, go to a bar. Although bars in Italy do serve alcohol, they function mainly as cafes. Prices are different for standing and sitting. If you sit at a table, you will be waited on and pay much more. In bars you can find panini on various rolls and tramezzini (big triangles of white bread sandwiches with the crusts cut off). They are generally put in a press to flatten and toast them. Sandwiches usually cost between $1-3.

Pizza a taglio or pizza rustica indicates a place where you can order pizza by the slice. Pizzerie are casual sit-down restaurants that cook large round pizzas with very thin crusts in wood-burning ovens. A tavola calda serves ready-made hot foods you can take away or eat at one of the few small tables. The food usually isn't of the highest quality. A rosticceria is the same type of place, and you'll see chickens roasting on spit in the window.

A full-fledged restaurant will go by the name of osteria, trattoria or ristorante. Generally osterie are basic places where you can get a plate of spaghetti and a glass of wine; trattorie are casual places serving full meals of filling peasant fare; and ristorante are more upscale with waiters in bow ties, printed menus, wine lists and higher prices. However, this does not always hold true, so check the menu before being seated.

The pane e coperto (bread and cover) is a .75 to $5.00 cover charge that you must pay at most restaurants for the mere privilege of sitting at a table. To request the bill, ask "Il conto, per favore." (eel con-toh,pehr fah vohr-ay). A tip of 15% is usually included. The enoteca wine bar is a marriage of wine bar and osteria, where you can sit and order from a host of local and regional wines by the glass while snacking on finger foods.
Relaxed and full of ambience and good wine, these are great spots for inexpensive lunches.

The Tabaccaio: One Stop Shopping
The Tobacconist, or tabbaccaio is so called because it's the only shop licensed to sell tobacco products. The tabacciao also sells phone cards (local and international), local bus tickets, stamps, postcards, envelopes, film and camera products, local train tickets, tissues, mints and gum, paper, pens and of course cigarettes. You can spot these shops by the big white T on a blue or black background.

Lunch is generally served between 12:00 and 2:00 p.m. and dinner between 8:00 and 10:30 p.m.; at all other times restaurants are closed. Dinner is taken late in Rome, so although a restaurant may be open at 7:30 p.m., even if you get there at 8:00 p.m. you'll often be the only one in the place. A heavier meal is typically eaten at midday, and a lighter one is eaten in the evening.

Times, Dates, and Numbers:
Time will be most often represented using the 24-hour clock. Add 12 to anything from 1 p.m. on. 1:00 becomes 13:00, 2:00 is 14:00, etc.

Dates are given with the day first instead of the month. For instance, May 15, 2011 is 15/5/11. Be aware of this when reading a printed date or making travel arrangements.

Numbers will have commas where we put periods and vice versa. The number 1,150.35 becomes 1.150,35.

Insurance:
If you are not insured through your University, check with your insurance company and make sure you are covered while abroad. Your policy should provide emergency evacuation to the United States if it becomes necessary.

Conduct:
"I have found that there ain't no surer way to find out whether you like people or hate them than to travel with them" - Mark Twain

While abroad, you will be representing your school and the United States. Please leave everyone with a pleasant memory of your visit. We all share an important responsibility to make this learning experience work for everyone in the group. Each of you must make an effort to consider and respond to group needs and those you are traveling with first. When you are traveling in a group for any length of time, there are bound to be disparities among you that can lead to problems. It is critical that everyone in the group understands
that this is as much the responsibility of each traveler as it is of the group as a whole. Make your feelings known, but be flexible, considerate and respectful. Make the most of this experience. It will enlarge and enrich your place in the world as only travel can. If you have any questions, please discuss them with your Professor.

The following are minimum expectations:

- Always travel in groups no smaller than two.
- You are expected to participate in all Program activities.
- No matter how attractive the nightlife, students are expected to be alert, rested and ready for each day's endeavors including travel days.
- You are expected to return to your room every night and stay in the room to which you were assigned.
- You may not bring anyone back to your room.
- You must comply with the directions of the Program faculty.
- You are responsible for and will be billed for any damages or missing property.
- You are, at all times, responsible for your own conduct and safety.
- You will assume all risks of personal property damage or loss.
- The welfare of those traveling in your group comes first.
- Failure to cooperate and conduct yourself in a manner consistent with these rules may jeopardize the program, your welfare and the welfare of others. The Program reserves the right to send you home at your own expense if it is determined, at the Program's discretion, that it is in your best interest, other participant's and/or the Program's best interest.

Italians are not heavy drinkers and prefer to drink with food. Public drunkenness is bad form. Please respect this and drink moderately.

While you may be visiting churches to admire the art and architecture, please keep in mind that they are places of worship for local people. Be respectful and keep your voices low at all times. If you visit during mass be sure to stay to the side or back. Also observe dress codes. It is not necessary to cover your head, but no bare arms or shorts please.

Some churches and museums allow photography. Please check before taking any pictures.

"Certainly travel is more than the seeing of sights; it is a change that goes on, deep and permanent in the ideas of living" - Miriam Beard
Getting Around Italy:

Trains

The train system in Italy is very reliable and easy to navigate. The trains are classified by speed, comfort and distance of travel. If you are traveling between two major cities, it is likely you will be taking a fast train or Eurostar. The Eurostar is the only train that requires a reservation.

The other long-distance train is the IC or Intercity. IC fares can be significantly lower and don't require a reservation. The IC makes only a few more stops than the Eurostar.

The InterRegionale (IR), Regionale(R), and Diretto (D) are regional and commuter trains which connect cities with local and regional destinations. They are economical and comfortable, but make more stops; though often your trips will be shorter in length.

There is also a night train (ICN or InterCity Notte). These trains offer a variety of sleeping compartments in first and second class. When sleeping in a cucetta, or open sleeping compartment, always be aware of your belongings to be sure they can't be stolen while you sleep. The difference between first and second class is negligible and not worth paying for the slightest difference.

Trains are heavily used in Italy and can fill up quickly. You may be able to get on a train and have no place to sit. It won't be long before the next stop and you can get the vacated seat of the departing passenger.

In the train station, look for the big TRENI IN ARRIVI and TRENI IN PARTENZE boards overhead for arrivals and departures. The trains will be listed by the time they arrive or depart, and will include destination or origination, the track number (binaro), the type of train, principal and intermediate stops, and if it is late (Rit). Familiarize yourself with the Italian spelling of city names, i.e. Rome (Roma), Florence (Firenze).

Once your train is in the station, validate your ticket by stamping it in one of the yellow boxes located throughout the station and at track entrances. There is a heavy fine for tickets not validated.

For buying point-to-point tickets, the self-service ticket vendor (Biglietteria Automatica) is the simplest and least time consuming way to purchase, reserve and validate your ticket. You can get schedule information as well. These big, yellow and gray machines are common in all but the smallest stations. They are easy to operate, take cash and credit cards and usually have much shorter lines than the ticket counters.

For train schedules and to purchase tickets on-line, go to http://www.raileurope.com.
**Busses**
Regional bus lines travel routes on which trains are either unavailable or too cumbersome to be convenient. You can get information on destinations and schedules for regional buses for the local TI (Tourist Information Office), and your hotel may be able to give you information as well. You buy your ticket once you are on board the bus.

**Ferries & Boats**
Ferries, or traghetto connect the mainland of Italy with its many islands. There are overnight ferries for long passages such as Naples to Sicily. Italian ferries are not luxurious, but are very comfortable with many conveniences such as bars, lounges, deck chairs, etc.

**Air**
Numerous low-cost airlines offer economical fares both within Italy and across the European continent. The fares can range from reasonable to very low and one-way fares are available. When booking these fares, make sure when you purchase that you have a confirmed seat on the flight. Some fares do not include reservations and are only good if seats are available. Try [www.eurocheap.com](http://www.eurocheap.com) for good fares.

**The TI Office:**
Whenever you arrive in a new town, stop in at the local Tourist Information Office. It is an excellent information resource. You will usually encounter people who speak English. You can pick up maps and complete information on current events, exhibitions, excursions, and depending on the location, you can sometimes buy tickets and make reservations. They will have maps of self-guided walking tours and local train and bus schedules. Tell them how much time you have and ask what must not be missed. You can also get recommendations for lodging and restaurants. The TI will be shown on local maps with an italic i.

**Your Health & Safety:**
On the long flight over you want to be sure and stretch at least hourly. Get up and walk when you can. While in your seat, stretch your legs, twist your upper body, stretch your arms, and neck. Not all flights serve food so it’s a good idea to bring a snack. Drink plenty of water, as dehydration during flights is a problem and can add to jet lag.

A money belt or small purse that can be worn under a shirt or sweater is a good idea in Italy. Keep your ATM card, cash, passport, etc in it. Make two photocopies of your passport, airline ticket and credit cards. Leave one copy at home and one copy in the bottom of your luggage in case they get lost or stolen. Pickpockets work in crowded areas. When using and ATM, have one person facing out while you use the machine. Your credit card may be denied overseas if your credit card company detects a change in your
spending patterns and thinks the card has been stolen. You will want to call the customer service number on the card to let them know the dates you will be gone and the general area you will be staying or visiting.

Do not leave your purse, camera, laptop etc. unattended or out of sight while traveling on trains, buses etc. Do not station your purse, backpack on the floor of any transportation and always remember to keep everything zipped/closed up. An open bag is a pickpocket's easy prey.

**Language:**
You will be enrolled in an Italian language course while staying at the villa. Don't be afraid to try and speak Italian. You may not know a lot, but locals will appreciate your effort. Although English is taught in primary school, many Italians are not particularly confident English speakers. Italians can be assertive and direct. Do not see this as abrupt or dismissive.

Try to be clear when you speak in English. It is not so much a matter of slowing down as leaving pauses so that your listener can catch up. Speak a little more slowly and clearly than you normally would and leave a pause between sentences and phrases.

The more you use the language, the more comfortable you will be and the more you will learn. If you are traveling outside of the major cities on your breaks you will find it handy to be able to use a little Italian. You are more likely to have good recommendations on places to go, things you must experience and delicious things to eat.

Despite its openness, Italy is quite a formal society; Italian had the formal "you" (Lei) and the informal "you" (tu). You should remain on formal terms until invited to use first names. This does not apply when you are with children, teenagers or young adults.

Shaking hands is a physical affair. Hands will be shaken warmly and your arm may be grasped with the other hand. People often embrace in greeting, and will kiss on both cheeks.

**Good Cheap Fun Right in Your Own Backyard:**
If you're short on funds and have only a few days, discover all the great things there are to see and do near the villa. Buy a good map, get a train schedule and you're all set.

**Regional Festivals**
- There are many regional festivals in Umbria throughout the fall. Check with the local tourist guide for dates, locations, and details.
Take A Soak
• Saturnia's Outdoor Sulfur Springs - Maremma. Bright azure pools of steaming sulfur springs spill down the hillside like stepping-stones. The springs are out in the countryside with nothing but birds, trees, and a few people.
• Chianciano Terme - 4.3 miles southeast of Montepulciano. This is one of Tuscany's most famous spas. You can drink the water for it's healing qualities, take a thermal bath and make mudpacks for aching muscles and joints.
• Montecatini Terme and Monsummano Terme are sulfurous underground hot springs and steaming vaporous caverns of the Valdinevole west of Pistoia. It is known as the "Valley of the Mists". At the Grotta Guisti you don a white shift and dun-colored robe and descend through a series of increasingly hot and steamily dripping caverns. It costs about $28 to steam in the caves for 45 minutes and you can also go in for a whole regimen of treatments.

Other Cities to Visit:
Volterra - The city rises 1,800 feet above the valley below. The Etruscans left some great artifacts in bronze and alabaster. The art of carving the alabaster still flourishes today throughout the city.

Massa Marittima sits atop a 1,188-foot hill with a sweeping view over the farmland below. It began as a medieval mining town. It's an overlooked gem of the western Tuscan hill towns.

Elba Island is Italy's third largest island. Its tall mountainous interior is speckled with ancient mining villages. Coastal fishing and port towns in soft pastels are interspersed with modest sandy beaches. The Greeks first settled here in the 10th century BCE. They smelted iron in forges they built here. This is the island where Napoleon was exiled.

Montalcino is a walled city set very high on a tall hill with the spires of medieval buildings sprouting from the middle and a glowering fortress at one end. It has many wine shops, as it is famous for its rosso (red) wine.

Cortona, sometimes called the "city of Art" sits on a green mountainside above terraced olive groves. It's a steep medieval city where cut-stone staircases take the place of many streets and views over the wide chiana Valley stretch south to Umbria's Lake Trasimeno.

Gubbio is at the edge of a sea of mountains; wood-covered snow-capped Apennines that flow back for dozens of miles. The ruins of its Roman theater are just below the panoramic terrace of its main piazza.
At the center of the Piazza Grande is the Fontana dei Pazza (Fountain of the Crazies).
You can become a certified Eugubian lunatic if you run around the fountain three times. You will also need to draft three locals to splash water on you as you run. You may pick up your patente da motto (certificate of madness) from any of the surrounding shops. The city is also known for its very decorative painted ceramics, and you can find many examples in the shops that line the main streets.

Todi is a warren of medieval streets twisting and plunging off at every angle. It's central square is celebrated as one of the finest medieval spaces in Italy. Iron age squatters lived there about 2700 BCE, the Etruscans took over and then the Romans. Look over the walls of the city from the top to drink in an amazing Umbrian view.

Orvieto is the home of Etruscan ruins and fine white wine. Its buildings are made from blocks of the same tufa on which Orvieto rests. The massive Duomo rises above the rest of the town and its glittering mosaic facade is visible for miles around. Inside is the famous Signorelli mural. Orvieto also boasts an excellent Etruscan museum with exemplary artifacts. Check out the Grotte della Rupe, a network of tunnels honeycombing the tufa subsoil.

**Preregistration**
Registration for spring semester will take place while you are in Italy. Before leaving, meet with an advisor and make sure you know what classes you will need to take. You will be contacting your department via email to enroll in the classes you want. You will be able to register for your non-art classes on the Internet as well.

**Stay in touch**
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