

ECU TUSCANY

STUDENT
HANDBOOK
2022-2023



Welcome To Our ECU Tuscany Program!!!

I am as excited as you are and truly looking forward to spending this 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, classic lodgings and restaurants, allowing us to study in this model environment. With idyllic 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, travel and money matters. If you have any questions, feel free to contact me. Please also share the following pages with your parents.

As Director, I and your other faculty will be housed close to our school and student apartments. While you are with us on this venture we have multiple staff available for consultation and assistance, 24/7.

Participating students are expected to conduct themselves as guests in Italy, realizing that cultural practices will 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 other participants.

Students need to be aware of the following conditions from this point forward:

- 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 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 Tuscany 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
Program Director



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Flight Arrival Information

If you arrive near the suggested arrival time, we will be at the airport to meet you with transportation service together to our first lodgings.

Get off of your plane, pick up your luggage, follow the crowd OUT the exit (*Uscita*) then look for ECU staff and their ECU signage. One or more of our staff will be in the airport expecting you. We know what flights you are on and we will track all of them.

After picking up luggage and walking through the exit you will see people grouped outside the exit doors waiting to meet passengers. Please look for us and stay in close proximity to the exit. If, for some reason, you don't see our personnel stay near 'Info Point 1' which will be on your left as you walk out. There are chairs & a coffee shop right there. *Also*, it never hurts if you wear purple or Pirate



logo wear! If you do not immediately see us, *stay in the general area. DO NOT GO OUTSIDE OR LEAVE THE AIRPORT.*

If for some reason your plane is delayed or very late or you miss a connection, have weather issues etc., follow these procedures:

1. First try to contact Director Linda Darty at dartyl@ecu.edu or assistant director Stuart Watson at watsonst21@ecu.edu or Student Coordinator Lucy Clark at lplatoclark@gmail.com. Then try our phone numbers found on following page.

2. If you do **not** have internet access when you learn your plane will be delayed, call your parents and let them know and ask them to email us.

3. If you arrive very late and do not see the ECU staff at the exit, do not worry, know we are making every effort to locate you. Do go to an information desk and kindly ask an attendant to call or contact us .

Program our phone numbers into your phone while reading this now.

To students who may be 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 an alternate meeting time.

If your luggage is lost

You will need to have the addresses below to give to the information desk at the airport. Write them down and program them into your phone.

Hotel info if our first night is in Orvieto:

www.grandhotelitalia.it
Via di Piazza del Popolo
1305018 Orvieto (Terni)
Tel: (39) 076 334 2065
Email: hotelita@libero.it

Hotel info if our first night is in Vico Equense:

www.aequahotel.net
Corso Filangieri
46, 80069
Vico Equense (NA)
Email: info@aequahotel.net
Tel: (+39) 081 801 5331
Facebook: Hotel Aequa | Vico Equense

Hotel if the first night is in Venice:

Pensione Seguso
Dorsoduro 779
30123 Venezia
Tel: (39) 041 528 6858
Tel: (39) 041 538 6096
www.pensioneseguso.com

Important Addresses and Phone Numbers

Please program the phone numbers & addresses on these pages into your phones prior to leaving home and remember to leave a copy with your parents and other US contacts.

Also keep all information on paper and in your wallet at all times for contacting us in case you need assistance!

Remember you could lose your phone!

Please note:

If you wish to call a number in Italy from the US or other countries you must first enter the Italian country code: **39**.

To call the same number from within Italy on an Italian phone, you may leave off the +39 prefix.

If you call the United States from Italy, on an Italian phone you must enter US code 001 before the area code and number that you're calling.

In case of emergency:

Please contact the following personnel in this order:

Linda Darty, Director
39 348 713 4389

Stuart Watson, Assistant Director
39 347 372 6493

Lucy Clark, Student Coordinator
39 392 042 7200

Francesca Maddalena
39 347 552 7899

ECU classroom
39 057 165 2822

Below:

The white building, center, houses our ECU complex: first floor is classrooms & above are some of our student apartments. From this view you can see most of Certaldo Alto, the quaint village where you will be living. In the distance are olive and grape laden Tuscan hillsides.



Passports and Documents

Start your application for a passport as early as possible, it can regularly take over 6 weeks to obtain. It is imperative you learn to carry it with you at all times while traveling. When not traveling remember to keep your passport in a **safe** place. Each of us will

always be asked for their passport when we check into a hostel or hotel and sometimes you 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 a replacement sooner, if it gets lost or stolen. Be sure to pack one copy in your suitcase as well.

Do bring your 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.

Very Important!

Please scan of the front photo page of your passport and email this image to Linda Darty, dartyl@ecu.edu, at least one (1) month prior to departure for our permanent records.

This not only helps us get you into our hotel lodgings, it also registers your apartments with the Certaldo Police Department.

HELPFUL HINT:

Use a folder, zipped case or pouch for all your documents. Keeping all your documents in the same place in a folder will save you endless time looking for your important information over the course of your stay. You should keep a copy of your passport, health insurance information, credit card, contact info, flight itinerary, class syllabi, etc. in this folder or even a plastic zip lock bag

To Do List

- 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 a friend know flight information for pick up when you return home.
- SCAN a copy of the information first page of your passport, and email it to: dartyl@ecu.edu
- Print out a copy of our school address and all contact information so family will know how to reach you.
- Prepare any additional information parents may need while you're away—examples include: tax forms, financial aid forms, voting documents etc.
- Bring copies of all **advising information** that you went over with your advisor for your next semester. This will help you 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. 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; keep some for your return trip to the US (\$100.00 or less).

The ATM to use here is Bancomat, do not use ATMs without this label. At the airport you will find them & obtain euros with a debit or credit card, and we will help you.

Do not bring cash dollars to exchange into euros as you will be charged a high fee. **Do not change money at change stations** in the airport or elsewhere, too expensive because of commissions and fees.

If you contact your bank at least 2 weeks before you depart, you may be able to get US Dollars converted to Euros, before you leave the states. Normally there is no service fee for this, it is the best way to get euros. This means you can arrive in Italy with some cash and lessen use of your debit cards.

Credit Cards

Be sure to call your credit card company before you leave the states to let them know you will be in Europe. Do NOT use your credit card for cash; it is too expensive.

Depending on your bank charges, 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 in euros per day. ATMs allow you the best exchange rate on the day you withdraw. We recommend not using Traveler's checks; ATMs are much more convenient and easier. Most major credit cards are honored in Europe. It is highly recommended to bring a credit card in your name, signed on the back, with a pin number that *you can remember*.

HELPFUL 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 ATMs for withdrawals. For example, Bank of America currently has an arrangement with BNL banks in Italy. Be sure to memorize your PIN number for these accounts or you will be without cash. Again, make copies of these cards and write down their phone numbers in case of loss. Make an extra copy of this information for a



Phone, Internet and Computer

Internet:

Internet is provided throughout the classrooms & student lounge with several other hotspots within Certaldo Alto businesses. Students will have the ability to connect back home with audio/video chat through their cell phones or computers with Gmail, Skype, Facetime, iMessage, Snapchat, Facebook Messenger or their chosen software— these are free through our wireless service.

We do ask students to regulate time on Skype and other chat platforms to evening hours, after class time or during non-class days or after dinner. While staying in touch with family and friends is an expectation, we have found that overindulging in daily contacts can impede our students immersive experience. We strongly suggest that students relax and enjoy their experience in Italy with their new friends. We encourage use of headphones or ear phones so your conversations will feel more private to all.

Phone:

If you are bringing a phone with an international plan we urge you to thoroughly understand your calling functions & costs with your phone provider, prior to arriving. We will have no way of dealing with your carrier in Italy.

T-Mobile works very well in Italy with no extra changes or charges added to your international plan.

We will lend students a phone if needed during the semester, charging only a small deposit that will be returned when the phone is returned working. These phones can call in Europe & text throughout most of the EU for free between each other and faculty. School numbers can be entered into each phone so students can immediately contact us if there is an emergency. We request students to carry these phones with them at all times, especially when traveling.

Computer:

An external hard drive is highly recommended to bring along with your computer for backup.

It is very difficult to get computer repairs done in Italy and purchasing hard drives in Italy is more expensive. So bring along something like a 1TB external hard drive & get in the habit of backing up your computer & assignments on a daily basis. Students in the past have often faced problems when their computers have crashed and they have not backed up their work. If you are using a 'cloud' system for back up be sure your accounts are paid up before your trip.

-Photography Students are required to bring a large, portable hard drive for class.

-Do not forget your computer charger! Electronics are especially expensive in Italy.

HELPFUL HINT: Add labels to all chargers, portable drives, converters and headphones since often we often have the same gear and peripherals!



Special Things to Bring

1. Power converter or adapter. A power converter changes the voltage from the European 220 volt down to the US 110 volt so you will not fry your school/apartment electronics.

An adapter is just a transition device which allows plugging your US electronics into an Italian wall outlet. Your computer and other major electronics usually convert the voltage automatically with their proprietary charger (read the instructions on your power bricks, cord, or check online). Depending on what electronics you bring, get what you need before leaving! It's a good idea to bring several of the adapters that will allow you to plug in your smaller electronic devices; USB chargers, camera batteries, tablets etc. You will want at least one to keep in the classroom and one for your apartment. Label these pieces with your name as well since we all use them! These are available to purchase in Italy.



2. **Do not to bring hairdryers**, curling irons etc, as they will almost always burn out—even with adapters. These items are available to purchase in Certaldo or Florence and most cost less than €20.00. Students in apartments can share the cost if one is not supplied by landlords.

4. **Do bring headphones with an incorporated microphone** for your calls & private conversations at school—for your privacy and as a courtesy.

5. Useful & handy to bring Ziplock plastic bags (this brand is not available in Italy) and can help you pack wet items, snacks for travel, toiletries for overnights, etc.

6. **Pack your prescription medicines!** Have them filled for the duration of your travel time!

7. Pack some non-prescription meds as well—cold meds, motion sickness meds, headaches etc. Aspirin, acetaminophen and Ibuprofen can be purchased at Farmacia in town

8. **Review the packing list** on page 16 for many other helpful suggestions.



Mail in Italy

The post office is in Certaldo Basso, just a couple of blocks from the foot-path 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 much 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 & our post office (Postale) in Certaldo basso.

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 ship 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 exactly before mailing.

Do not send any food because these packages have considerable trouble getting through customs and need special authorization.

You may be sending some of your things from Italy back to the States at the end of the semester. We will guide you with packing and shipping from Italy at that time if necessary.



Groceries, Restaurants

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

Sunday's, 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 shopping bag on your first day, as you will be charged a small fee for plastic bags. They are also provided in your apartments.

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, do not all require appointments. See the staff for their favorites! There is a great store in Certaldo that sells very reasonable toiletries, hair products, lotions, sunscreens, etc.

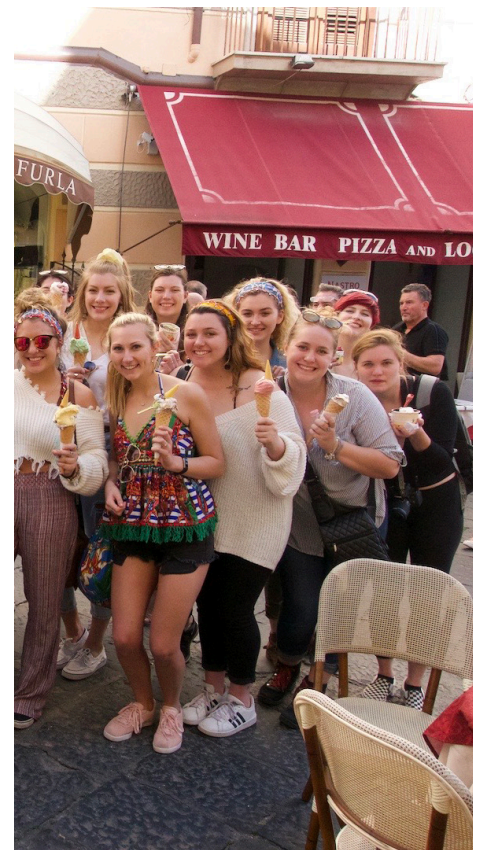
Student apartments have washers only, but in town there are two laundromats—one near the post office and one next door to the grocery store. A washer cost is about €5–8 euros—and dryer is €3/4.

Dining 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

Please review your class syllabi for class supply lists and plan accordingly what is best for you to pack from home. If you have any questions about what is available in Italy, please contact our student services coordinator, Lucy, at: lplatoclark@gmail.com.

There are office supply stores and a paper store (cartoleria) in Certaldo Basso where you can buy notebooks, paper, pens, pencils & other supplies. Our school has standard office supplies like staplers, pencil sharpeners, paper cutter, copy machine and printers. You can buy glue sticks, x-acto knives, tape & more in Certaldo. We have a small art supply store in Certaldo with a few offerings, but we shop more extensively at the art supply stores in Florence.

For those taking jewelry class there is a metals supply store in Florence that has some copper sheets but no other metals. We have some copper and sterling silver in the studio, but it is best to bring whatever other metal you will be using with you. See your syllabus. 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 use while in Italy. **The tools they include are listed in the class syllabus.**

For students of Photography, large format inkjet printers are in our studios. See the class syllabus for information on camera and computer requirements for the class. **IT IS ESSENTIAL YOU BRING ALL REQUIRED COMPONENTS.**

Book Arts and Design students will find many 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 for students to check out during the semester. Kits include scissors, sewing needles, glue brushes and bone folders.



Travel while in Certaldo

Up to Certaldo Alto:

There is transportation up the hill to Certaldo Alto on the funicolare (similar to a 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 bottom of the lift, using a simple vending machine. In Certaldo Basso's funicolare station there is an attendant who can sell tickets to you. If there is a machine for purchasing a ticket that reads: "no resto" it means you need exact change for the machine. You will see most of our students walk up and down the hill unless its raining or they have heavy grocery bags.

Taxi: Add this number to your contacts in case you ever need a taxi around the Certaldo region:
~ 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 learn from which track your train departs. **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, and our library has many books with information on locations, travelguides 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.



Visitor Accommodations in Certaldo

We do not allow you to travel with visitors during scheduled class periods. Please encourage your friends or family to visit only on free weekends, fall or spring break, or before/after summer program dates. Any students planning to host visitors must email the director as far in advance as possible because our program itinerary often changes due to outside circumstances.

Visitors are never allowed to stay in student housing under any circumstances, it is the law!

The following lodgings are located in Certaldo Alto, near our apartments and classrooms and they both offer special prices to ECU.

Locanda Linando is a family owned & operated bed and breakfast set in a 14th century renovated house. Our friend Chiara, who speaks English, has furnished it with a relaxed family feel. Special prices for our guests.

Website: www.linando2.it

Tel: 39.0571.66.68.06

Email: info@linando2.it

Il Castello is a lovely hotel and restaurant just at the top of the funicolare on the edge of town with views of the Elsa Valley and the Tuscan hills. They have 10 rooms all with windows that either overlook Certaldo basso or the streets of Alto. 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: +39.0571.668250xw

email: info@albergoilcastello.it



Luggage And Packing

FIRST RULE

You need to be able to manage your own luggage! **PACK LIGHT!!** Be sure you can easily manage your luggage by yourself. Practice handling alone before you depart. We highly recommend you bring less than you plan to need, packing only essentials regarding your semesters weather conditions! We carry our luggage up and down stairs and on and off trains, busses & up and down hills & cities. This cannot be stressed enough. **NO ELEVATORS EXIST IN CERTALDO APARTMENTS, ALL LODGINGS ARE UP STAIRWAYS!!**

-For Summer Students, limit your travel packing 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)

-For Full Semester students:

3. one checked bag of 50 pounds or less.

Helpful Hint: You can always buy essentials in Italy if you find you don't have enough of most anything.

Helpful Hint: Travel with a well made fitted backpack as you will find it makes due for most trips of our one to three day excursions. We travel light and fast and need to make adjustments often due to weather or train strikes. Make sure it is light comfortable and sturdy!

Serious Suggestions:

Be prepared for weather conditions of your semester, inquire prior to departure! September will still be warm swimming weather but by mid-October you may need additional

light sweaters & wind breaker depending on travel locations. November is windy with cool nights but it typically doesn't get really cold until mid December or when we are up north in Venice. January, February are cold and windy, with normally little or no snow. March and April are sunny, but often rainy-50's to 60's. May and June are warm to hot in the day and cool at night – July and August can be in the very high 90's or hotter. Pay attention to your travel period and bring as little as possible, Italy has enough to cover what your particular dress needs are.

*Bring one set of long underwear and a coat for November– just in case!

*Girls will want at least one dressier skirt/pants and boys may want one nice shirt and pants. Avoid High Heels! Streets are cobbled and you can easily twist an ankle.

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

*Underwear and socks,.

*Two or three pairs of comfortable walking/hiking/dress shoes. You might want one water resistant shoe 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 or heavy shoes you like to wear in colder weather. Just keep that luggage as **LIGHT** as you can and shoes can obviously 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 like PJs, extra T's etc to keep warm on cold nights.

*A personal preference style towel that packs easily – something you might not mind leaving here! Towels are here as well

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

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

*Small daypack- this is great for carrying an extra sweater, camera, literature, journals, money, art supplies, passport and travel books.

* Camera! A digital camera and a high-capacity memory card – AND a way to charge the battery- (Target and Best buy sell European converters that pack easily- see pg.9 for photos).

*Earplugs. A DEFINITE If night noises bother you, ...you may have snoring roommates!!!

*First-aid kit. A few band-aids – mole-skin for blisters etc. All available here.

*Medicine/vitamins. Keep in original containers with prescriptions. You might also bring something like pepto bismol or Imodium for diarrhea, 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 semester. Bring at least one week's worth in carry on bag in case your luggage 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 bag. Bring a little toilet paper or tissue packets just in case. Fingernail clippers and tweezers are also handy. Remember - you can buy all these items once you get to Certaldo!

*Hand sanitizer –for when you have been in public areas or need to clean up without water and keep germs at bay. Most public places supply it as in stores, restaurants and museums.

*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.

*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 many, many 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). Available here too

*Laptop Computer/iPod/Headphones/chargers, portable hard drive etc. ALL LABELED CAREFULLY

*Class Supplies- read syllabi for details!

KEEP IT LIGHT! You'll be glad you did!



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.

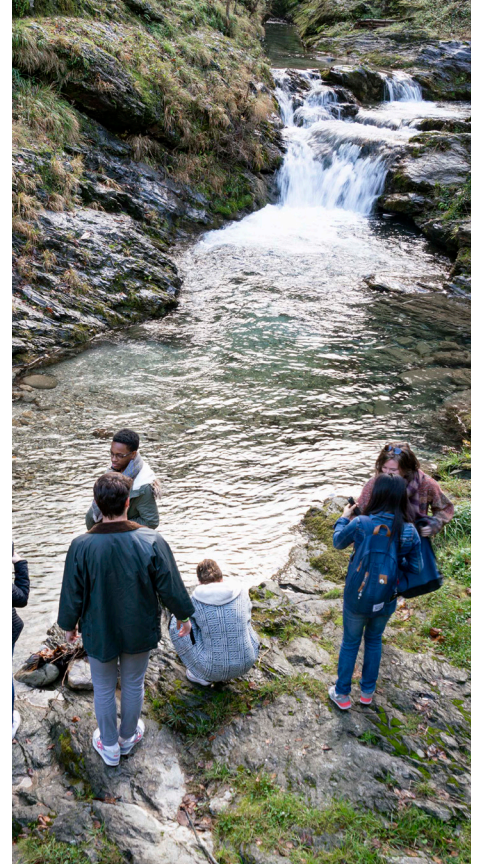
No need to bring hairdryers, curling irons etc. as they often burn out and can be purchased locally.

Bring headphones for music or calls made publicly.

Bring a few small packages of tissues—you may also need them in some bathrooms.

Bring a hard drive to back up work!

PACK LIGHT!!



Health Insurance and Medical

Issues

A health insurance policy has been purchased for you which will cover you on the dates throughout your stay on the ECU program. This GEOBlue plan is first class. You will receive the card via email, go online to see details about the coverage.

When you get a copy of this card, print it out and store it in multiple locations, one in your wallet, purse, phone etc. and keep a spare with your other important documents. The school travel insurance will cover you for the exact dates of this program only. Therefore, during summer sessions, if you want to travel earlier or stay past our dates, you will need to purchase additional health insurance. (During fall or spring it is impossible to travel beyond program dates as you would need a VISA beyond the 90 day duration of our stay). Listed are companies that offer extended coverage for medical insurance: MEDEX Insurance Services, TravMed Choice Outbound.

Certaldo Basso is well served with several pharmacies. We regularly use an English doctor in Florence who can directly bill GEO Blu directly and it is easy to set an appointment with him.

Here is that contact information:
Dr. Stephen Kerr - 055 288055
www.dr-kerr.com

When you feel ill and concerned enough that you should see a doctor, notify a staff member immediately, we will get you to the doctor right away!

Never hurts to carry extra hand sanitizer! Make sure you wash your hands as often as possible, always before your meals and avoid getting them in your mouth, eyes or nose! Of course by staying healthy your experience will be so much more enjoyable.

Important procedures you need to accomplish prior to your departure:

- **ASAP-send requested passport information to:** dartyl@ecu.edu
- **Write Linda or Lucy Plato-Clark about any allergies or special dietary needs.**
- **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 US.**

- **Also bring your own non-prescription medicines** for motion sickness on transportation; for colds, your most useful headache meds etc.
- **We suggest you acquire any flu shots and immunization for meningitis.**
- **Copy your passport, credit cards & plane itinerary.** Leave a copy with your family, and store another separately in your suitcase or carry-on in case of emergency.
- **Call all your debit/credit card companies** to tell them you will be abroad and where. This is very important and saves days waiting to correct issues in Italy!

CONTACTS IN ITALY

ECU Tuscany Italian Staff Cell Numbers:

Linda Darty, Director (39) 348.713.4389

Stuart Watson, Assistant Director (39) 347.372.6493

Lucy Plato Clark, Student Coordinator (39) 392.042.7200

Francesca Maddalena, La Meridiana contact-(39) 347.552.7899

Email:

Linda - dartyl@ecu.edu

Stuart - watsonst21@ecu.edu

Lucy - lplatoclar@gmail.com

ECU Tuscany Campus:

Via Boccaccio 28

Certaldo Alto, FI 50052

Office (39) 057.165.2822

Italy In-Country Emergency Contact Numbers:

•USA Embassy (39) 06 46741

•Polizia, Local Police 112

•Carabinieri, State Police 113

•Fire Department 115

•Medical Emergency 118

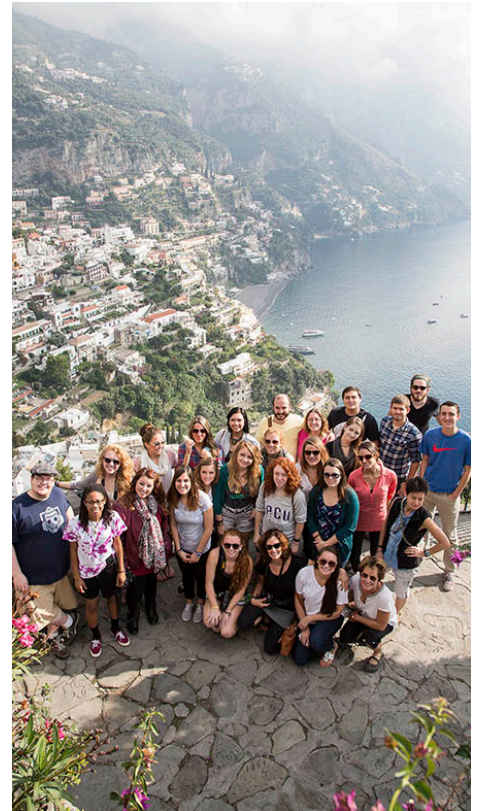
Our local hospitals:

Siena Ospedaliera 0577 585111

Viale Mario Bracci, 16, Siena

Emploi Ospedale 0571 7051

Viale Giovanni Boccaccio, 20, Empoli



In the event of an emergency of any kind always and immediately contact the director or staff personnel. If they cannot be reached, keep trying, listed below are additional contacts at ECU's Study Abroad office & the US State Department should you need to use them.

ECU GLOBAL STUDIES OFFICE on Greenville Campus

Jon Rezek, Assistant Vice Chancellor

rezekjo17@ecu.edu

Tel: 1 252 328 1936

Erin Taylor

Education Abroad Coordinator

Tel: 1 252 328 1051

taylorer19@ecu.edu

Office of Global Affairs

306 East Ninth Street

Greenville, NC 27858

Tel: 252 328 1935

US 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 while you are studying abroad.

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

We regard Certaldo as a very safe, familiar community of about 150 citizens, with zero crimes reported in the past dozen years. We live in a safe, intimate and idyllic community!

If you have concerns of any kind regarding your safety on campus or away from campus, please contact our directors, one of our staff, or the listed contacts on the ECU home campus before you leave.

In the thirteen years since our program began, more than 900 students from ECU have safely joined us for a successful and memorable study abroad experience in Italy. We look forward to adding you into the family!

A separate list of COVID safety measures will be sent to each student, based on current recommendations from the CDC as well as Italian government/health mitigation requirements.