WELCOME TO OUR 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
Flight Arrival Information

If you arrive near the suggested arrival time, we will be at the airport to meet you with transportation service 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, when you exit you will see many people grouped outside the exit in a sort of semi circle—waiting to meet passengers. Look around as you walk out—and stay in the area, in close proximity to the exit. If you don’t see us go to INFO point 1, which will be to your left as you walk out. There are chairs & coffee shops. Also we will find you easier 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 flight is delayed and very late or you miss a connection or 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 watsonst14@ecu.edu or Student Coordinator Lucy Clark at lplatoclark@gmail.com.

2. Then try our phone numbers found on following page.

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

Program our phone numbers into your phone!

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 a meeting time. The group will depart from the airport together for our first lodgings in Italy.

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 or program them into your phone.

Hotel website if our first night is in Orvieto

www.grandhotelitalia.it
Via di Piazza del Popolo
1305018 Orvieto (Terni)
Tel: 0763 342065
Fax: 0763.342902
Email: hotelita@libero.it

Hotel website 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

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!

In case of emergency please contact the following personnel in this order:

Linda Darty, Director
39 340 858 3833

Stuart Watson, Assistant Director
39 347 372 6493

Lucy Clark, Student Coordinator
39 392 042 7200

Francesca Maddalena
39 347 552 7899

La Meridiana, Ceramic School
39 057 166 0084

ECU classroom
39 057 165 2822
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 it 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 U.S. 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://italintensives.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).

There is an ATM/Bancomat at the airport for an immediate way to obtain euros with a debit or credit card, and we will help you.

Do not bring dollars to exchange as you will be charged a higher fee. Do not change money at change stations in the airport. It is expensive because of commissions and fees.

If you contact your bank at least 2 weeks before you depart, you may be able to get 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 money. Then use your debit card as needed.

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 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 parent or trusted friend.
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, limiting contacts in the states to 2 or 3 times a week. We encourage use of headsets or earphones so your conversations will feel more private.

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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.

As of 2019 T-Mobile works very well in Italy with no extra changes or charges.

ECU has purchased simple Italian non-smart phones for each of our students to use during their stay in Certaldo. We will lend students one of these phones during the semester, charging only a small deposit that will be returned when the phone is returned working. These phones can call & text throughout most of the EU for free between each other and faculty. School numbers are entered into each phone so students can immediately contact us if there is an emergency. We require 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.

Students in the past have had considerable problems when their computers have crashed and they have not backed up their work. It is very difficult to get computer repairs done in Italy and purchasing hard drives in Italy is more expensive. So bring along a good external hard drive & get in the habit of backing up your computer & assignments on a daily basis. If you are using a ‘Cloud’ system for backup be sure your accounts are paid up before your trip.

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

Don’t forget your computer charger! Electronics are especially expensive in Italy.

HELPFUL HINT: Add a LABEL to all chargers, portable drives, converters and head-phones since often we 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 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 clothes, 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 footpath that takes us down from Certaldo Alto. It costs the same to send a letter as a post card, about 2 euros to the States. Mail can take 10 days or even 2 weeks or longer to get to the States. Receiving mail from the States can take even longer. Mail, such as letters and post cards are easier to deal with than packages, which are difficult sending both ways. We don’t recommend that friends and family send care packages because it costs students to receive them (customs charges). Do not plan to receive any packages during the shorter summer sessions because it can take 3-5 weeks for packages to arrive.

You can buy stamps (francobolli) at Tabba chi stores & our post office in Certaldo, Postale

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. Avoid sending any food because these packages have the most 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 help you with packing and shipping from Italy at that time.

Groceries, Restaurants

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

Sunday—Not many stores are open—grocery store only in the morning. During orientation week we will take you grocery shopping and you will learn to find your way around Certaldo Basso and Certaldo Alto.

There are several small groceries in Certaldo Basso. The Coop is the main grocery store in town. You can use a credit card with a passport or photo id. If you buy produce in the store there are plastic gloves that must be worn before handling the produce. Once you have placed your produce in the plastic bags that are provided, weigh them on the scales that print out price stickers.

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

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

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

Beauty needs—hair salons, 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 4–7 euros—and dryer is 3.

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 check out to 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. THIS IS VERY IMPORTANT!

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.

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. THIS IS VERY IMPORTANT!

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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 it’s 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

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. THIS IS VERY IMPORTANT!

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.
Visitor Accomodations 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.
Website: www.albergoilcastello.it/index_en.php
Tel: +39.0571.668250xw
Email: info@albergoilcastello.it

**Certaldo Apartments**

ALL LODGINGS ARE UP STAIRS!!

This cannot be stressed enough. We carry our luggage up busses & up and down hills & cities. and down stairs and on and off trains, conditions! We carry our luggage up

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 – just in case!

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

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

*Underwear and socks.

*Two 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!

*Camera! A digital camera and a high-capacity memory card – AND a way to charge the battery- (Target and Best buy 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.

*Medicine,vitamins. Keep it in original containers with prescriptions. You might also bring something like pepto bismol, Imodium for diarrhea, or Dramamine for motion sickness, cold medicines or aspirin/ibuprofen if you use them. If you take a prescription medication each day, bring enough for the entire semester. Bring at least one week’s worth in carry on bag in case your luggage is lost or delayed.

*Something to sleep in like PJs, extra T’s etc to keep warm on cold nights.

*Money. As 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.

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 STAIRS!!

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)
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.

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*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!

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*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.

*Medicine,vitamins. Keep it in original containers with prescriptions. You might also bring something like pepto bismol, Imodium for diarrhea, or Dramamine for motion sickness, cold medicines or aspirin/ibuprofen if you use them. If you take a prescription medication each day, bring enough for the entire semester. Bring at least one week’s worth in carry on bag in case your luggage is lost or delayed.

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*Extra eyeglasses, contact lenses, and prescriptions. Contact solutions are widely available in Europe.

*Sunglasses and sunscreen (you can easily buy both in Italy).

*Toiletries kit. Put all squeeze bottles in sealable plastic baggies, since pressure changes in flight can cause even good bottles to leak. If you bring any in your carry-on bag, all liquids, gels, and aerosols must be in three-ounce or smaller containers, and all of these items must fit within a single, quart-size sealable plastic baggie.) Bring a little toilet paper or tissue packets just in case. Fingernail clippers and tweezers are also handy. Remember – you can buy shampoo, lotions, soap etc. once you get to Certaldo! (You will need soap in the Rome hostel.)

*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 printout 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).

*Sewing kit, if you think you might use it. Take along a few safety pins and buttons too.

*Travel information. If you don’t want to carry your travel book, read it at home and photocopy appropriate chapters from guidebooks and staple them together. We have books in our library.

*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.

*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 printout of your email address book in case you can’t access it online). Or if you prefer to send postcards, consider printing your mail list onto a sheet of adhesive address labels before you leave. There will be Internet access in most cities we visit.

*Small notepad and pen or make your own in the book class!

*Do not bring a hairdryer or flat iron.

*Direct Current Adaptor - In Italy the current is 220 V 50 cycles (in the US it is 110 V 60).

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

*Class Supplies- read syllabi for details!

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.

Do not bring hairdryers, curling irons etc, as they will almost always burn out, even with adapters.

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Pack Light!!

*Hand sanitizer – for when you need to wash without water and to keep from getting sick!!!!!

*Sealable plastic baggies. Get a variety of sizes. In addition to holding your carry-on liquids, they’re ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. The two-gallon jumbo size is handy for packing damp clothing.

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Health Insurance and Medical Issues

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

When you get a copy of this card, print it out several times 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 because you would need a VISA beyond the 90 day duration of our stay.) Here are a couple of companies that offer extended coverage for medical insurance: MEDEX Insurance Services, TravMed Choice Outbound.

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

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

When you are sick and concerned that you should see a doctor, notify the program director immediately. We will get you to the doctor right away! OR, during COVID, the doctors will even come to us!

BRING HAND SANITIZER!!! Make sure you wash your hands EVERY time you eat and do not put them in your mouth, eyes or nose! You’ll have so much more fun if you stay healthy!

Super Important things you need to remember:

- Send requested passport information to: dartyl@ecu.edu
- Write Linda also 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 country.

- Bring non prescription medicines for motion sickness on transportation; for colds, your favorite headache meds etc.
- We suggest you acquire a flu shot and immunization for meningitis.
- Copy your passport, credit card, plane itinerary 2 times. Leave one copy with family, and put another separately in your suitcase or carry-on in case of emergency.
- Call your debit/credit card companies to tell them you will be abroad.
- Get excited! You’re on your way to ITALY!!

CRISIS MANAGEMENT ABROAD
East Carolina University
ECU
Tuscany

EMERGENCY CONTACTS IN ITALY
ECU Tuscany Campus-
Via Boccaccio 28
Certaldo Alto, FI 50052
School Office: (39) 057.165.2822

Director: Linda Darty- (39) 340.858.3833 dartyl@ecu.edu

ECU CAMPUS EMERGENCY CONTACT
-Whitney Morris
-SSAB Coordinator
-morrisw@ecu.edu
-252.328.9218

ECU Italy Staff Cell Numbers:
Linda Darty, Director -(39) 340.858.3833
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

Italy In-Country Emergency Contact Numbers:
- Certaldo Office Telephone(39) 057.165.2822
- USA Embassy(39) 06 46741
- Local Police, Polizia112
- Carabinieri (State Police)113
- Fire Department115
- Medical Emergency118

Our two nearby hospitals:
Siena Ospedaliera0577 585111
Viale Mario Bracci, 16- Siena

Emploi Ospedale0571 7051
Viale Giovanni Boccaccio, 20, Empoli
In the event of an emergency of any kind always & immediately contact the director or staff personnel immediately. If they cannot be reached, keep trying, but here are also 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 tel: 252.000.0000 rezekjo17@ecu.edu
Whitney Morris: tel 252.328.9218 morriswh@ecu.edu
Katie Strickland tel: 252.328.9066 stricklandk14@ecu.edu

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

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

ECU’s highest priority is the SAFETY of our students and staff 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 10 years. We live in a safe, intimate, idyllic, community!

If you have concerns of ANY kind regarding your safety on campus or away from campus, please contact our director, one of our staff, or the listed contacts on the ECU home campus right away.

In the twelve 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.