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All information current as of April 2025

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CONTENTS

Just Landed

Welcome to Northern Italy 6

Services

Banking and Legal 8

Cell Phones 10

Transportation

Driver's Licenses and Vehicle Registration 12

Fuel Cards 14

Housing

On-Base and Off-Base Housing 16

Allowances and Utilities 18

Healthcare

Installation Facilities 20

Giving Birth, Dental and Mental Health 22

Daily Life

Key Facilities 24

Resources for Kids 26

School Options 28

Pet Information 30

Personal Enrichment 32

Local Culture 34

Grocery Shopping Guide 38

Travel

Northern Italy Map 40

Explore the Cinque Terre 42

Outdoor Adventures in the Dolomites 52

Indulge Your Five Senses in Tuscany 56

Your Community

The Aviano Area 60

The Vicenza Area 64

The Camp Darby Area 68

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INSTAGRAM



E-COMMERCE

WELCOME TO NORTHERN ITALY



EMERGENCY INFORMATION
112 is the Emergency phone number
throughout Europe.

IN-PROCESSING

AVIANO

Wyvern Welcome

USAG ITALY

- **Camp Darby:** Bldg. 113
- **Vicenza:** Central Processing Facility (CPF)

If you have not been assigned a unit sponsor, feel free to reach out to the Garrison Installation Sponsorship Liaison at:
usarmy.usag-italy.id-europe.mbx.army-sponsorship@army.mil



**Aviano PCS
and Welcome Site**



**USAG Italy
Newcomers
Livestream Videos**



**USAG Italy—
Camp Darby
PCS Guide**



**USAG Italy—
Vicenza PCS Guide**

FOOD DELIVERY

Here are some food delivery Apps that are commonly used across Italy:

- Justeat.it
- Deliveroo.it/en
- Glovoapp.it/en

GROCERIES

- **CONAD** is a large Italian grocery store chain.
- **Carrefour** is a large French-based grocery supermarket.
- **MD, Lidl** and **Aldi** tend to be smaller, budget grocery markets.
- **Coop** has both large “Supercoop” and huge “Ipercoop” stores.
- **Spar** is another grocery chain with small “Despar” stores and large “Eurospar” supermarkets.

BUDGET SHOPS

Need an extra pan, cups or dishes at your temporary lodging? Check out these locations for those budget needs.

- ▶ **Aviano Airman's Attic:** This free store has clothes and household good available for U.S. military ranked E6 and below and their dependents. It is located in Area F.
www.facebook.com/AvianoAttic
- ▶ **Aviano Thrift Store:** The thrift store has clothes, books, toys and small household goods for sale at budget prices. It is run by the Community Integration of Aviano Organization (CIAO). It is located in Area F.
www.facebook.com/Avianothriftshop
- ▶ **ACS Lending Closet:** Army Community Services (ACS) Lending Closets allow you to borrow basic household goods like pots, pans, dishes, highchairs and small appliances.
 - **Camp Darby:** by appointment, call DSN: 645-8502
 - **Vicenza Lending Closet:** Bldg. 108, call DSN 634-5829/5843

- ▶ **Darby Second Glance Store:** This thrift store sells clothes, books, toys, craft supplies and small household goods at budget prices, gently used and clean to fit all of your clothing and household needs. www.facebook.com/SecondGlanceCampDarby
- ▶ **VCC Thrift Store:** The Vicenza Community Club (VCC) sells clothing, toys, household goods and more at their store on Caserma Ederle across from the PX. www.facebook.com/VCCThriftStore

FITNESS

AVIANO

There are two fitness centers at Aviano, both are in Area F.

- **Dragon Fitness Center:** A large, new facility with strength and cardio equipment, fitness classes and a parent-child area.
- **Wyvern Fitness Center:** Has traditional weight training and a multi-purpose mat room for wrestling and martial arts courses.

USAG ITALY—CAMP DARBY

The Fitness Center offers a cardio room, weightlifting and a family fitness room.

USAG ITALY—VICENZA

There are two fitness centers available.

- **Ederle Fitness Center** on Caserma Ederle has a cardio room, weightlifting equipment, basketball court, indoor pool, family fitness rooms, and fitness classes.
- **Del Din Fitness Center** on Caserma Del Din has cardio equipment, weightlifting equipment, basketball, sand volleyball, an indoor pool, climbing wall, indoor running track and fitness classes.

KIDS

- Pre-register for on-installation childcare at www.militarychildcare.com.
- Begin DoDEA school registration at www.dodea.edu/registration. ■

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SERVICES IN NORTHERN ITALY

BANKING

Getting an Italian account with an International Bank Account Number (IBAN) is necessary for paying bills and transferring money. It is also helpful for making purchases, getting cash and managing funds between dollars and euros. Note that the DoD will not deposit paychecks into Italian banks.

USING DEBIT CARDS

- Chip and Pin cards are the norm throughout Europe.
- Smaller Italian businesses may not take credit cards.
- Always carry euros when off-installation.
- Some U.S. banks charge international transaction fees when using debit cards, so check with your bank.

ON-INSTALLATION BANKING

► Global Credit Union | www.globalcu.org

Global Credit Union is one of the largest credit unions in the U.S. and offers members competitive rates and surcharge-free ATMs.

- Located at Aviano, Camp Darby and Camp Ederle. www.globalcu.org

► Community Bank | dodcommunitybank.com

Provides convenient and affordable banking services and financial information to help support service members, base organizations and mission readiness.

- Located at Aviano, Camp Darby, Caserma Ederle and Caserma Del Din.
- Call toll-free: 00-800-BANK-EASY (00-800-2265-3279) from 9 a.m. to 4 p.m., Monday through Friday, except on holidays.

► Banca Nazionale del Lavoro (BNL) | www.bnl.it

BNL is an Italian bank that offers U.S. military member services.

- Located at Caserma Ederle

MOBILE BANKS

Online banks are a great tool to get local bills paid and often offer competitive exchange rates and low fees. They have international banking apps that allow you to create a European account with an IBAN so it is possible to pay rent or bills in euros.

- **Wise:** Wise safeguards customers' funds to make sure they're always available whenever they're needed and offers simple to use web and app access to money. www.wise.com
- **N26:** N26 is a 100 percent mobile, fully licensed bank, which provides the same level of security and regulations as traditional banks. Their European banking license protects your funds up to €100,000 by the German Deposit Protection Scheme. www.n26.com

PAYING BILLS

Italian bill paying is different than in the U.S. There are three methods you can use.

- **Pay in cash.** Bring your bill and cash payment to a tobacco store (Tabaccheria) or bank teller. Expect a small fee.
- **Online bank transfer.** Set up a payee account with an IBAN number via your local Italian bank or European online bank.
 - ✓ Verify the euro amount and date for payment.
 - ✓ Include your account number (codice cliente) and bill number (numero Fattura).
- **Online via the billing company's website.** This can be done with an Italian-issued credit card, or an IBAN.

EXCHANGE RATES

- Off-installation ATMs (bancomat) may have transaction fees, but usually have better exchange rates.
- Check conversion rates before transferring large amounts between U.S. and euro accounts.

LEGAL

Your installation Legal Office can help with simple notaries and powers of attorney on a walk-in basis. Complex notary services and other legal advice is available by appointment.

- Powers of Attorney are recommended for spouses so they may handle paperwork if the military sponsor is not available due to training or deployment.
- Dependents wanting to work while overseas should discuss SOFA regulations with the legal office.
- A tax center is available during the tax season.
- Other legal services offered include wills, medical directives, Servicemembers Civil Relief Act (SCRA) issues, estate planning, immigration, debt or credit problems, identity theft, divorce counseling and Italian legal issues.

continued on page 10

Every year, the American military community in Italy votes for their favorite businesses. Find out who won this year on our **Best of Italy** website.





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@vanigliagelaterie

continued from page 8



Upon arrival, setting up your cell phone is extremely helpful. There are a variety of options in Italy and plans tend to be very affordable. Until you've setup service, be sure to put your phone in airplane mode to avoid unexpected charges.

CELL PHONES

WI-FI COMMUNICATION

When you first arrive, it is helpful to use one of these popular texting apps that are free to use over Wi-Fi.

- WhatsApp
- Facetime
- Signal
- Facebook Messenger

ITALIAN PROVIDERS

Most people prefer using either a pay-as-you-go service or pre-paid plan with a local provider in Italy. Both allow you to purchase a European SIM card that includes a large amount of data to use within a single month. You can then set up automatic monthly payments with a web account, or add data as needed online, and at grocery and convenience stores.

► Common providers:

- Vodafone
- Tim
- WindTre
- Ho
- Iliad
- Kena
- VeryMobile

U.S. NUMBER

Some U.S. providers offer international rates that you can add onto your current plan. This option allows you to keep your U.S. phone number but may require occasional verifications to ensure you can receive messages. ■

eSIMs: Simplifying Connectivity

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Connect as Soon as You Arrive

There's no need to seek out Wi-Fi or decipher the local mobile data options. You'll enjoy complete access to navigation apps like Google Maps, Waze, and Apple Maps, making it easy to find your way around as if you were a local.

Family Coming to Visit?

As soon as their flight touches down, they'll have access to connectivity, allowing you to stay in touch without incurring any international roaming fees!

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DRIVER'S LICENSES

AVIANO AIR BASE REQUIRES AN AFI LICENSE FOR ALL DRIVERS.

The Allied Forces in Italy (AFI) license is only valid in Italy. Obtain an International Driving Permit (IDP) for trips outside of Italy.

- The active-duty sponsor must be issued their AFI license before dependents may apply.
- All drivers must be 18 years old or older.
- Download study material from 31fss.com/driving-overseas.
- Complete the online test. It has 100 questions, and you may only miss 10 to pass.
- Submit application online.

USAG ITALY REQUIRES A SETAF LICENSE FOR ALL DRIVERS.

The Southern European Task Force (SETAF) license is only valid in NATO countries, though not all recognize it. An International Driving Permit (IDP) or Italian driver's license is recommended for trips outside of Italy.

- Drivers must be 18 years old or older.

You have the option to take the SETAF course and exam in person or online.

- In person: Take the driver's orientation class at the Central Processing facility, take the SETAF license test and submit documentation at the Driver's Testing Office.
- Online: Register at jko.jten.mil, take the USA-007 U.S. Forces Driver's Training Program for Europe course and pass exam, print both pre-course and final exam certificates and submit with documentation at the Driver's Testing Office.

Required documents:

- ✓ AEF 1901T
- ✓ Current U.S. driver's license
- ✓ Military ID
- ✓ Copy of Orders
- ✓ SETAF course certificate

For details and class or exam scheduling visit www.afsbeurope.army.mil/Logistics-Readiness-Centers/LRC-Italy/Drivers-Testing-Italy.

INTERNATIONAL DRIVING PERMIT (IDP)

To drive outside of Italy, it is recommended that you obtain a yearly IDP from www.aaa.com/vacation/idpf.html for \$20.

ITALIAN DRIVER'S LICENSE

It is possible to get an Italian driver's license which is valid for five to ten years, depending on your age. This license will allow you to drive in any European country. These cost roughly 270 euros and requires an application, a SETAF/AFI license, a Codice Fiscale and copy of your passport. Visit the Driver's Testing Office for applications and details.

MOTORCYCLES

If you want to ride a motorcycle while in Italy, you must have a motorcycle classification on your U.S. license, have an AFI/SETAF license, attend a motorcycle safety course or have an approved rider course card. Motorcyclists can only operate a motorcycle of 35 kW or less.

VEHICLE REGISTRATION

AVIANO

At Aviano, vehicles must be registered at the 31st Security Forces Squadron AMVRO before the vehicle can be picked up from the Vehicle Processing Center (VPC).

Steps for registering and picking up a shipped vehicle at Aviano:

1. Receive the vehicle arrival email from VPC. Complete the attached 302 customs form. Receive an email with a cover plate assignment.
2. Set up insurance.
3. Complete registration online or make a reservation to complete it in person. Required paperwork:
 - ✓ PCS orders / Logistical Support Letter (DOD civilians) / DOCPERS (contractors)
 - ✓ CAC or Dependent ID
 - ✓ U.S. driver's license
 - ✓ AFI driver's license
 - ✓ Five euros in cash
 - ✓ Proof of insurance (with VIN, policy number and dates)

4. Receive a registration completion email. Pick up vehicle registration and plates.
5. Go to the VPC to install plates and pick up the vehicle. Bring safety equipment to place in the car (orange vest, triangle and first aid kit).
6. Safety inspection at VPC.
7. Submit safety inspection at the registration office and receive fuel card authorization to take to AAFES for Fuel Card (primary vehicle only).

USAG ITALY

- **Camp Darby:** The vehicle registration office in building 113. Vehicles are picked up at the Livorno VPC.
- **Vicenza:** Vehicles are registered and picked up at the VPC in Torri di Quartesolo. A shuttle bus is available to the VPC.

USAG Italy (Camp Darby and Vicenza) steps for registering and picking up your vehicle:

1. Receive the arrival email from VPC.
2. Register the vehicle. Required paperwork:
 - ✓ Military ID
 - ✓ SETAF driver's license
 - ✓ U.S. driver's license
 - ✓ Proof of ownership (title)
 - ✓ Shipping document
 - ✓ PCS orders, DOCPERS (contractors), Logistical support letter (DOD civilians)
 - ✓ Cash for registration fees
 - ✓ Power of Attorney, if needed
3. Get a license plate number.
4. Set up and print proof of insurance.
5. Pick up registration and plates at the office. Bring proof of insurance and all other documentation.
6. Vehicle Inspection at the VPC.
7. Install License plate (best to bring tools to the VPC).
8. Vehicle Safety Inspection. Bring all paperwork and required vehicle safety items: orange vest, warning triangle and first aid kit.
9. Submit the inspection form to registration office and get fuel coupon to take to AAFES for Fuel Card (one vehicle only).

Check out our European Road Guide

This useful guide is loaded with detailed information about driving laws throughout Europe. It includes rules of the road, road signs, accident procedures and how to register vehicles. Bonus content includes key phrases in other languages and a chart of European road signs to make sure you're ready to hit the road.



VEHICLE INSPECTION

AVIANO

Vehicles assigned to Aviano require an annual inspection if the manufacture date is less than five years old.

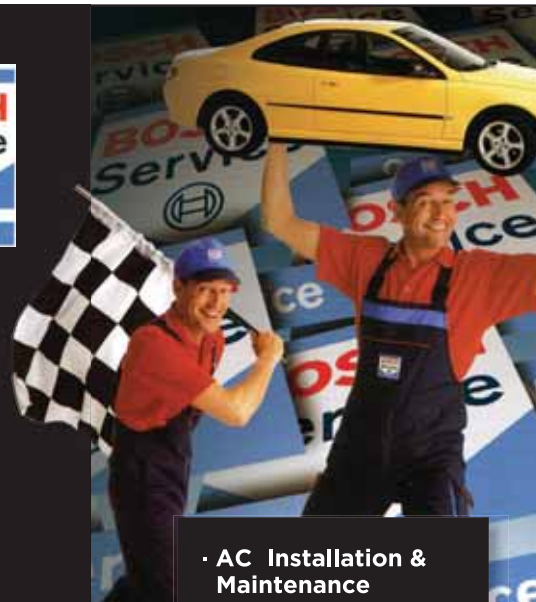
Things to double-check before an inspection:

- Vehicle registration is valid.
- Safety equipment is in the vehicle: First-aid kit, warning triangle and reflective vest.
- Lights are all in working order.
- Tires are not excessively worn. During winter, all-season or M+S tires must be used.
- Brake pads are not worn.
- Windshield is not cracked.
- Vehicle body is not missing parts.

USAG ITALY:

All vehicles assigned to USAG Italy are required to be inspected and registered annually.

continued on page 14



- AC Installation & Maintenance
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continued from page 13

BUYING A CAR

You have the option to buy a new or used car from dealers and private sellers in Italy. There is no tax when buying a vehicle from another military member.

- Any vehicle that doesn't have U.S. specifications (specs) cannot be shipped to the U.S.
- Used automatic transmission vehicles may be difficult to find.
- Get approval through a bona fide financial institution if financing a vehicle.

FUEL CARDS

NATO Forces Fuel Cards are only available to be used with one primary vehicle. The cards exclude Italian taxes, which saves roughly 40 percent of fuel costs.

NATO FORCES FUEL CARD

The vehicle's engine size, engine base, horsepower and fuel requirements determine the monthly fuel allowance. After registering your vehicle, you will receive fuel card approval. Take this to your local AAFES to get your Fuel Card.

► Where to get gas

- There are no gas stations on U.S. military installations in Italy.
- Two Italian gas station companies will accept your fuel card: AGIP and ENI.
- Use your fuel card like a debit card at the pump. At some stations, attendants will operate the card machines.
- Fill up at "Fai da te" or "lperself" pumps to avoid paying extra for full service.

► Italian Fuel Terminology

- "Benzina" - Unleaded gas
- "Gasolio" - Diesel
- "Fai da Te" - Self-service station
- "Servito" - Full-service station
- Blue pump - Diesel+
- Green pump - Super unleaded gas (95 Octane)
- Yellow pump - Super-S (98) or Super+ (100)

DRIVING IN ITALY

- Winter tires (M+S/All Weather) are required from Nov. 15 to Apr. 15.
- Italians do not consider it rude to tailgate.
- Horns are used excessively, so it is difficult to determine who they are intended for. Try to notice what is happening and ignore the extra beeping.
- Hazard lights are used to indicate that traffic is slow, and attention is needed.
- Turning right on red is illegal unless marked.
- The Italian law allows you to overtake traffic to pass on the left only.
- Some intersections have no stop lights, stop signs or traffic control. In this situation, the vehicle on the right has the right of way.
- Traffic circles or roundabouts are common. When entering a circle, yield to traffic already driving (from the left) in the circle.
- Drunk driving is an extremely serious offense in Italy. In Italy, a blood alcohol level of 0.05 is positive proof of drunk driving. If you are under the age of 21 or have been a licensed driver for less than three years, the legal limit for alcohol in your system while driving in Italy is 0.00. ■





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- CAR RESCUE IN THE SNOW



HOUSING

IN NORTHERN ITALY

There is plenty of variety when it comes to housing in Italy. Whether you end up living on-installation or find a house locally, it will be exciting to settle into your new home.

ON-BASE HOUSING

AVIANO

There is no government housing for accompanied personnel on base at Aviano. You will receive an extensive Housing Brochure at the Wyvern Welcome that outlines the steps that must be taken to secure a rental home. Spouses are also welcome at the briefing.

Aviano Housing Management Office

Area F (Flightline), Bldg. 1409,
Phone: +39-0434-30-2272

Unaccompanied airmen E-1 to E-3, and E-4 with less than three years of service will be assigned to an on-base dormitory at the UH Campus near the flight line in area F.

Key and essential personnel have access to governmentally leased housing that is within 15 minutes of the base.

USAG ITALY—CAMP DARBY

You will meet with Housing representatives during mandatory In-Processing. There is no family housing on Camp Darby, however, government-leased homes will be offered. Barracks are available for single soldiers.

If no government-leased housing is vacant, you must secure a private housing rental. Lists of approved homes are available at the Housing office.

Camp Darby Housing Office

Bldg. 725, Phone: +39-050-965-8635

USAG ITALY—VICENZA

You will receive a *Housing Day 1 Briefing*. Spouses are welcome to attend. Additionally, soldiers meet with a Housing representative at the Central Processing Facility (CPF), Building 393 to determine eligibility.

Vicenza Housing Office

100 meters outside the "Housing Gate" (Gate 4)
Phone: +39-0444-71-2725

► Family Housing

Government family housing is available on-post in the Villaggio Della Pace community. The community includes the DoDEA schools, child development center, youth centers and a shoppette. You will not receive an Overseas Housing Allowance (OHA) if you are assigned on-base family housing.

► Government-leased Housing

Government-leased homes are typically entire apartment buildings or multi-home units leased by the U.S. government. The housing office is responsible for assigning homes to incoming families. The government pays for rent, utilities and maintenance, much like traditional on-post housing. You will not receive an Overseas Housing Allowance (OHA) if you are assigned government-leased housing.

If no family or government-leased housing is available, you will need to seek a rental home off-base.

OFF-BASE HOUSING

Many newcomers to Northern Italy find private housing in the local community. Homes must be assessed and approved for use by your installation Housing Office before you sign a lease. If you lease a private house, you will be responsible for paying rent and utilities and are expected to provide basic maintenance. You will receive an Overseas Housing Allowance (OHA) to defray these housing costs

FINDING A HOME

- Search for available and approved rentals at www.homes.mil. Houses come and go quickly, so check the site daily.
- You may choose to use a realtor; however, you are responsible for realtor fees (usually one month's rent and 22 percent tax), and the Housing Office will need to approve your final choice.

VIEWING A HOME

Aviano

Arrange to view a home by using the contact information in the house listing on homes.mil. If you do not have a vehicle, your sponsor should assist in transporting you to house viewings. All units must be inspected by a housing specialist before the approved Rental Agreement can be signed. Expect to pay a deposit to hold the home.

USAG Italy

Request to view a home in-person at the Housing Office. This request holds the home for you until you can view it. You may have two homes on hold at one time. Housing will schedule a time for a taxi and interpreter to take you to view the home; this service can only be used to view five homes. You have 24 hours after viewing a home to notify the Housing Office of your intent to rent. Lease signing will be scheduled at the Housing Office with a lease counselor and the landlord, you will then be driven back to the house to note any problems and receive the keys. You must pay a deposit before moving in and submit a copy of the payment to the Housing Office.

continued on page 18

AVIANO - VICENZA - GHEDI - LIVORNO

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OUR HONOR
TO SERVE YOU

continued from page 16

ALLOWANCES

Visit www.travel.dod.mil/Allowances to find current allowance rates.

TEMPORARY LODGING ALLOWANCE

Temporary Lodging Allowance (TLA) reimburses temporary quarters costs while you are searching for a home or waiting for government housing. To be eligible, service members must be actively seeking housing.

- Personnel must get TLA approved through the Housing Office before submitting to their Command.
- Utility activation after signing a lease can take 10-15 days, so account for this time within your TLA maximum to avoid paying out of pocket.

OVERSEAS HOUSING ALLOWANCE (OHA)

The HSC will provide your OHA form for starting the allowance when you sign a lease.

- Rental allowance is a reimbursement of your exact monthly lease cost.
- The utility allowance is a flat rate amount given monthly to defray costs of electric, gas, water, garbage and other recurring home maintenance costs. It is not intended to cover phones, internet, gardening, cleaning, pools, etc.

Personnel can contact their Command to request an advance OHA payment to cover security deposit, first month's rent or other startup charges.

LOANER FURNISHINGS

AVIANO

Temporary loaner furniture is available from the Furnishing Management Section (FMS) so you will have basic items like beds, dressers, a table and a couch while you wait for your household goods shipment. In addition, appliances are available to borrow for the duration of your tour. These consist of a washer, dryer, refrigerator and stove.

USAG ITALY

At your lease signing, you will choose what temporary furniture you would like delivered to your new home. This includes basic items like beds, dressers, tables and couches, plus appliances like a washer, dryer, stove and refrigerator. You will need to call the Furniture Warehouse to have temporary furnishings removed from your home. This may be done twice, typically before your household goods arrival and before you move out.

UTILITIES

Installation and setup fees for utilities can be high. Italian bills are sent every two months and are usually due within one week. Keep a record of all rental and utility payments in case they get lost or misrouted.

ELECTRICITY AND HEATING

Aviano

Visit the Home Fuel Office to set up natural gas and electricity rental agreements. This tax exemption program can greatly reduce your utility costs.

Homes heated with *Gasolio* (diesel fuel or oil) may also be able to use the program if they do not share a heating system with adjacent apartments or units.

USAG Italy

At your lease signing an appointment will be made for an interpreter to accompany you in person to the electric company. Be prepared to pay a fee and deposit. Roughly 10 days later, your initial bill and contract will arrive in the mail. These must be taken to the Housing Office so they can submit the contract on your behalf.

You are responsible for establishing and paying your heating bill. This is usually in the form of natural gas or oil. Visit your Tax Relief Office to sign up for the Utility Tax Exemption Program (UTEP) to avoid paying taxes on heating fuel.

WATER

Water bills are typically paid directly to your landlord and may only come every two, three or six months.

INTERNET

Your landlord is your best resource for finding good internet service at your new home. Be prepared to wait. Installation appointments are often scheduled two to four weeks out and are commonly cancelled and rescheduled. Even after it is installed, services may take up to a week to begin working.

Commonly used providers:

- | | |
|------------|--------------|
| • TKS | • Trivenet |
| • Tim | • Infostrada |
| • Wind | • Telemar |
| • Vodafone | • Open Skies |
| • FastWeb | |

TELEVISION

AFN (American Forces Network)

Provides programming from current U.S. networks and prime channels.

- Sign up for the AFN Now streaming service.

Satellite

- Visit www.sky.com.
- You will need a satellite and a decoder

Streaming services

The show variety and availability may be limited and different because you are outside the U.S. Some offer a unique Italian version.

- Examples—AFN Now, Amazon Prime, Disney+, Netflix, etc.

TAX RELIEF PROGRAM

Local provincial fiscal authorities determine who is exempt from paying the Italian national Value Added Tax (VAT) on purchases. For this reason, different locations have varying policies.

AVIANO

Military members stationed at Aviano are exempt from paying tax on vehicle repairs. Visit the base Legal Office with your registration to receive a notarized VAT form. This can then be used to eliminate taxes when paying for repairs.

USAG ITALY

Military members stationed at USAG Italy are exempt from paying the Imposta sul Valore Aggiunto (IVA), otherwise known as VAT, on household goods and car parts from specific businesses in the region. The exemption only applies to purchases over 150 euros at a single business. Visit the Tax Relief Office (TRO) for detailed instructions. ■



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HEALTHCARE IN NORTHERN ITALY

EMERGENCY ROOMS

There is no emergency care, or ER, available on U.S. military installations in northern Italy.

BE PREPARED

European emergency number: **112**

Italian ambulance number: **118**

International SOS interpretation services: **800-915-994**

Open Pharmacies:
visit farmaciaditurno.eu

CLOSEST EMERGENCY ROOMS

AVIANO

Pordenone Hospital
(Azienda Sanitaria Friuli Occidentale – ASFO)
Via Montereale 24, 33170 Pordenone

- In-hospital patient liaison:
0434-36-5701
- Aviano-based patient liaison:
0434-30-5408

CAMP DARBY

Pisa University Hospital
(Cisanello Ospedale & Pronto Soccorso)
Via Paradisa 2, 56124 Pisa

- Darby-based patient liaison:
050-54-8346

VICENZA

San Bortolo Hospital
Viale Ferdinando Rodolfi 37,
36100 Vicenza

- In-hospital patient liaison:
+39 0444-75-3300



AVIANO 31ST MEDICAL GROUP

The 31st Medical Group offers primary care for active-duty service members and their dependents while stationed at Aviano Air Base. All other patients may be seen on a space-available basis; however, services are very limited, and it is best to establish primary care at a local Italian clinic.

Medical in-processing occurs every Wednesday during the in-processing briefings. Bring your PCS orders to enroll all dependents in TRICARE.

TRICARE Office | Bldg. 121 (clinic), Area 1, Room GD04.

USAG ITALY CLINICS

CAMP DARBY

A small, limited medical clinic on Camp Darby only treats active-duty service members. Patients may be referred to the health clinics in Vicenza or Aviano. Dependents should establish care at a local Italian doctor.

Soldiers will complete medical in-processing during briefings. However, they need to complete TRICARE registration for dependents through International SOS by phone: +44 20-8762-8384.

VICENZA

The U.S. Army Health Clinic at Vicenza treats active-duty soldiers and their dependents while they are stationed at USAG Italy. Civilians, DoDEA employees, contractors and their family members must seek healthcare in the local Italian community

Central Processing Facility (CPF) | Bldg. 393

- Medical in-processing briefings occur every other Thursday at 2 p.m. in classroom 3.

GIVING BIRTH IN ITALY

Giving birth in an Italian hospital can be a wonderful experience. Before delivery, you can choose which local hospital fits your birthing needs, and you will be able to tour the hospital and meet the staff.

DELIVERY OPTIONS

- Local Italian hospital.
- At your own expense, and without a TRICARE referral, you may travel to the U.S. If you choose to do this, you will need to remain in the U.S. until the new baby's identification documents are established.

FIRST STEPS AFTER GIVING BIRTH

- ☐ Obtain a Social Security Number for your baby.
- ☐ Enroll your baby in DEERS.
- ☐ Enroll your baby in TRICARE.
- ☐ Get your baby a Command Sponsorship Memo.
- ☐ Take passport photos.
- ☐ Get a no-fee U.S. passport.
- ☐ Get a U.S. tourist passport.
- ☐ Get a Consular Report of Birth Abroad (CRBA).

continued on page 22





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continued from page 20

DENTAL CARE

Dental care is available to active-duty service members at Aviano and Vicenza. Dependents may be seen, infrequently, on a space-available basis. There is no on-post dental care at Camp Darby. With TRICARE Dental insurance, via United Concordia, patients not seen on installations can establish quality, affordable care at dentists in the local Italian community.

FINDING AN ITALIAN DENTAL CLINIC

For preferred providers, visit www.uccitdp.com/tp2opd.

Web Enrollment
milconnect.dmdc.osd.mil

TRICARE Dental Overview
www.tricare.mil/CoveredServices/Dental

United Concordia Dental Program
www.uccitdp.com

MENTAL HEALTH

CHAPLAINS

The chapel is a good place to start if you don't know where to go; they will help you find the resource that fits your needs. Chaplains offer counseling for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.

- Aviano Chaplain: +39-0434-30-5211
- Camp Darby Chaplain: +39 050 54 7267
- Vicenza Chaplain: +39-0444-71-4792

MILITARY & FAMILY LIFE COUNSELORS (MFLCS)

MFLCs offer free non-medical anonymous sessions with specialists for adolescents, children and families. For youth, contact the MFLC via the DoDEA schools.

- Aviano: Contact the MFRC at +39-0434-30-5407 for MFLC appointments.
- Vicenza: Contact ACS at +39-0444-71-5800 for MFLC appointments.
- For youth, there are MFLC resources available at DoDEA schools and youth centers.

MILITARY ONESOURCE

Confidential, short term non-medical counseling is offered for free via Military OneSource for active-duty members and their dependents. Visit the website to access options via phone, chat or video.

www.militaryonesource.mil/non-medical-counseling

THE VETERANS CRISIS LINE (VCL) AND MILITARY CRISIS LINE (MCL)

Available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online chat: www.veteranscrisisline.net ■

Our Health & Medical Guides will help you navigate the healthcare system while in Italy.



Aviano Health
& Medical Guide

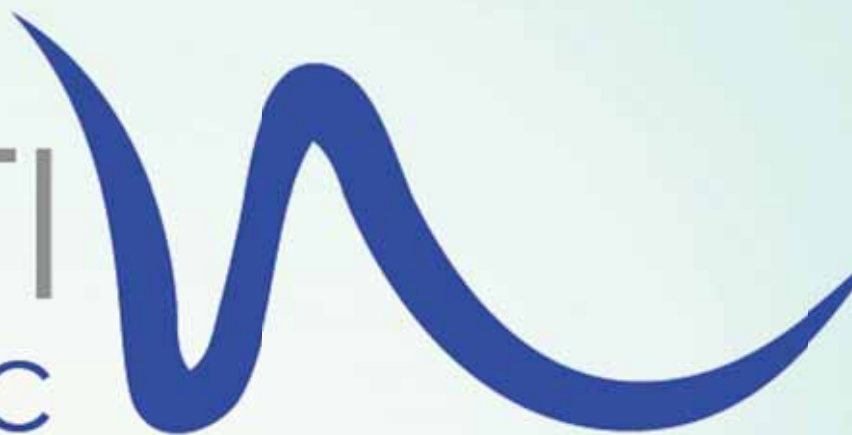


Vicenza Health
& Medical Guide

EMERGENCY ITALIAN PHRASES

I need help.....	"Ho bisogno d'aiuto."
I am currently at.....	"Mi trovo a..."
I have had an accident.	"Ho avuto un incidente."
There has been an accident.	"C'è stato un incidente."
Can you please help me?	"Potete per favore aiutarmi?"
Can you please send me an ambulance?	"Chiamate l'ambulanza per favore?"
I have been injured.	"Sono ferito."
There are injured persons requiring immediate help.	"Ci sono persone ferite che hanno bisogno d'aiuto."
The injured person is unconscious.	"La persona ferita e' svenuta/ha perso i sensi."
The injured person is bleeding.	"La persona ferita sta sanguinando."
I don't speak Italian.	"Non parlo Italiano."
I speak English.....	"Io parlo inglese."
Please write it down.	"Per favore scrivilo."

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KEY FACILITIES IN NORTHERN ITALY

POST OFFICE

Military postal facilities use gateways in the United States to connect your mail with the United States Postal Service (USPS). Shipping costs and procedures are roughly the same as those in America. All mail must have the following to be sent or received:

- First and last names of both sender and receiver.
- Recipient or sender names must match those affiliated with the military postal box.
- A customs form to ensure the contents abide by local area restrictions.

Visit www.usps.com/international/customs-forms.htm to fill and print a customs form. Post Office personnel can also help you fill a customs form at the facility; however, this can be time-consuming. Click-N-Ship services are also available at many military postal facilities.

Aviano Post Office | Area F, Bldg. 1478,
Phone: 0434-30-7119

Camp Darby Postal Service Center
Bldg. 771, Phone: 050-965-8182

Vicenza Postal Service Center
Caserma Ederle Bldg. 302, Phone: 0444-71-4948

Vicenza Post Office | Del Din Bldg. 2,
Phone: 0444-71-4961

AFN

The American Forces Network (AFN) broadcasts locally and online via the AFN Go app available at www.afngo.net/anfeurope.

- **Aviano:** 106.0 FM
- **Vicenza:** 105.3 FM

USO VICENZA

The United Services Organization has an office in Vicenza on Caserma Ederle, Building 9A. The facility offers family programs, seasonal and weekly events, local area information and much more. There is a snack bar, computers, DSN access, printers, Wi-Fi, gaming and a place to relax.

AMERICAN RED CROSS

The Red Cross offers well-being services for all members of the military community. They have training and certification courses in babysitting and CPR, blood drives, scholarships, and community programs like reading with dogs at the library and craft times for kids. In addition, the Red Cross offers assistance for other emergency needs.

- **Aviano:** aviano@redcross.org, 0434-30-5576
- **Vicenza:** vicenza@redcross.org, 0444-71-7997

VOTING OVERSEAS

- Register at FVAP.gov
- Select your state of residency and request an absentee ballot. ■



Aviano FSS



USAG Italy MWR



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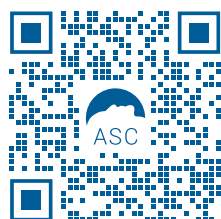
Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

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SCHLAFMEDIZIN
American Sleep Clinic



RESOURCES FOR KIDS

Children may think of moving to Italy as an exciting new adventure. They may also struggle with the big change. Luckily, there are resources to help your kids settle into their new home.

AVIANO

- Two Child Development Centers (CDC) are on base for kids aged six weeks to five years old.
- A School Age Care center provides kids in grades kindergarten through sixth grade structured before and after-school activities and homework help.
- The Youth Programs facility is in Area 1, building 116. Pre-teens aged 9 to 13 may be registered at the Youth Center for after-school activities and clubs, while teens aged 13 to 18 have access to the Teen Center for clubs and a space to hang out. Youth sports and instructional classes are also available, and Military Family Life Counselors (MFLC) are on hand for non-medical counseling.
- The Military & Family Readiness Center (MFRC) helps families connect with EFMP programs.

USAG ITALY

CAMP DARBY

Visit Parent Central Services in Building 726 to register kids for all Child and Youth Services (CYS).

- The Darby CDC and SAC are co-located in Building 726 and offer childcare for kids ages six weeks and up. Before and after school care with homework help is available for students in grades Kindergarten to eighth grade.
- The Darby Youth Center in Building 201 offers a place for young people in grades 6-12 to hang out and attend clubs.
- CYS also offers some sports and fitness classes.



VICENZA

Visit Parent Central Services in building 108, the Davis Soldier & Family Readiness Center, to pick up a Parent Handbook and make an appointment to register kids for Child and Youth Services (CYS).

- There are two Child Development Centers (CDC). One is in the Villaggio housing area and the second is on Caserma Ederle. They offer full-day, part-day and hourly care for kids six weeks to five years old.
- The Villaggio School Age Center is co-located with the CDC and has before and after-school programming for elementary school kids.
- SKIES Unlimited instructional programs and youth sports and fitness programs are offered at facilities on both Villaggio and Ederle.
- The Youth Center in the Villaggio housing area is for tweens and teens in grades 6-12.
- The Teen Center Ederle is for students in high school.

ARMY COMMUNITY SERVICES (ACS) RESOURCES:

- Family Advocacy, parent-child education.
- New Parent Support weekly classes and home visits.
- Weekly playgroups for children ages 1 to 4.
- Military Family Life Consultants (MFLC) are available for individual or group counseling.
- EFMP support ■



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SCHOOL OPTIONS



SCHOOL OPTIONS

Your installation School Liaison Officer (SLO) is a good first resource for any questions regarding school options while stationed in Italy. While most students attend a Department of Defense Education Activity (DoDEA) school, homeschooling, private schools and local Italian schools are available.

- **SLO Aviano:**
www.31fss.com/school-liaison
- **SLO Darby/Vicenza:**
www.europe.armymwr.com/slo

DODEA EUROPE

DoDEA schools accept enrollments throughout the year to accommodate military families. Enroll at www.dodea.edu/registration.

AVIANO SCHOOLS

- Aviano Elementary School: Pre-K to 5th grades.
- Aviano Middle High School: 6th–12th grades.

USAG ITALY

► Camp Darby Schools

- Livorno Elementary Middle School: Pre-K to 8th grades.
- High school students will be registered with the Non-DOD Schools Program (NDSP) which offers funding and assistance so students can attend school at one of five options:
 - Local Italian School
 - Homeschool or online school
 - International School of Florence (ISF)
 - Canadian School of Florence (CSF)
 - A boarding school elsewhere

► Vicenza Schools

- Vicenza Elementary School: Pre-K to 5th grades.
- Vicenza Middle School: 6th–8th grades.
- Vicenza High School: 9th–12th grades.

HOMESCHOOLING

Homeschooling is a legal option open to all SOFA-sponsored active-duty military, DoD civilians and contractors. Your children may be eligible for auxiliary services offered by DoDEA. Contact your SLO for more information and to connect with homeschool groups.

ITALIAN SCHOOLS

While stationed in Italy, you have the option to send your children to local Italian schools. All instruction will be in Italian, though most schools will offer remedial language acquisition help. Keep in mind that students will not get American holidays off. You will need a local address to enroll. Visit your installation SLO for local school information.

ITALIAN EDUCATION STAGES

- **Kindergarten:** “scuola dell’infanzia” or “asilo.” Ages 3 to 6.
- **Primary school or elementary school:** “scuola primaria” or “scuola elementare.” Ages 6 to 11.
- **Lower secondary school or middle school:** “scuola secondaria di primo grado” or “scuola media.” Ages 11 to 14.
- **Upper secondary school or high school:** “scuola seconaria di secondo grado” or “scuola superior.” Ages 14 to 19. There are three types of high school:
 - “Liceo” for high-level theoretical study and university preparation.
 - “Istituto tecnico” is the most common and also leads to a university entrance qualification.
 - “Istituto professionale” is a vocational school for specific trades, crafts and careers. ■



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Children between ages 4 – 8 eat for half price

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Birthdays – Special Events – Hail & Farewells



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Opening Hours: Daily from 11:00 – 15:00 & 17:00 – 23:00 | **Closed:** Tuesdays

PET INFORMATION



AVIANO

Pets must be registered via email with the Aviano Veterinary Treatment Facility within 14 duty days of arrival. The veterinarian is available for pet appointments; however, they do not offer emergency veterinary care. You will need to make an appointment to obtain an EU pet passport.

Contact the clinic for a list of local veterinarians for specialty or emergency "Ambulatorio Veterinario," care.

USAG ITALY

Within 10 days of arrival, pets must be registered, in person or via email, with the Army Veterinary Center on Caserma Ederle in Vicenza. Pets may be seen at the clinic. It is necessary to contact the clinic for instructions on obtaining an EU pet passport. Camp Darby does not have a vet clinic.

There is a limit of two pets for families assigned to on-post housing. In addition, certain dog breeds deemed potentially aggressive are prohibited. Exotic or farm animals are also prohibited.

VACCINATIONS

- ▶ **Rabies:** Mandatory annual vaccine for both dogs and cats. Rabies tags must be worn at all times.
- ▶ **Leptospirosis:** This vaccine is highly recommended for all pets. Leptospirosis bacteria has a heavy presence in Italy and can cause kidney failure.
- ▶ **Heartworm Preventative:** Mandatory for dogs and cats.
- ▶ **Flea and tick control:** This is highly recommended year-round.

ITALIAN PET REGULATIONS

- Dogs may not be chained for longer than eight hours and must not be unattended.
- Dogs may not be left in a kennel or crate.
- Dogs kept on balconies, in basements or in garages must be able to enter the house on their own.
- Shelter, food and water must always be provided for your pet.
- While driving, pets cannot interfere with the driver.
- Dogs must be walked: twice daily for apartment residents, once daily for homes with small yards. If the yard is 120 square meters or larger, walking requirements are waved.
- Dog leashes must be less than five feet long. Dog walkers must clean up after their dog and keep a muzzle on hand.
- Feral cats are protected by Italian law, so consider keeping your house cat inside.
- Dogs, cats and ferrets must have a 15-digit ISO-compliant international microchip.
- Choke chains, pinch collars and shock collars are illegal in Italy and punishable with fines.

TRAVELING WITH YOUR PET

- The EU Pet Passport must be kept with your pet when traveling throughout Europe.
- The passport must list the pet's microchip number that is registered with the installation veterinarian.
- The passport must indicate a valid rabies vaccination is up to date.
- Most countries require muzzles to be carried for dogs, especially on public transportation.

PET TRANSPORTATION ALLOWANCE

When PCSing overseas or outside the continental United States, service members may be authorized a reimbursement for the transportation costs of one pet. The reimbursement cap is \$2,000 and it cannot be shared to cover multiple pets. ■





FULL SERVICE FOR CARE AND SHIPPING OF YOUR PETS

Some of our SERVICES

- 01 24/7 WORLD WIDE PET SHIPPING/PET TAXI GROUND TRANSPORTATION
- 02 PET TAXI FOR ALL YOUR NEEDS - FOR NORTHERN ITALY/AIRPORTS
- 03 DOOR TO DOOR SHIPPING
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Ask about Military Discounts

PERSONAL ENRICHMENT

There is plenty to do during your tour in Italy! From on-installation employment or education to volunteer work and travel, your time in Italy has a lot to offer.

EMPLOYMENT OPPORTUNITIES

The Status of Forces Agreement (SOFA) does not allow for dependents to work on the economy or operate home-based businesses in Italy.

For information on employment in the Vicenza community, please call the **ACS Employment Readiness Program** at 0444-71-5815/5800

- ▶ **NAF Positions:** Non-Appropriated Fund (NAF) and General Schedule (GS) positions are offered with MWR, FSS and command agencies. Hours range from full-time to flexible part-time with varying employment benefits. Search and apply at: www.usajobs.gov.
- ▶ **DoDEA-Europe:** On-installation schools offer full and part-time employment as support staff, substitute teachers and administrative employees. Find certified teaching positions at: www.dodea.edu/offices/HR. Find local support positions at: www.usajobs.gov.
- ▶ **Army and Air Force Exchange Service (AAFES):** For positions at AAFES facilities like the Exchange and food courts, visit www.aafes.com/Applymyexchange.
- ▶ **Defense Commissary Agency (DECA):** Jobs at www.usajobs.gov.
- ▶ **Defense Contractors:** Job opportunities with contractors are typically advertised via the company's human resources department. Your installation's contracting office and A&FRC or ACS office may have information about companies with contracts near you.
- ▶ **Telework Options:** Dependents in Italy with a Missione Visa are now authorized to telework for U.S. employers. For updated information on teleworking visit home.army.mil/italy/my-garrison-italy/telework.

EDUCATION

The Education Center can help all members of the military community further their college education via schools with special DoD partnerships.

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU)

Offers on site in person and online, certifications, undergraduate and graduate degrees.

UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC)

Offers on site in person and online, certifications, undergraduate and graduate degrees.

CASERMA DEL DIN EDUCATION CENTER

Bldg. 2, Phone: +39-0444-71-4852, DSN: (314) 646-4852

Email: usarmy.usag-italy.id-europe.mesg.education-center@army.mil

Monday–Tuesday, 9:30 a.m. to 3:30 p.m.

- **ERAU:** vicenza@erau.edu
+39-0444-71-4853
Monday, 8 a.m. to 4:30 p.m.
- **UMGC:** vicenza-europe@umgc.edu
+39-0444-71-4853
Tuesday, 8 a.m. to 4:30 p.m.

CASERMA EDERLE EDUCATION CENTER

Bldg. 126, Phone: +39-0444-71-4820, DSN: (314) 646-4820

Monday–Wednesday, Friday, 8 a.m. to 4 p.m.
Thursday, 8 a.m. to 12:30 p.m.

- **ERAU:** vicenza@erau.edu
+39-0444-71-4849
Tuesday–Thursday, 8 a.m. to 4:30 p.m.
- **UMGC:** vicenza-europe@umgc.edu
+39-0444-71-4847
Monday – Friday, 8 a.m. to 4:30 p.m.

ONLINE COURSEWORK

Many U.S.-based colleges and universities offer online courses and discounts for military-affiliated students.

- www.military.com/education
- www.militaryonesource.mil

VOLUNTEERING

Volunteering is a wonderful way to get involved in your community. Start by making connections.

- Your local ACS or M&FRC are hubs for activities and events around northern Italy and can help refer you to volunteer positions.
- For information about volunteering opportunities in the community, please call ACS Volunteer Coordinator at 0444-71-5833/5800.
- Visit the Post Office, Red Cross and USO for opportunities.
- Youth Programs rely on volunteer sports coaches.
- Parents can get involved with the parent teacher association at the DoDEA schools.
- Find local spouse clubs, interest groups or sports organizations to join.
- Do you enjoy writing? Submit travel or lifestyle stories to contentteam@stripes.com for publication on the Stripes Europe website.
- Search the Volunteer Management Information System on the Army Family Web portal for volunteer positions at www.armyfamilywebportal.com ■





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LOCAL CULTURE



WELCOME TOURS AND CLASSES

Both Vicenza and Darby Army Community Services and the Aviano Military & Family Readiness Center offer free tours in the local community. From Pizza Connection Tours and Shopping Introductions to a three-day Benvenuti Cultural Integration Class, there is something for everyone. In addition, there are basic-level Italian language classes and seasonal sessions to help you get up to speed with the local language.

- **Aviano:** www.facebook.com/AvianoMFRC
- **Camp Darby:** www.facebook.com/darbymilitarycommunity
- **Vicenza:** www.facebook.com/USAGItalyACS

To enroll in the Vicenza three-day cultural integration class Benvenuti and to enroll in the Italian Basic and Intermediate classes, please call ACS Relocation office at 0444-71-5829/5843/5800.

ATTIRE

Italians generally dress in a more formal manner than Americans. You will rarely see someone wearing running shoes or casual outfits outside of a particular context like the gym or a recreational activity.

HOLIDAYS

- January 1:** New Year's Day
- January 6:** Epiphany
- April 20-21, 2025:** Easter holidays
- April 25:** Liberation Day
- May 1:** Labor Day / International Worker's Day
- June 2:** Republic Day
- August 15:** Assumption Day
- November 1:** All Saints' Day
- December 8:** Immaculate Conception
- December 25-26:** Christmas holidays

LEARNING THE ITALIAN LANGUAGE

Although the basics are great, nothing beats hearing the language spoken well. Make the most of your tour to Italy by trying to learn the Italian language.

ARMY COMMUNITY SERVICES (ACS)

Free eight-week basic and intermediate level Italian courses are available at Vicenza. For information, please call ACS Relocation Office at 0444-71-5829/5843/5800.

LIBRARY

Through the Navy MWR library websites, you can access Mango Languages courses and the Mango App to learn Italian for free on your computer or mobile device.



Free MWR library resources

GOOGLE TRANSLATE APP

This app allows you to type, photograph or say words in one language and quickly translate them into another language. It also offers a real-time dictation function that is convenient for conversations. Keep in mind that Italian has many regional variations that affect how accurate Google Translate can be.

CORSI GRATUITI DI LINGUA E CULTURA ITALIANA

These free Italian language courses are organized in all provinces by the "Centri Provinciali per Istruzione degli Adulti" (CPIA). These courses occur twice a week and last for an entire school year. They are typically offered at three different times each day (morning, afternoon or evening). The only cost to the student is purchasing the textbook, if they desire. Contact your nearest CPIA office for more information.



continued on page 36



Via Pordenone, 81 - Maniago - Tel. 0427 71390

**ONE CAN'T THINK WELL,
LOVE WELL, SLEEP WELL,
IF HE HASN'T EATEN A GOOD PIZZA**



Made with heart



Pizzas cooked strictly in a wood-fired oven

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0444025147

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continued from page 34

DINING

The dining culture in Italy is unique, so here are some things to note.

- Wait staff will generally need to be waived over if you would like service, need refills or want to order more food. They respect the socializing of their clients and don't intrude.
- You will need to ask for the bill (*il conto*) when you are ready to go.
- Not every restaurant accepts credit cards, so bring euros.

Coffee Bars are open all day and are most popular at breakfast times, afternoons and evenings. If you are just getting a coffee and snack, order at the bar and stand there to drink and eat. If you are ordering food, or if you plan to spend some time in the coffee bar to chat or read, you can also choose to sit down for service and expect a small additional up charge plus tip.

Lunch times are around to 3 p.m. Restaurants will often close between lunch and dinner.

- "Rosticceria," "Girarrosto" and "Polleria" are shops that primarily sell rotisserie chickens, which make for quick meals.
- "Pasticceria" are pastry shops and are often connected to a bar (coffee shop). Many serve sandwiches, or "panini."
- "Tavola Calda," are counter-service shops with hot food that you choose from a display case.

Dinner restaurants, or "Ristorante" may be open as early as 7 p.m., but many Italians don't begin dinner until 9:30 p.m. The restaurant will typically stay open until midnight. Expect evening meals to last two hours or more. You should order each course that you are interested in receiving; they will come in this order:

- Antipasto: Appetizer, or starter
- Pasta
- Secondo: Main dish of just meat or fish, not side dishes.

- Contorni: Side dishes like vegetables, fruit, cheese or salads. These will come out with the secondo.
- Coffee or liqueur
- Wine, water and bread are available throughout a meal, but you must ask for them.

The bill will sometimes include an additional "coperto" or cover charge, and a "servizio" or service charge of about 10–15 percent.

SHOPPING

- Bring a 50 cent or 1 euro coin to use a shopping cart.
- Use a glove when touching grocery produce.
- Weigh and tag your produce before checking out.
- Bring your own bag or expect to pay for one at the register.
- Many shops close for "riposo" (extended lunch break) between 12:30 and 3:30 p.m. ■

TRASH AND RECYCLING

Recycling is a requirement in Italy. Each town has different trash and recycle pick-up schedules, so be sure to ask your landlord, neighbors or the housing office for information. Items must be placed in the appropriate bin at collection points near your home, whether you live on or off base.

BLUE BINS Plastic recycling

Plastic bottles
Food containers
Polystyrene and Styrofoam
Nylon bags
Plastic bags

YELLOW BINS Paper recycling

Flattened cardboard boxes
Containers
Paper bags
Newspaper
Books and magazines
Printer paper

GREEN BINS Glass and metal recycling

Cans or tins
Foil
Glass jars and containers
Glass bottles
Objects made of glass

BROWN BINS Organic material

Food waste
Egg shells
Coffee grounds
Fruit and vegetable scraps
Grass and yard clippings
Leaves
Cooled grill ashes

GREY BINS Non-recyclable Waste

Everyday trash that does not fit into one of the above recyclable categories.



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www.dovitia.com

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San Giorgio
The Spaghetti House

Open: Closed Tuesday
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Viale per costa 6b - Aviano

Tel. 0039 0434661025

*If you would like to dine later than 10:30 p.m.,
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Reservations recommended

All meals are available for takeout, including our famous beers (also available as refills in the bottles).

Other BEFeD restaurants in the local area:

Sacile (viale mazzini 33) and Pordenone (viale martelli 19)



GROCERY SHOPPING GUIDE

By Kimberly Kephart

Welcome to Italy, where the supermarkets, or supermercatos are as full of life and color as the bustling piazzas and serene landscapes. For those who have just moved to Europe, navigating an Italian supermarket can be a delightful part of your cultural immersion. Let's take a stroll down the aisles and discover what makes shopping in Italy a unique experience.

FRESH FINDS

The produce section is a testament to Italy's rich agricultural heritage, boasting a rainbow of fresh fruits and vegetables. Here, the concept of 'kilometer zero' reigns supreme, with an emphasis on locally-sourced, seasonal produce. Do not miss the regional specialties like Roman artichokes, Sicilian oranges or San Marzano tomatoes.

Also, remember that many supermarkets require you to weigh and label your produce before checkout. You will grab a bag and a plastic glove, bag your fruits and veggies, then head to the weigh station where the associate will weigh items and tag them for you. At more traditional markets, you will weigh yourself and apply the barcode sticker.

DELI DELIGHTS

No visit to an Italian supermarket is complete without a stop at the deli counter. It is a paradise of cured meats like prosciutto di Parma, salami, and an array of cheeses from creamy burrata to sharp pecorino. It is a cheese lover's paradise here in Italy. While it is fun to shop at larger chains, don't forget to stop by your local *Negozio di formaggi* (cheese shop) or Salumeria (meat shop). These are the best shops as you'll have the opportunity to try locally made cheese and meats. Use Google Translate to break bread with your shop owner, I promise he will be helpful and happy to assist you.

Another moment to prepare for is the possibility of finding horse meat at the grocery store. While this may be a cultural shock to some, it is deeply rooted in parts of Italy's culture. Horse meat, or *cavallo* is especially popular in Lombardy, Apulia, the Veneto, Friuli Venezia Giulia, Trentino-Alto Adige/Süd Tirol, Parma and the islands of Sardinia and Sicily. Horse meat is used in a variety of recipes: as a stew called *pastissada* (typical of Verona), served as steaks, as carpaccio or made into bresaola.

PANTRY STAPLES

The pantry aisles are a treasure trove of Italian culinary essentials. Stock up on various pasta shapes, artisanal sauces, extra virgin olive oil, sardines, spices and aged balsamic vinegar. These staples are the backbone of Italian cuisine and will elevate your home cooking. I was shocked to find several aisles devoted to these staples, especially pasta and pasta sauces. I counted three whole aisles for pasta and two for sauces at my local IPER.



Another item that may interest you is *Pocket Coffee*! Pocket Coffee is a unique item known for combining the rich taste of chocolate with the bold flavor of espresso. Pocket Coffee consists of an individually wrapped piece of dark chocolate filled with liquid espresso, making it a popular treat for those needing a quick boost.

Italy has an abundance of sweet treats that are packaged as well. You'll find items like Cornetto which is a croissant filled with different fillings like chocolate, pistachio and crème.

BEVERAGES AND WINES

Italian supermarkets offer an impressive selection of wines and beverages. There are aisles full of wine sorted by different regions. From robust reds to sparkling Proseccos, the wine aisles are a journey through Italy's vineyards. Pay special attention because at some supermarkets you can pour your own wine. This is called *Vino Sfuso*, or "Loose Wine." Simply put it is bulk wine! Supermarkets often highlight a local producer, and you can simply bring your own bottles to fill, or they will supply the bottles for you at a low rate. There are even whole shops dedicated to *Vino Sfuso*!

CHECKOUT AND ETIQUETTE

It almost seems like it is every man for himself at checkout. You will often need to bag your own groceries. Sometimes everything is happening at an alarmingly fast rate. Take a few deep breaths and just do what you can. It is also common to bring your own reusable bags as a nod to sustainability. Patience is key in Italian supermarkets, where the pace is leisurely (except at checkout) and social interactions are savored. ■

*Embrace the Italian
supermarket as more than
just a place to shop; View
it as a vibrant part of your
European adventure.
Buon shopping!*



Travel in NORTHERN ITALY AND TUSCANY



"You may have the universe
if I may have Italy."
– Giuseppe Verdi



Winery

founded by Matteo Varaschin in 1930

Is located in San Pietro di Barbozza, a village at the heart of the **Valdobbiadene DOCG**, an area historically renowned for viticulture due to its unique soil characteristics and microclimate, which **together create the perfect conditions for the optimal ripening of grapes.**



Now in its **fourth generation**, the winery remains as passionate as ever about the land and its roots.

Since 1946, our winery has hosted the historical wine cellar, the seat of the **Valdobbiadene DOCG** Brotherhood, an association established in the immediate post-war period with the aim of safeguarding the local product and promoting its name.

This **evocative place** witnessed the birth of **Prosecco**, which would later become famous worldwide.



Strada Chiesa, 10, 31049 Valdobbiadene (TV)
+39 0423 973553
Website: www.varaschin.com

EXPLORE

The Cinque Terre

Built around the 11th century, the five villages of the Cinque Terre were, at one time, only accessible by boat or footpath. Hiking between them is still the best way to discover the lemon trees, olive groves and clusters of multicolored houses in this region.

As intriguing as this sounds, I was reluctant to take my 10-month-old. I heard traveling in the Cinque Terre with children was difficult, but I was not going to be deterred, and any uncertainty I had about taking my daughter to the villages was quickly erased.

Visiting this enchanting UNESCO Heritage site is a must, but planning ahead, especially with kids in tow, can enhance your experience. Here's a guide to make your visit smooth and memorable.

continued on page 44

By Carrie Farrell and Enrico Moggia

Levanto Town Center

Where Tradition Meets Daily Life

In the heart of Levanto, **tradition** and **daily life** come together. Explore historic bakeries, artisanal flavors, and essential local services.

Savor freshly baked goods, handcrafted pastries, and wood-fired pizza. Experience warm **hospitality** in a town rich in heritage and charm.

From everyday needs to culinary delights,

Levanto welcomes you.



Antica Pasticceria Bianchi

Sweet Delights in Levanto

Antica Pasticceria Bianchi is a **historic** pastry shop in the heart of Levanto, offering a wide array of exquisite desserts and pastries. For over a century, this family-run bakery has been crafting sweet treats using **traditional** recipes and the finest local ingredients. From delicate **cannoncini** to the rich torta di mandorle, every pastry tells a story of passion and craftsmanship.



A visit to **Antica Pasticceria Bianchi** is a journey through the flavors of Liguria, where each bite transports you to the heart of the region's culinary heritage. Whether you're in the mood for a morning coffee with a croissant or a special treat to take home, this charming bakery is the perfect stop.

You can find us in Via M. Vinzoni, 33, 19015 Levanto (SP) - +39 0187 808183

[f www.facebook.com/pasticceriabianchi](https://www.facebook.com/pasticceriabianchi)



Pizzeria Duca

Authentic Ligurian Pizza in Levanto

Savor wood-fired pizzas made with fresh, local ingredients.

Thin, crispy crusts and rich, flavorful toppings.

A cozy spot near the sea with a welcoming atmosphere. Perfect for a casual dinner or a quick bite. Enjoy fine wines, craft beers, and Ligurian specialties.

Via Matteo Vinzoni, 15 - 19015 Levanto (SP)

+39 0187 1350367

duca.pizzeria@gmail.com

Farmacia Centrale Levanto

Known for its attentive service and knowledgeable staff, it is the go-to **pharmacy** for both locals and visitors. In addition to pharmaceuticals, the pharmacy provides beauty products, supplements, and personalized advice.

With its **central location**, it's a convenient stop for all your health needs while visiting Levanto.

Via Dante Alighieri, 2 - 19015 Levanto (SP)

+39 0187 808346

Website: www.farmaciacentralelevanto.com



Panificio Raso

A Taste of Tradition in Levanto



Panificio Raso is a family-run bakery in Levanto known for its freshly baked bread, focaccia and pastries. This charming **bakery** has delighted both locals and visitors for years. Every day, the ovens are filled with the scent of home-made delicacies, prepared with care and the best ingredients.

From classic **Ligurian focaccia** to **sweet brioche for breakfast**, Panificio Raso offers the true flavor of the region. It is the perfect stop for a quick snack, or to take home some delicious specialties to enjoy during your visit to Levanto.

Via Dante Alighieri, 25/29, 19015 Levanto (SP)

+39 0187 808579

[f www.facebook.com/panificioraso](https://www.facebook.com/panificioraso)

continued from page 42

LEVANTO: THE PERFECT BASE

The town of Levanto offers the perfect balance of accessibility and relaxation for your Cinque Terre adventure. Use it as your base to enjoy the best of both worlds: the vibrant charm of the villages and the serene beauty offered in the rest of the Italian (or Ligurian) Riviera.

By basing yourself in Levanto, you'll have quick access to the A12 highway. The town also has ample parking facilities, which are rare in the Cinque Terre villages.

After a day in the bustling villages, you can enjoy Levanto's tranquil atmosphere. Stroll through its charming center, dine peacefully at local restaurants or unwind on its spacious beach. The town is also the gateway to a scenic cycling and pedestrian path leading further along the Riviera to Bonassola and Framura; it is perfect for nature lovers.

continued on page 46





Palazzo Vannoni

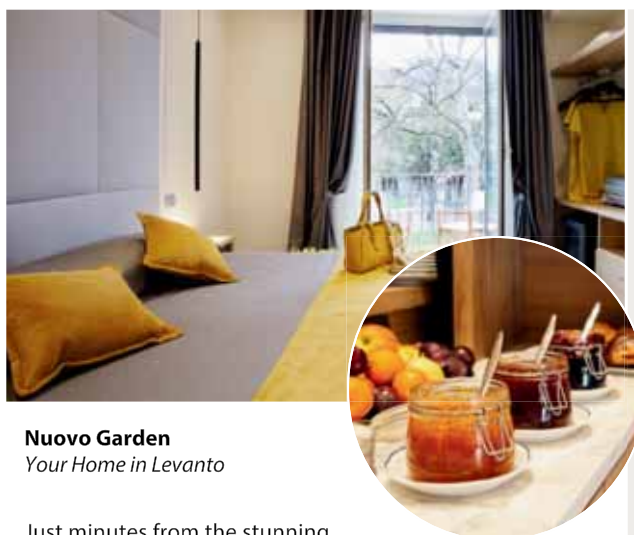
Elegance and History in the Heart of Levanto

Palazzo Vannoni is more than just a hotel, it's a historic residence that tells the story of Levanto and the refined charm of **Liguria**. The elegantly furnished rooms preserve the allure of the past while offering all the comforts for a dream vacation.

Every corner of this place exudes a sense of intimacy and beauty, like a gentle caress for the soul. The hotel is located in the center of Levanto, on the first floor of a historic building, without a lift.

The staff is always ready to take care of guests with the warm hospitality typical of the region. Staying at Palazzo Vannoni is a luxury experience that never loses its authenticity.

Website: www.hotelpalazzovannoni.it/en/home



Nuovo Garden

Your Home in Levanto

Just minutes from the stunning **Cinque Terre**, Nuovo Garden offers a cozy and welcoming stay in the heart of Levanto.

Whether you're here to explore the coastline, relax on the beach, or enjoy local flavors, our comfortable rooms and friendly atmosphere make you feel right at home.

Start your day with a delicious breakfast and set out to discover the beauty of Liguria!

Website: <https://nuovogarden.com/en>



Villa Margherita

A Retreat of Peace and Beauty

Villa Margherita is a quiet oasis surrounded by lush greenery, a place that invites you to slow down and savor every moment.

With its **garden** overlooking the sea and framed by olive trees, it is the perfect retreat for those seeking a serene getaway. Enjoying breakfast outdoors, with the sun warming your skin and the scent of aromatic herbs in the air, is an experience that will stay with you forever.

Here, hospitality is at the heart of everything. The owners welcome each guest like a friend, always ready to share local stories and insider tips. At Villa Margherita, you'll discover the most authentic side of Liguria in an atmosphere of warmth, simplicity, and genuine connection.

Website: www.villamargherita.net/en



Costa Morroni

Your Home Near the Cinque Terre



Nestled in the hills of Liguria, Costa Morroni offers a peaceful retreat just minutes from the stunning Cinque Terre. Perfect for families, this charming residence combines comfort, privacy, and the warmth of Italian hospitality.

Spacious apartments and independent cottages provide a home-away-from-home experience, complete with modern amenities and **private outdoor spaces**.

Its strategic location allows easy access to Levanto's beaches, hiking trails, and the breathtaking villages of the Cinque Terre. After a day of exploration, relax by the pool or unwind in the lush gardens.

At Costa Morroni, every guest is welcomed with care, ensuring a stay filled with comfort, nature, and authentic Ligurian charm.

Website: www.costamorroni.com

continued from page 44

THE 5 VILLAGES

1. MONTEROSSO AL MARE

This is the biggest of the five villages and the only one with sandy beaches. If coming via train from Levanto, it is the first village you will encounter. Monterosso is spread out between the “new town” and the “old town.” “New town” boasts a beachfront promenade lined with modern hotels, restaurants and bars. The paths through Monterosso are stroller-friendly with numerous gelato stands and a beach-side playground. “Old town” includes restaurants, churches and shops nestled in stone alleyways.

2. VERNAZZA

From Monterosso, choose between a two-hour hike or a 10-minute train ride to **Vernazza**, a narrow, one-street town with a church built on the water. The remains of a castle and old wall that once protected against pirates and a small harbor lined with colorful fishing boats make this town a must-see. This was an easy trip with my little one and made for a great lunch stop.

3. CORNIGLIA

East of Vernazza is **Corniglia**. From the train station, it takes 365 steps up the cliff, or a long walk on a steep winding road to reach the town center. There is a green park bus you can take to and from the train station; however, the schedules vary and tested the patience of my little one. So, we embraced the vertical challenge and rewarded ourselves with gelato after the climb.

4. MANAROLA

Another one-street town, **Manarola** is the smallest of the five. It has a small harbor and rocky beach where you can take a swim. Here you can enjoy a unique spot of land from which the most famous Cinque Terre photos are taken.

5. RIOMAGGIORE

This town has one main street, a harbor, a rocky beach, a castle, a church and a dozen restaurants. It also has good train connections and is the closest to the larger city of **La Spezia**. This was an easy excursion and quick train ride from **Monterosso**.

The sweet smell of the sea, stunning views, fantastic food and watching my daughter play with the local kids at the park made the Cinque Terre the perfect family weekend getaway.

continued on page 48



Pesto: A Tradition Preserved at Baico Pesto Lab in Monterosso

For those who love **Ligurian** cuisine, pesto is much more than just a simple sauce: it's a deep-rooted tradition. At Baico Pesto Lab in **Monterosso**, you can experience it firsthand. In this workshop, where Prà **basil** takes center stage, pesto is made the traditional way, using a mortar and a lot of patience. Watching the preparation of pesto is almost hypnotic, a **ritual** that requires precision and care. Here, you can discover the secrets of the recipe and, of course, taste freshly made **pesto**. Every spoonful is a concentration of Liguria: the fragrance of basil, the intensity of olive oil, the softness of pine nuts, and the bold flavor of Parmesan cheese. It's an experience that delights the palate and brings with it the authentic taste of the region.



Website: www.pestolab.org



SAVOR RELAX AN EXPERIENCE FROM 5 TERRE TO COUNTRYSIDE



Bar Mariotti

A Taste of Tradition in Brugnato

Located in the heart of **Brugnato**, Bar Mariotti is a historic café renowned for its delicious tarts and cakes, made following ancient Ligurian recipes. A must-visit for pastry lovers, it also serves as a cozy wine bar, offering excellent aperitifs in a **welcoming atmosphere**.

Whether for a morning coffee, a sweet treat, or a relaxed evening drink, **Bar Mariotti** is the perfect spot to experience authentic Ligurian flavors.



Al Bistrot di Monterosso - A Taste of the Sea

If you're looking for **authentic flavors**, Al Bistrot di Monterosso is a must-visit. Nestled in the heart of the village, this charming spot offers dishes that embody the essence of Liguria in every bite. Here, fresh seafood takes center stage, paired with seasonal ingredients and prepared with a creative touch. Try the **Acciughe alla Monterossina** or a plate of **pasta al pesto**, and you'll truly feel part of this special place. The atmosphere is warm and relaxed, making it the perfect retreat after a day of exploring. Every dish is crafted with love, following the Ligurian philosophy of simplicity and freshness. Dining at Al Bistrot it's a moment of connection with local culture and the rich history of **Monterosso**.

Website: www.albistrotdimonterosso.com



Affittacamere Cotorelle

A Relaxing Retreat Near Cinque Terre

Nestled in the **quiet** hills of Beverino, **Affittacamere Cotorelle** offers a peaceful retreat just a short drive from the **Cinque Terre**.

This charming guesthouse blends **comfort** and authenticity, featuring cozy rooms with scenic views, a **swimming pool** for ultimate relaxation, and a warm family atmosphere.

With easy access to hiking trails and local villages, it's the perfect base to explore Liguria's hidden gems while enjoying true **Italian hospitality**.



continued from page 46

HIKING THE VIA DELL'AMORE

The Via dell'Amore (Lover's Lane) is one of the most iconic paths in the Cinque Terre. This romantic one-way trail begins in the village of Riomaggiore and ends in Manarola, offering breathtaking views of the sea and dramatic cliffs. A ticket is required to access the trail; check availability and updates at www.parconazionale5terre.it.

Note that parts of the trail may be closed due to maintenance, so verify its status before planning your visit.

GETTING AROUND



FOOT

While hiking the Via dell'Amore and Sentiero Azzuro may be very popular, there are plenty of other trails to take between and around the villages of Cinque Terre. Some trails do require tickets. Information is available at www.parconazionale5terre.it.



TRAIN

There is a simple, short train ride from Levanto to and from the villages. Trains run frequently, especially during peak season. Called the **Cinque Terre Express**, it connects all five of the villages. You can purchase a card with unlimited travel from www.trenitalia.com. Kids under the age of four travel free.



BOAT

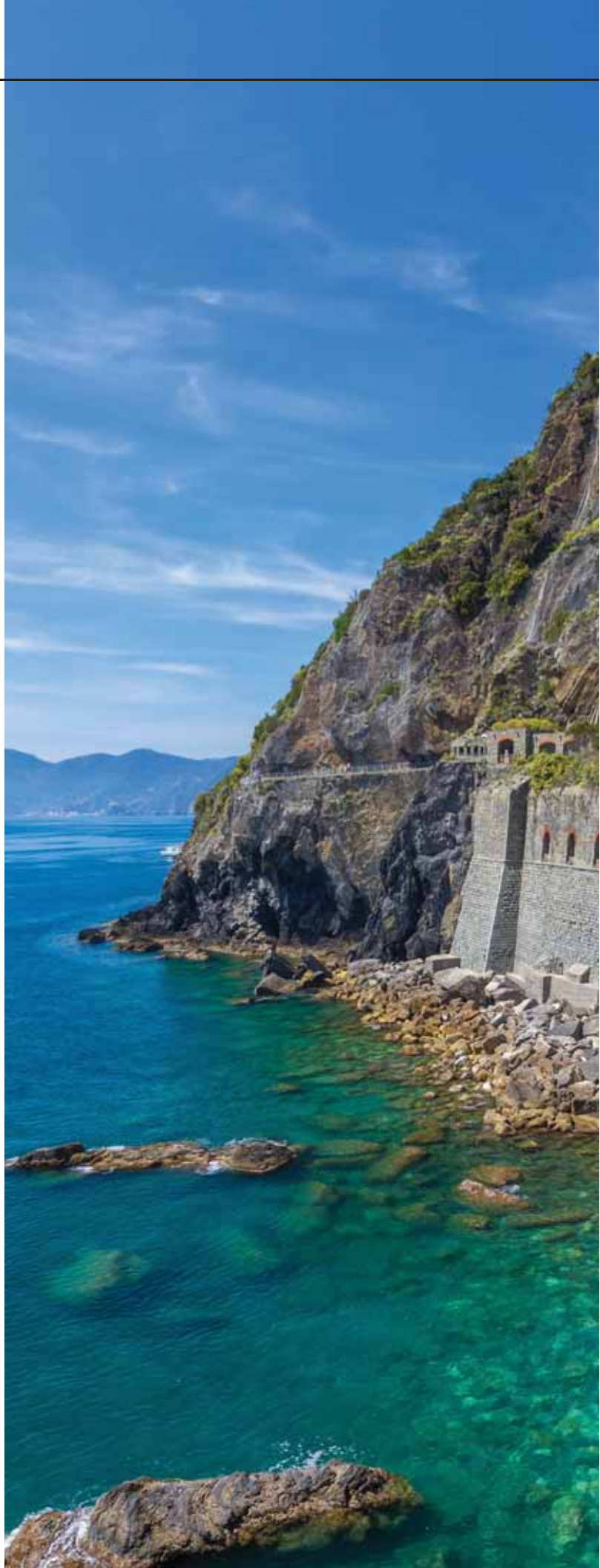
Ferries operate between all villages, except Corniglia, offering a unique perspective of the coastline. The yellow #2 "Cinque Terre" line connects the villages to Levanto and other towns westward along the coast, while the #3 "Viareggio" line connects to the coastline eastward towards Pisa. Service is weather-dependent and more frequent from April to October. Check schedules at www.navigazionegolfodeipoeti.it.



CAR

In the five villages of Cinque Terre, very few places offer parking, and most villages are closed to vehicle traffic. It's possible to find a central parking lot for a daily fee, but staying in Levanto and taking the train can save money and the hassle.

continued on page 50



La Lanterna*A Cozy Retreat in Levanto*

Nestled in the charming town of **Levanto**, La Lanterna Sopra il Moggio offers a peaceful escape just minutes from the Cinque Terre. This welcoming guesthouse features comfortable rooms with a touch of **Ligurian charm**, a relaxing garden, and a warm, family-run atmosphere. Perfectly located for exploring the coast and countryside, it's an ideal base for nature lovers, hikers, and those seeking authentic Italian hospitality.

Website: www.lanternabb.it/en

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Mother (American) and Daughter (Italian) owned. We offer the perfect blend of luxury amenities and Italian hospitality. We are obsessed (like, keeping-us-up-at-night obsessed) with your comfort and enjoyment. The little touches of home will make you feel like you are visiting with friends.

We have seven beautifully appointed guest rooms plus two deluxe apartments that will ensure you a perfect night's rest with our signature cloud beds, luxury linens, + down pillows. Each spacious guest room is ensuite with rain showers and deep bathtubs (in selected rooms). **Bicycles are available** gratis, and it is the best way to explore the beautiful **Levanto** and surrounding villages.

A **freshly prepared full breakfast** is served each morning al fresco under the willow tree using fresh eggs from our on-site chickens, homemade breads + jams, the freshest organic produce from our garden, and the **BEST avocado toast- outside of the USA!** We think it is the perfect + most delicious way to begin your day exploring the **Cinque Terre**. Children are welcome, and military discounts are offered. We appreciate your service.

Website: www.villavalentina5terre.com/en

**Pevea***Exclusive Fishing and Boat Tours in Levanto*

Pevea offers **unforgettable experiences** for those looking to explore the beautiful Ligurian coast. Specializing in exclusive fishing tours and boat excursions, Pevea provides a unique way to **discover the Cinque Terre from the water**. Whether you're an experienced fisherman or a beginner, their personalized fishing tours offer a hands-on way to enjoy the local seas.

In addition to fishing, Pevea also organizes scenic boat tours around the **Cinque Terre**, providing stunning views of the coastline and picturesque villages. These tours are perfect for those looking to **experience** the beauty of this **UNESCO** World Heritage site from a different perspective. With expert guides and a focus on quality, Pevea ensures that each experience is tailored to your interests, creating lasting memories on the water.

Website: www.pevea.it/en

**EbikeIn Cinque Terre***The best ebike tours in the Cinque Terre*

The best way to explore the Cinque Terre area. We offer **guided ebike tours** in the Cinque Terre and Levanto areas since 10 years. Our excursions allow for effortless, fun, and unique exploration of the **Ligurian coast!** The routes, which are on asphalt and accessible to everyone, enable visitors to **explore ancient sanctuaries** nestled in the **Cinque Terre National Park** and the famous seaside villages. The key **concepts of EbikeIn** are: territory, history, nature, beauty, sustainability, adventure!

Website: bikein-cinqueterre.it

**BOOK NOW!**

continued from page 48

LOCAL CUISINE

The food in the Cinque Terre is best described as fresh, local and homemade cuisine that soothes the soul.

1. PESTO

This region is the birthplace of pesto. Basil is ground with cheese, garlic, olive oil and pine nuts, and then poured over pasta. My daughter loved the pesto lasagna at **La Cantina di Miky** in **Monterosso**. By the end of the trip, they knew her name and always had a highchair ready to go.

2. FOCACCIA

This tasty, fluffy bread also originates here. It is simply flatbread with olive oil and salt. Try it at **Panificio Focacceria** in **Vernazza**.

3. TORTA MONTEROSSINA

A wonderful cake named after the village with layers of chocolate and cream. Try it in **Monterosso**. This place became our frequent stop for breakfast. We couldn't get enough of the fresh pastries and cappuccinos.

TIPS FOR A SMOOTH VISIT:

- **Avoid peak hours.** The villages can be crowded between 10 a.m. and 4 p.m. Plan early morning or late afternoon visits.
- **Travel off-season.** Visit in spring (April-May) or autumn (September-October) for fewer crowds and pleasant weather. Avoid visiting in July and August if you dislike crowds and high temperatures.
- **Pack light.** Narrow streets and steep paths make heavy luggage inconvenient.
- **Dress Properly.** Skip high heels or unsuitable footwear; comfortable walking shoes are a must.
- **Respect the environment.** The Cinque Terre is a protected area. Stick to marked trails and avoid littering.
- **Skip driving.** Parking is limited and traffic restrictions apply in the villages.
- **Be respectful.** Avoid entering private property or vineyards without permission. ■



1.



2.



3.



Café del Mar

Flavors & Relax in Levanto



Just steps from the beach, Café del Mar is a **welcoming café**, restaurant, and cocktail bar in Levanto. Start your day with a **delicious Italian breakfast**, enjoy a light lunch or a full meal featuring fresh local ingredients, and unwind at sunset with a signature cocktail. Known for its **friendly atmosphere** and great, it's the perfect spot for a coffee break, an **aperitif**, or a **delightful dinner**.



La Terrazza del Porto Roca

Gourmet Experience with a View



Perched on the cliffs of Monterosso, La Terrazza del Porto Roca offers a dining experience like no other, with breathtaking views over the Ligurian Sea. This **elegant restaurant** combines the finest local ingredients with traditional Italian flavors, creating refined dishes that celebrate the essence of the **Cinque Terre**. Fresh seafood, handmade pasta, and seasonal delicacies are paired with an **exquisite selection of regional wines**, enhancing every bite. Whether enjoying a romantic sunset dinner or a leisurely lunch overlooking the coastline, guests are embraced by the beauty and tranquility of this unique location. **La Terrazza del Porto Roca** is more than a restaurant: it's an unforgettable journey into the flavors of Liguria.

Website: www.portoroca.it/en

Taste the
essence of
Levanto &
Cinque Terre



La Taverna

Authentic Ligurian Flavors in Levanto



Located in the **heart of Levanto**, La Taverna is a must-visit for those seeking an authentic taste of Liguria. This cozy and welcoming restaurant offers a menu inspired by local traditions, featuring fresh seafood, homemade pasta, and the famous **pesto alla Genovese**. Signature dishes like **trofie al pesto** and stuffed mussels showcase the rich culinary heritage of the region.

With its warm atmosphere and attentive service, La Taverna is the perfect spot for a **memorable dining experience**, whether you're exploring the Cinque Terre or simply enjoying the charm of **Levanto**. Pair your meal with a glass of Ligurian wine and savor the true essence of this beautiful coastline.

Website: www.latavernalevanto.it



Ristorante Tumelin in Levanto

Tradition Feels Like Home

Ristorante Tumelin is a special stop, a place that has preserved the flavors of Liguria for generations. Here, **the sea meets the land**, creating dishes like Polpo alla Ligure: octopus marinated in olive oil and served with cherry tomatoes and **Taggiasca olives**, a combination of flavors that takes you straight back to tradition. And of course, you can't miss Levanto's focaccia, golden and crispy, a true delight to savor.

At **Tumelin**, **hospitality is genuine**, and every meal is an experience that brings the heart of the region directly to your table. Dining here is like diving into Levanto's culinary history, where time-honored recipes and heartwarming flavors come together.

Website: www.tumelin.it



Outdoor Adventures in the **DOLOMITES**

By Kat Nickola

Rising like jagged teeth above the bucolic high mountain fields of northern Italy are the iconic Dolomites. A favorite spot for mountaineers and rock climbers, the Dolomites are an outdoor sports paradise.

The Dolomites' limestone mountain range lies within the southern portion of the Alps and is largely protected by national and regional parks that dot the area. The beautiful and unique geological landscape was recognized as a UNESCO World Heritage Site in 2009.

continued on page 54



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continued from page 52



Hiking

The choice for hikes in the Dolomites is endless. The **Giau Pass** near the town of **Cortina d'Ampezzo** is an especially serene area of mountain pastures surrounded by high peaks. At the trailhead, there is an easy family-friendly stroll into the pass or an intermediate hike up onto the rocky Mondeval plateau where a Mesolithic burial was found to be 7,500 years old. For an all-day adventure, the **Cinque Torri** loop passes a First World War open-air museum and continues around the five peaks with open views into the surrounding green valleys.

Another iconic Dolomite hike is the **Three Peaks loop** beginning at the **Auronzo Refuge**, then getting up close and personal with the scree slopes below three of the most distinctive jagged mountaintops in the area. For the committed backpacker, try the 12-day, 125 km **Alta Via 1** which traverses the Dolomites from north to south. Starting at **Lake Braies**, this hike can be tackled by staying at mountain refuges along the route. Be sure to book lodging ahead of time and visit www.dolomiti.org for hike details.



Climbing

If you'd rather be climbing the rocks, basing yourself in the valleys near **Cortina d'Ampezzo** is ideal. There are a huge variety of sport climbing crags, especially in the **Falzarego Pass**, with short walk-in times that mean you can be in town for pizza and a beer every evening. Difficulty levels range from beginner routes to a high of 9a, with most climbs in the 8a-8c range. If you're more of a big wall climber, the iconic north face of the **Cima Grande**, at 450 meters and 16 pitches, is a prestigious route to attempt. Other options abound, visit mountainproject.com to find your crag.

During World War I, the Dolomites formed a portion of the incongruous front line between the Italian and Austro-Hungarian forces. Battles were fought in these high mountain passes and scaling the peaks became a goal for both sides.

It was a deadly war, but those fighting in the Dolomites faced the insurmountable challenge of bringing equipment and men into an area prone to rockslides, avalanches and steep cliffs. To tackle the landscape, *via ferrata routes* were built.

Trying a *via ferrata* is another experience born in the Dolomites, and a must-do when visiting. Meaning "iron path," these mountain routes involve iron cables, steps, ladders and other equipment permanently affixed to the mountain. These paths were created during World War I, but are now used, maintained and created for sports. For those without their own climbing gear, numerous outfitters in the area offer tours. The German language website www.via-ferrata.de is a thorough resource for finding routes.

Farm Stays

Both German and Italian are spoken throughout the Dolomites as the area is part of the historical Tyrol region. Now divided between Austria and Italy, Tyrol was a unified region while part of the Holy Roman Empire of the late Middle Ages when it was ruled by various counts.

Nowadays, the high Dolomite pastures and valleys are dotted with peaceful farms and small villages. Agrotourism is popular and booking a farm stay immerses you within the landscape in a way that a hotel can't offer. Many farm stays have small apartments inside a large house on a working farm where you can visit the cows, pet the barn cats and hike right out the front door. The Roter Hahn organization, www.roterhahn.it, specializes in connecting tourists with farm stays throughout Tyrol. ■



Indulge Your Five Senses *in* TUSCANY

By Tamala Malerk

Whether you are familiar with the Tuscan aesthetic and history or have only gotten as far as the Zuppa Toscana soup from Olive Garden, there is no doubt that the threads of Tuscan culture are woven throughout American culture thanks to generations of immigrants. Get ready to delve into this central Italian region using all five senses.

SEE It is impossible to list the sites in Tuscany without mentioning the famous **Statue of David by Michelangelo** and the collection at the **Uffizi in Florence** featuring art by Botticelli, Leonardo, Raffaello and Caravaggio.

Nestled in the Tuscan Archipelago, one incredible historic site to see is the **medieval village of Isola del Giglio**. Travel back in time with a visit to Giglio Castello, whose medieval walls and atmosphere have been little touched by time.

If you want to see something atypical to the tourist experience, check out the **"Filippo Civinini" Museum of Human Anatomy in Pisa**. You can see an Egyptian mummy, the anatomical tables of Paolo Mascagni as well as anatomical and archaeological collections.



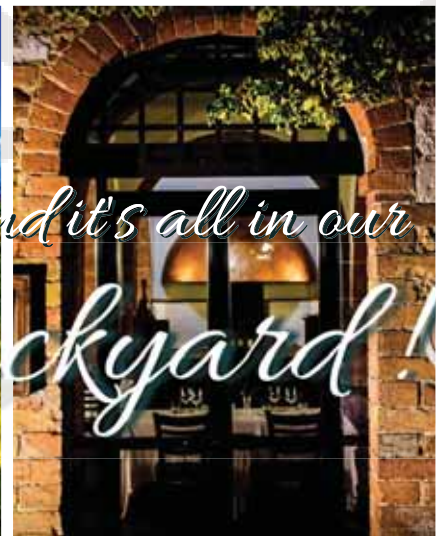
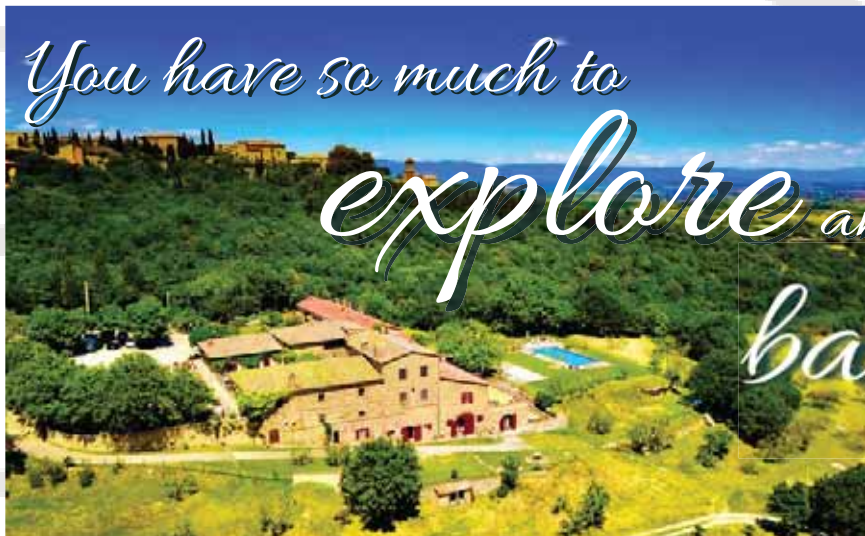
HEAR In Florence, delight your ears at the famous **Teatro Verdi in Florence**. The **Orchestra della Toscana** maintains a permanent residence here, but you can also listen to a variety of concerts, musicals and theater shows.

If you need a break from translating Italian, you can take in a performance of the choir at **St. Mark's English Church in Florence**. Not only can you catch them at Sunday services, but they also have bi-monthly recitals and concerts at festivals.

As you sip some wonderful Tuscan wine, listen to the live **jazz music at unTUBO**. They have a wine list 33 pages long and also feature art onsite. It's a great way to wind down after a day of exploring **Siena**.



continued on page 58














You have so much to explore and it's all in our backyard!

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continued from page 56

TOUCH Olive harvesting season runs from October through early December. Take part in the harvest by **hand-picking some olives**. **Villa Campestri** prides itself on utilizing a completely organic process because their microclimate allows for a “superior” extra virgin olive oil.

Warm up in the **Thermal Springs of Saturnia**. These waters are a nice 37.5 degrees Celsius (99.5 degrees Fahrenheit) all year long. There is no life-guard at these free natural sulphureous springs. For a refined experience, there are also wellness spas in the area that use the spring waters. Get a feel for the local area on a **bike tour** to the vineyards around **Chianti**. Often using e-bikes, these tours include visits to historic villages, castles and monasteries, plus delicious local wine tastings.



SMELL There is no doubt that truffle oil French fries are delicious. However, those tasty treats don't just magically appear. One must hunt for the buried truffles, and you can go along. With the help of Massimo Cucchiara from truffleintuscany.com and his dog (who does most of the smelling) you can hunt truffles in **San Miniato**.

Leather has a rich history in Florence, with the first leather workers' union dating back to the 13th century, and there is no denying it's distinct scent. A handmade leather item is a great Tuscan souvenir, and you can use your nose to help you find some great keepsakes in the **San Lorenzo Market**.

Fall is the time of year to catch some final botanical beauties before winter sets in. Take in the **floral scents** of the **Botanical Garden of Lucca**. On-site you will find over 200 types of trees and shrubs, a botanical museum and greenhouses filled with tropical plants, rhododendrons, camellias and more.



TASTE Castellina is a medieval village found in Chianti; it is also home to cultivators of olive oil and wine. Several places in town allow you to book olive oil and wine tasting tours. **La Castellina Winery** also boasts an exquisite extra virgin olive oil grown from their highest altitude fields.

Italy is known for great food and each region boasts its specialty. Even within one region, cities have their own distinct flavors and styles. After taking your obligatory photo at the Leaning Tower of Pisa, make sure to sample some **Pisano-style food** which is known for meat-based dishes such as Pisan tripe and wild boar mixed with local vegetables and fruit. **Pienza** is the birthplace of **Pecorino cheese**. Whether you like strong Pecorino di Pienza DOP cheese or a mild Pecorino di Grotta, there is a Pienzan cheese for you. This cheese is so popular that every September a fair is held in its honor, the **Fiera del Cacio**. ■





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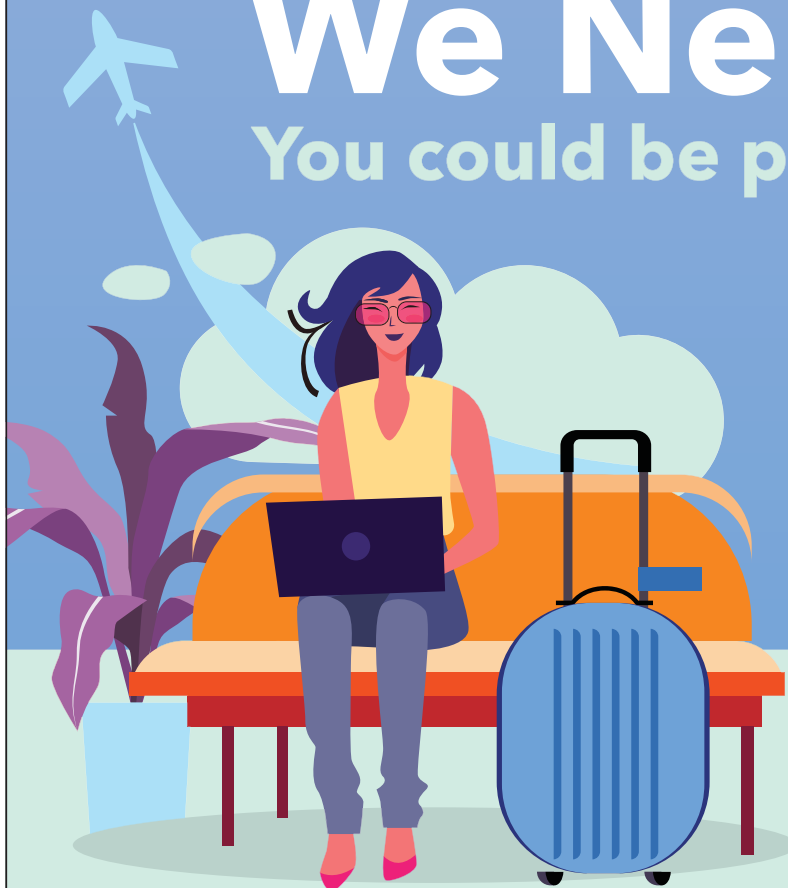
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GET TO KNOW THE AVIANO AREA

By Kat Nickola



Many people stationed at Aviano find homes near Sacile and Pordenone. These thriving Italian towns have much to offer and are fun to explore.

SACILE

In the Middle Ages, the garden village of Sacile grew along a trade route that protected the crossing of the Livenza River. At this time, a small shrine was built that would later be replaced with the **Duomo di San Nicolo**. Inside its typical Venetian architecture are some incredible 15th-century frescoes. The Duomo makes a great starting point for a walk around town. Down the road is the **Torrione di Pra Castelvecchio**, a portion of the medieval city wall that is tucked into the Giardini Ortazza Park that straddles the river. There is a small pedestrian-only bridge that makes a scenic stroll to the other side.

As part of the former Republic of Venice, the town of Sacile became a haven for noble families who built their palaces along the Livenza River. You can see a series of opulent political frescoes by visiting the **Palazzo Ragazzoni** near the park. Now an event center, the palace courtyard hosts a local market on Thursday mornings.

Crossing back over the river will bring you to the heart of this scenic village. Many of the restaurants and bars around the **Piazza del Popolo** have patios that open onto the **Livenza River**, which seems to surround the town. Sacile's historic center is actually built on two islands within the river. For a quintessentially Italian experience, finish off your day in Sacile by having a drink or tasting some gelato at one of the many riverside terraces.

PORDENONE

The Noncello River that runs adjacent to Pordenone was an important byway during the Middle Ages. After a dock called the Portus Naonis developed on the river's edge, the town grew around it and became an active trading site. It is still a great place to go shopping. The cobblestoned **Corso Vittorio Emanuele II**, or "Corso" leads north from the river and into the old city center. It is a walking street with plenty of Italian charm. The road is lined with colorful, historic shuttered buildings, outdoor cafes and many local specialty shops.

Elite families residing in Pordenone were an active part of the Italian Renaissance, and their artistic patronage can still be seen in the city's center. Many of the building facades have colorful frescoes or friezes that were restored for the city's "Corso Facades Project" in 1991. One such building is the **Palazzo Ricchieri**, which now houses the **Civic Art Museum**. Nearby is the **Duomo di San Marco** with its stark façade, beautiful bell tower and extensively decorated interior. Across the street is the impressively Gothic Town Hall, which was built in the 1300s.

Take some time along Pordenone's Corso to sit and enjoy the plentiful outdoor cafes. Local food and wine are on show since the town is a member of the Slow Food movement. Try a Friulano or Ribolla wine, a local prosciutto or a cheese and potato pie called a "frico." On Wednesday and Saturday mornings, tents are set up in the area of **XX Settembre Square**. This City Market is the perfect place to mingle with locals, find some deals and try the local Italian cuisine. ■



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GET TO KNOW THE VICENZA AREA

By Tamala Malerk



Being stationed in Italy is quite an adventure, and there are plenty of chances to experience Italy in the Vicenza area. Vicenza, as a city, is a UNESCO World Heritage Site and right in your backyard.

TWICE WEEKLY MARKET: What better way to live like an Italian than to shop at the local market? Every Tuesday and Thursday, the Piazza dei Signori comes alive with vendors selling cheese, sausage, flowers, clothing and more. The Thursday market is bigger than the Tuesday one. No matter which day you go, get there early. Food is often sold out around 1 p.m. and vendors start closing down at 2 p.m.

PIAZZA DEI SIGNORI: Translated as the “Square of the Lords,” this elegant place will make you feel like a lord or lady of old. It is home to the aforementioned market as well as many events and shows throughout the year.

RIGHETTI (SELF RESTAURANT RIGHETTI): It’s up to you to keep up with your food and drink consumption at this “honest” restaurant in Vicenza. Located inside a 17th-century palace just a few steps from the Piazza dei Signori, enjoy a rotating daily menu of Italian fare. You order directly from the cooks and close at the cashier after the meal.

THE JEWELRY MUSEUM: While in Vicenza you can visit the first jewelry museum in Italy. The two-story museum features 11 exhibition rooms and a bookshop. Kids will enjoy the educational activities, and everyone can enjoy the guided tours. The museum often hosts workshops and family activities.

BASILICA PALLADIANA: Architect Andrea Palladio designed palaces, villas and buildings across Vicenza. The Basilica Palladiana is one of his most famous structures. The basilica was originally a medieval town hall. Today, it houses shops, bars, a walkable roof terrace and the Jewelry Museum. Other Palladio projects in Vicenza include the Teatro Olimpico, Villa Capra ‘La Rotonda’ and Palazzo Chiericati.

MATTEO GRANDI: For an elegant night out, check out the Michelin-starred restaurant, Matteo Grandi, located in the Basilica Palladiana. You can enjoy a seasonal four-course menu and select wine from their extensive wine menu.

ROMEO AND JULIET: In a plot that later formed the famous Shakespearean play, Vicenza is the home of the original author of “Romeo and Juliet,” or Romeo and Giulietta as they were originally known. Luigi da Porto wrote the story as a novella and it features familiar characters such as Tybalt, Paris, Friar Lawrence and Mercutio. It was published in 1531 after Porto had died. You can visit his burial site in Vicenza at the Church of Santa Corona. The famous “fair Verona where is lay our scene” is only 30 minutes down the road. ■



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VICENZA

DIRECTORY

FACEBOOK RESOURCES

MILITARY

- U.S. Army Europe
- U.S. Army Garrison Italy
- USAG Vicenza
- U.S. Army Health Center Vicenza
- AFN Vicenza

MILITARY COMMUNITY

- USO Vicenza
- Vicenza Community Club
- REDCrossSAFVicenza
- Vicenza Family and MWR
- Army Wives Caserma Ederle

HEALTH & FITNESS

- CrossFit Vicenza
- Vicenza Civilian Healthcare

PETS

- Vicenza Veterinary Treatment Facility
- Vicenza Military Community Pet Page
- Paws and Claws of Vicenza Italy

PREGNANCY & PARENTING

- MOMS Club OF Vicenza
- TTC/Expecting Army Wives of Vicenza

RECREATION

- Vicenza Cooking Club
- Vicenza Travel Page

RETAIL

- Vicenza Thrift Shop
- Vicenza Yard Sale
- Vicenza Army Community Yard Sale
- Let's Freecycle Caserma Ederle!
- Vicenza Beaters
- Vicenza US Military Car Sales
- Vicenza Military Car Sales - Caserma Ederle

YOUTH EDUCATION

- Vicenza Homeschool Connection
- Vicenza Italian Schools/Sports
- Vicenza PTSA
- Vicenza Girl Scouts
- Vicenza Boy Scouts Troop 29

QUICK REFERENCE NUMBERS

Facility	Civ Phone #	BLDG. #
Operator	0444-71-7111	
American Red Cross	0444-61-8918/8919	333
Army Community Service - Ederle	0444-71-5800	108
Army Lodging - Darby	050-54-7580	202
Army Lodging - Ederle	0444-71-1935	345
Cell Phone Concession	0444-302-249	302
Child Youth Service - Parent Central Services	0444-71-5820	108
Dental Clinic	0444-61-9210	2310
DoDEA	0444-71-8460	307
Drivers Testing/License	0444-71-2430	393
Education Services	0444-61-8139/8140	126
Exceptional Family Member Program	0444-71-5845/5830	108
Family and MWR HQ	0444-71-4486	203
Furnishings Management Office	0444-61-7811/7812	L0928
Housing Office	0444-71-2726/2725	Off-Post
In-/Out-Processing	0444-71-2575/5141	393
Installation Transportation Office/Household Goods	0444-61-7696/7637	393
Italy Tax Relief Office - Ederle	0444-71-5104	367
Lending Closet	0444-71-5829/5843	108
Library - Del Din	0444-71-4380	2
Library - Ederle	0444-71-4947	302
Passport Office/Embassy Liaison	0444-71-4785/6/7	28
Patient Advocate - Health Center	0444-61-9106	2130
Patient Liaison - San Bortolo Hospital	0444-75-3300	Off-Post
Postal Service Center - Ederle	0444-71-7430/8397	302
Relocation Readiness Program	0444-71-5843/5829	108
Relocation/Newcomers Orientation	0444-71-5800	108
School Liaison Office	0444-71-5836	108
Sponsorship	0444-71-2575	393
The Exchange - Main Store	0444-71-8550	302
Thrift Shop	0444-71-7460	243
TKS Internet Service	0444-50-4148	393
USO	0444-71-7156	9a
Vehicle Processing	0444-71-2481	
Vehicle Registration	0444-71-2491	Torri
Veterinary Services	0444-61-9160	2310



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GET TO KNOW THE CAMP DARBY AREA

By Kat Nickola



Being stationed at Camp Darby means having access to quaint canals and a thriving waterfront.

EXPLORING LIVORNO

Camp Darby is in Livorno, Italy. Livorno made a name for itself as a cosmopolitan port town during the Renaissance under the guidance of the Medici family. In 1577, it was designed as an “ideal town” by architect Bernardo Buontalenti. He had previously built Livorno’s massive **Fortezza Vecchia**, or old fortress, which you can still see today standing guard on the waterfront. Past the fortress, canals were created to allow for incoming trade ships. There are plenty of local boat owners who dock their vessels along the same canals in the **Venezia Nuova District**.

The port city came under the watchful eye of Ferdinando I de’ Medici, who was the Grand Duke of Tuscany. He gave Livorno special privileges as a “port franco,” or free port. This meant that international goods could be traded here without taxes. Soon the city developed an international and diverse population. The Medici family built an extensive new fort, the **Fortezza Nuovo**, along the canals on its own huge island. The fort has fallen into disrepair, but it is interesting and free to explore and contains one of Italy’s famous protected street cat enclaves.

The **Via Grande** is the city’s main shopping road that stretches from the port to the **Piazza della Repubblica**. Modern stores and restaurants line the road in shady covered arcades. While you are here, be sure to try some seafood. The **Mare Matto** stand near the waterfront has delicious budget options and a few chairs for an al fresco experience. Livorno’s iconic dish is a mixed seafood stew called *cacciucco*, and the best is found at **Trattoria Da Galileo**.

The Livorno waterfront is where the action has always been in this city, and the ever-expanding port continues this heritage. When you are ready to explore further afield, you can get in on the maritime action by taking a ferry from the **Porto di Livorno** to Corsica, Sardinia or Sicily. The massive ferries are operated by four different companies and offer overnight rooms, car decks and entertainment on longer sailings. ■

CAMP DARBY

DIRECTORY

FACEBOOK RESOURCES

MILITARY

- U.S. Army Europe
- U.S. Army Garrison Italy

MILITARY COMMUNITY

- Friends of Camp Darby
- Darby Military Community
- Camp Darby Catholic Community
- Darby Bulletin Board
- Camp Darby Spouses
- Camp Darby Air Force Spouses Page

RETAIL

- Second Glance Store - Camp Darby
- Darby Buy & Sell Page

QUICK REFERENCE NUMBERS

Facility	Civ Phone #	BLDG. #
Army Lodging	050-965-8950	202
Barber Shop	050-965-8989	725
Barracks/Single Service Member Housing	050-965-8634/8635	725
Child, Youth Service - Parent Central Services	050-965-8238/8241	726
Citizenship/Immigration, FA	DSN 645-8252	113
Commissary	050-965-8902	705
Community Bank	050-965-8940	725
DoDEA	39-324-306-0217	501
Drivers Testing/License	DSN 645-8780	393
Family and MWR HQ	050-965-8234/8233	204
FAP (Family Advocacy Program)	050-965-8262	204
Furnishings Management Office	050-965-8362	725
Global Credit Union	050-965-8970	206
Gym	050-965-8259	204
Household Goods	050-965-8599	725
IACO (Pass)	050-965-8180/8178	113
ID/CAC Card Processing	050-965-8269	113
In-/Out- Processing	050-965-8252	113
Italy Tax Relief Office	050-965-8233	204
Lending Closet	050-965-8232	724
Library	050-965-8260	204
MP Military Police Emergency	DSN 645-8202	113
Patient Liaison	050-965-8255	113
Postal Service Center	050-965-8182	771
School Liaison Office	050-965-8203	113
The Exchange - Main Store	050-965-8989	723
Thrift Store – Second Glance	050-965-8920	724
UMGC Maryland	DSN 645-8253	113
Vehicle Processing	DSN 645-8181	703
Vehicle Registration	DSN 645-8181	703
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