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PCS GUIDE 2022-2023

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INS & OUTS of being stationed in Italy

- FINDING A HOME
- GETTING YOUR KIDS ADJUSTED
- LIFE WITH PETS IN ITALY
- PERSONAL ENRICHMENT OPPORTUNITIES

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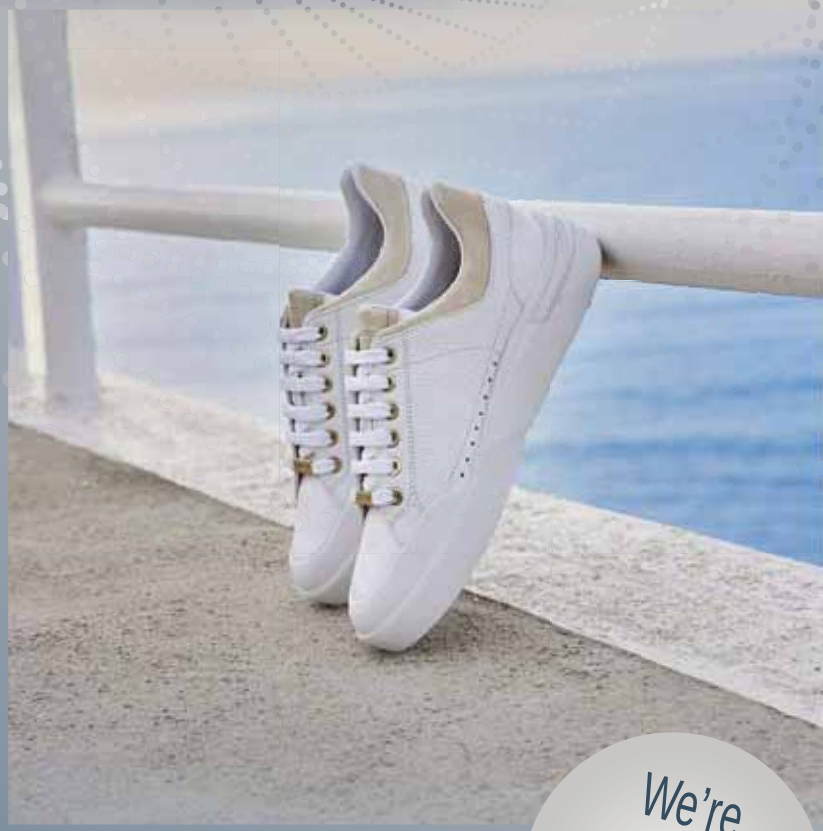

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WELCOME TO ITALY
Your Checklist

PRE-ARRIVAL

- ❒ Complete EFMP screenings
- ❒ Ensure command sponsorship is approved
- ❒ Obtain no-fee passport with SOFA stamp
- ❒ Obtain tourist passport to travel outside of Italy
- ❒ Sign-up for APO box
- ❒ Enroll in TRICARE
- ❒ Contact SATO to book travel
- ❒ Establish and book TLA
- ❒ Contact installation's Veterinary Center if traveling with pets
- ❒ Register children for CYS and DoDEA

ARRIVAL

- ❒ Attend Wyvern Welcome (Aviano) or Newcomers' Orientation (Vicenza/Darby)
- ❒ Sign up for welcome tours
- ❒ Make appointment and complete medical in-processing
- ❒ Get your "codice fiscale" (active duty and spouse) and "soggiorno" (dependents)
- ❒ Visit Airman & Family Readiness Center (A&FRC) or Army Community Service (ACS) for relocation assistance

MONEY

- ❒ Determine entitlements with Finance Office
- ❒ Withdraw euros
- ❒ Research online bill-pay options
- ❒ Contact U.S. banks to close accounts, as needed

CARS

- ❒ Schedule and study for driver's exam
- ❒ Pass exam and get AFI license
- ❒ Pick up a copy of the Stripes Road Guide
- ❒ Get rental car
- ❒ When car arrives or is purchased, get insurance, register and pass inspection
- ❒ Enroll in NATO Forces Fuel Card program
- ❒ Obtain International License
- ❒ Make certain everyone has a current driver's license

HOMES

- ❒ Establish OHA
- ❒ Prioritize needs and wants
- ❒ Visit Housing Office for list of approved homes
- ❒ Schedule appointments to tour homes
- ❒ Ensure Housing Office inspects property and reviews contract
- ❒ Sign paperwork after review by Housing Office
- ❒ Establish utilities with UTAP Office or with the Home Fuels Office (Aviano Air Base only)
- ❒ Sign up for phone ommunication services (read contracts carefully)
- ❒ Purchase liability and home insurance
- ❒ Contact FMO for furnishings

MEDICAL

- ❒ Add emergency numbers to cell phone
- ❒ Establish relationships with local medical providers

KIDS

- ❒ Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available
- ❒ Contact Enrollment Office to begin application process for DoDEA-Europe
- ❒ Contact SLO for information about home schooling, referrals and transition assistance
- ❒ Ensure vaccinations are current and schedule wellness exams

PETS

- ❒ Ensure pet has international microchip
- ❒ Register pet at installation vet clinic
- ❒ Find Italian vet clinic that provides emergency care
- ❒ Maintain annual rabies vaccinations during overseas tour
- ❒ Get updated ID tags with local contact information
- ❒ Obtain pet passport
- ❒ Purchase pet insurance
- ❒ Find a boarding center or pet sitter
- ❒ Understand and adhere to local Italian pet laws

PERSONAL ENRICHMENT

- ❒ Create a USAJobs.gov account and update resume
- ❒ Visit Education Center to learn about course offerings
- ❒ Visit A&FRC for volunteer and employment assistance (Aviano)
- ❒ Visit ACS, Red Cross and USO for volunteer opportunities and employment assistance (Vicenza/Darby)
- ❒ Sign up through FVAP.gov to vote in elections back home

EVERYDAY LIVING

- ❒ Program important numbers into your cell phone
- ❒ Start recycling according to local requirements
- ❒ Adjust routines to observe quiet hours
- ❒ Learn basic Italian phrases
- ❒ Get to know your neighbors
- ❒ Join spouses' clubs, Italian-American clubs or other activities
- ❒ Plan trips to explore Europe with StripesEurope.com, and utilize base travel opportunities with ITT and ODR
- ❒ Pick up the Stripes Europe magazine ■

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GETTING CONNECTED

Upon arrival, getting your cell phone set up is vital. The good news is you have a variety of options and resources to get you connected.

▶ **Providers:** Vodafone, Tim and Wind/3

▶ **Service contracts**

- Approximately two to three years.
- Breaking contracts is not an option.
- No military clause included.

▶ **Pre-pay option**

- Expect a contract fee.
- Renews every four weeks (not monthly).
- Set up an online account to view/ change your plan.

▶ **What to bring to set up a cellphone plan:**

- PCS Orders
- Military ID
- APO Address
- Codice fiscale

▶ **Apps to communicate internationally for free:**

- Skype
- Facebook Messenger
- WhatsApp
- Facetime
- Google Chat

Note: When you arrive, put your phone in airplane mode to avoid unexpected charges. ■

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EURO BANKING

Getting an account through an on-installation credit union or bank will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between dollars and euros.

EUROPEAN DEBIT CARDS

- Many Italian businesses, especially smaller businesses, do not take credit cards.
- Always carry euros when off-installation.
- There are usually transaction fees when using debit cards, hence why using cash is more efficient.

MILITARY INSTALLATION BANKING OPTIONS

Credit Unions

Credit unions are owned and operated by their members. Members' savings are combined to create a pool of funds from which other members can borrow. Members then reap the rewards of their pooled investment income by gaining lower loan rates, higher savings rates and additional services.

Banks

- **Bank of America** provides convenient and affordable banking services and financial information to help support service members, base organizations and mission readiness.
- **Community Bank** is located in 10 countries across the globe, with 60 Banking Centers and over 270 ATMs.
- 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.

PAYING BILLS

The Italian banking system differs from the U.S., so you may be a little confused the first time you need to pay bills for Italian services.

- To set up automatic transfers and automatic direct debits, you'll usually need a funds transfer form.
- To fill one out, you'll need to know:
  - ✔ The euro amount due
  - ✔ International Bank Account Number (IBAN)
  - ✔ Bank's Identifier Code (BIC)
  - ✔ Account or reference number on file with payee
  - ✔ The payee's name
- Check into Wise (formerly Transfer Wise) for easy bill paying of rent.

BEWARE OF FEES

- Off-installation ATMs may require transaction fees.
- Minimize fees by setting up an Italian bank account but know the conversion rate before depositing dollars.
- You may be better off exchanging dollars for euros before transferring funds.
- The DoD will not deposit paychecks to Italian banks.

EUROPEAN BANKING SERVICES AVAILABLE TO YOU

- 24-hour telephone access
- Savings and checking accounts
- Branch/online loan applications and support
- Free transfers between participating institutions
- ATM access worldwide
- U.S. credit and debit cards
- Automatic bill payments
- Credit and debt counseling
- European debit cards
- Online bill pay – U.S. and foreign banks
- Online statements
- Retirement and 401(k) management
- Currency conversion
- Mobile banking and smartphone apps
- Smartphone check depositing ■

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Getting A RIDE

SHIPPING YOUR VEHICLE OVERSEAS

- Ship your vehicle six to eight weeks before you PCS to ensure it gets there soon after your arrival to Italy.
- Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member.
- A max of three vehicles are allowed per active duty member along with their dependents during their tour in Italy.
- Shipping a vehicle that is not paid for (i.e. still making payments) must obtain permission to take overseas with paperwork from the lienholder, authorizing the vehicle to be shipped to your new duty location.

GETTING YOUR ARMED FORCES ITALY (AFI/SETAF) LICENSE

Call your installation's specific office for driver's testing. Be sure to ask about test days and times—each installation varies.

▶ What to bring to get your AFI/SETAF license:

- ✔ U.S. driver's license that does not expire before your DEROS
- ✔ PCS orders/DOCPERS MFR (contractors)/Logistical Support Letter (DoD civilians)

BUYING A CAR IN ITALY

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.

▶ Keep in mind

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

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 and be at least 18 years old. Motorcyclists can only operate a motorcycle of 35 kW or less.

VEHICLE INSPECTION

Each vehicle is required to be inspected annually. Ensure that your vehicle always has the required equipment at all times, not just for its annual inspection.

▶ Required equipment for inspection:

- ✔ Vehicle registration
- ✔ First-aid kit, warning triangle and reflective vest
- ✔ During winter: winter or all-season tires designated with a snowflake or "M+S" (Mud+Snow) symbol

REGISTERING YOUR VEHICLE

Contact your installation's specific office for vehicle registration hours of operation.

▶ What to bring to register your vehicle:

- ✔ POV Registration application
- ✔ AFI/SETAF driver's license
- ✔ U.S. license
- ✔ Military ID
- ✔ Shipping document
- ✔ Proof of ownership
- ✔ PCS orders/DOCPERS MFR (contractors)/Logistical support letter (DoD civilians)
- ✔ Funds to cover the registration fee and applicable road tax for a second vehicle to include motorcycles.
- ✔ Automobile insurance

Note: It's always best to call your installation's vehicle registration office ahead of time to ensure you're bringing all necessary documents.

FUELING YOUR VEHICLE

▶ NATO Forces Fuel Card

- NATO Forces Fuel Card allows you to pay for fuel at the current tax-free price.
- The vehicle's engine size, engine base, horsepower and fuel requirement determines the ration amount.
- After visiting Pass and Registration to obtain fuel card paperwork, visit your local AAFES to start the registration. Download and fill out forms beforehand to save time.
- The card is accepted only at ENI and AGIP stations.

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- To use the card, swipe or insert the card and enter your secure PIN code.
- Fuel transactions will be billed to the payment method provided during registration.
- You will receive a bi-weekly invoice as well as a monthly statement.

▶ Where to get gas

- There are no gas stations on any U.S. military installation in Italy.
- Only two Italian gas stations will take your NATO Fuel Card: AGIP and ENI.

▶ To pump fuel

- "Benzina" - Unleaded gas
- "Gasolio" - Diesel
- "Fai dat 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 driving

From Nov. 15 to Apr. 15, you must have winter tires (M&S/All Weather) installed or have snow chains in your vehicle. Road conditions and requirements vary throughout Italy. Contact your base Safety Office for specific rules.

DRIVING OUTSIDE OF ITALY

Many countries will not recognize a U.S. or AFI/SETAF license. You will need to get an International Driving Permit (IDP) at least four weeks before traveling outside of Italy. You can apply by mail or in person at AAA or the AATA, which are the two agencies authorized by the State Department to issue IDPs. ■

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It's important to be open-minded as you search for your new home. Italian homes are much different, smaller and older than what you may be used to. Although the outside of an Italian home may seem a bit run down or small, always go in and take a look inside. More often than not, people are surprised with the layout and newer interior of the home.

From House Hunting to Finding a Home

TYPES OF HOUSING

There is no on-base housing at Aviano.

Government Leased Housing

- Private homes in the local Italian community
- Government covers rent and utilities
- No Overseas Housing Allowance

Private Housing

- Private homes assessed by your installation's Housing Office or found by a realtor.
- You are responsible for rent and utilities.
- You will receive Overseas Housing Allowance.

Finding Private Housing:

- Searching online
  - Visit www.homes.mil
  - Make an account.
  - Look for private rentals that have been approved by your Housing Office.

  Note: Check the site daily as houses will come and go easily—especially during peak PCS season.
- Searching with a realtor
  - More private rentals to select from than online.
  - Realtors come with fees at your expense, usually one month's rent and 22% tax.
  - Housing office should help you negotiate your rental contract and finalize it.

VIEWING A HOME

- Go in-person to the Housing Office to request a day and time for viewing.
- Homes will be put on hold.
- You have 24 hours to contact the Housing Office with a final decision. After that, it's up for grabs.

OVERSEAS HOUSING ALLOWANCE

Overseas Housing Allowance covers:

- **Rent** - If your rent is lower than your allowance, it's in your best interest to negotiate upgrades into your contract and pay more up to your max allowance.
- **Utility and Maintenance** - If you are responsible for your utilities, you will receive the full amount to cover this bill every month.

Move-In Housing Allowance (MIHA)

- MIHA Miscellaneous (for you) - one-time lump sum payment for items like transformers, window screens, curtains, etc.
- MIHA Painting Fee (for landlord) - equal to one-month's rent and covers mandatory painting fee to the landlord. Give Housing a copy of your payment.

- Check with your installation's housing office for allowances to improve security in your home.

PAYING BILLS

Note: For Aviano Air Base, the Home Fuels Office may take care of electric and gas. However, not all bills can be paid through Home Fuels.

Italian bills are sent around 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

- An interpreter from the Housing Office will take you to sign up for electricity.
- This appointment will be scheduled on the day you sign your lease agreement.
- An interpreter will assist you in setting up your contract in-person with the electric company.
- Soon after signing up for electricity, you will get an initial bill and contract in the mail.
- You must take the contract to the Housing Office and sign it.
- The Housing Office will submit the contract on your behalf to the electric company.

Water

- Pay your water bill through your bank.
- If you're living in a private rental your water bill should go directly to your landlord.

Heating

- Oil or natural gas are the two primary ways Italian homes are heated.
- Utility Tax Exemption Program (UTEP) eliminates taxes on your home heating bill.

INTERNET SERVICE

Telecom

- Plans for international calls are available (landline to landline only).
- Know that you will likely need to sign service contracts and may have to wait several weeks for installation depending on the provider.
- More information can be provided by your installation's Housing Office.

"Voice over Internet Protocol" (VoIP) service

- Allows calling over the internet
- Plans are relatively inexpensive
- Includes domestic and international calls

TELEVISION SERVICE

AFN (American Forces Network)

- Provides programming from current networks and prime channels.
- You will need a decoder and satellite for AFN when living on the Italian economy.

Satellite

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

Streaming services

- Examples - Amazon Prime, Netflix, Hulu, etc. (You may need a VPN to access some of these services.)
- Show variety and availability may be limited because you are outside the U.S.

HOUSEHOLD GOODS ARRIVAL

First steps

- Lock in a delivery date for your household goods and remember that dates book fast during the peak summer PCS season.
- Schedule temporary furniture pick up by calling the warehouse at least three days before the day of desired pick up.
- Once your household goods arrive, make sure every box that was shipped has arrived.
- Mark each item off your inventory list as everything is being unloaded.

Note: August in Italy is unlikely for household goods to be delivered due to a high PCS season.

Inspect your home

So that you're not liable for damages caused by movers, it's best to take note of the damages on your household goods paperwork. Note everything that isn't right such as missing boxes or damaged goods. Be sure to make copies of all paperwork and take pictures of any damage.

Filing a claim

- You have 75 days to submit a notice of loss.
- From there, you will have nine months to submit your claim to be eligible for a full replacement value.
- Be sure to have photos and receipt purchases of your damaged goods.
- Keep any paperwork until all claims are processed.

QUICK APPLIANCE TIPS

- You will need a power converter/transformer to use your American electronics (110-v plug-in) in your Italian home.
- Your installation's Furnishing Management Office should provide transformers for free along with a washer, dryer, refrigerator and wardrobes.
- Check with your landlord for specifications on appliance size. ■

HEALTH & DENTAL CARE IN ITALY

During your time in Italy, you will need to see a doctor and dentist. With limited healthcare services on your installation, you may need to seek services on the economy. You may feel nervous about going to an Italian provider, but there are things you can do to make this process easier.

PATIENT LIAISONS

Host-nation patient liaisons act as intermediaries between patients and doctors to help facilitate the best care possible. From the language barrier and insurance forms, to providing comfort to clients, patient liaisons can help you feel at ease in new surroundings.

Getting a patient liaison

- Available through TRICARE and the Army Regional Health Command Europe.
- Program is open to all DoD ID cardholders, including non-TRICARE members.
- Find your local TRICARE Service Center and patient liaison, go online to www.tricare.mil/ContactUs/CallUs/TSC

Emergency Numbers	Dial
Fire	115
Ambulance	118
Carabinieri (Italian Police)	112
Police	113

EMERGENCY CARE

Aviano Air Base, Camp Darby and USAG Vicenza installations do not have an emergency center. You can find emergency care at your installation's local Italian hospital. If you need emergency care, ask the hospital to contact a host-nation patient liaison or call your local Military Treatment Facility or TRICARE Service Center (TSC) to arrange a meeting.

Closest emergency rooms to installations

- Aviano - Pordenone Hospital
- Camp Darby - Santa Chiara Hospital
- USAG Vicenza installations - San Bortolo Hospital

Be prepared

- The main line for all emergencies is 112.
- Call the 24-hour nurse line at 800-979-721 for healthcare advice.
- For urgent medications, look for the pharmacy with emergency hours for that day.
- Always carry a list of medications and allergies, as well as your insurance card, ID card and local currency.
- While traveling, all TRICARE beneficiaries can call +44-20-8762-8133.
- If you still need assistance, call your Commander or First Sergeant.
- Call the American Red Cross for Emergency Communication Messages.

continued on page 20

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Piazza G. Matteotti 20
36100 Vicenza

Other contacts
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affitti@bellieni.com

www.bellieni.com

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TREATMENT DIFFERENCES

- Many options are available to you, such as Western, Eastern and homeopathic techniques. Talk with your doctor or patient liaison if you are in pain or are not responding well to these treatments.
- Italian doctors may not always have a chaperone when examining a patient of the opposite sex. If you feel uncomfortable, it is appropriate to ask for an additional person in the room.
- Rooms are usually double occupancy and may not have privacy curtains between beds.

GIVING BIRTH IN ITALY

Giving birth in an Italian hospital can be a very wonderful experience. Before delivery you'll be able to tour the hospital, as well as meet the staff. It is vital that during your first months of pregnancy you make the necessary arrangements that are best for you and your family. During your pregnancy, you can receive prenatal care at your installation's medical center.

Delivery options

- Your installation's closest Italian hospital.
- Army hospital in Landstuhl, Germany.
- Fly back to the U.S. for delivery.

First steps after giving birth:

- ✔ Obtain your baby's Social Security Number
- ✔ Enroll your baby in DEERS
- ✔ Contact local TRICARE office for enrollment information
- ✔ Photos need to be taken for your baby's passport
- ✔ Get a no-fee U.S. passport
- ✔ Get a U.S. tourist passport
- ✔ Get a Consular Report of Birth Abroad (CRBA), a birth certificate for babies born overseas
- ✔ Add your baby in the Command Sponsorship Database

DENTAL CARE

Facility location, branch of service, deployments and staffing fluctuations affect the availability of dental care on installations to those who are not active duty. When space is not available, dependents must rely on Italian providers for their dental needs. Through a dental program with TRICARE, military family members stationed in Italy can receive quality, affordable dental care.

Finding an Italian dental clinic

- To locate a preferred provider, visit www.uccitdp.com/tp2opd/
- Senior dental officers on installations visit the offices of preferred Italian providers to assess the quality of care and clinic customer service.

For information about TDP enrollment, claims or covered benefits, visit the TDP website, www.metdental.com

Dental Information
www.dwp.dmdc.osd.mil

Beneficiary Web Enrollment
www.tricare.mil/bwe

TRICARE Website www.tricare.mil

Active Duty Dental Program
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1-866-984-ADDP
www.addp-ucci.com

TRICARE Dental Program
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(1-855-638-8372) (OCONUS)
1-855-MET-TDP3
(1-855-638-8373) (TDD/TTY)
www.mybenefits.metlife.com

TRICARE Retiree
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1-888-838-8737 (24 hours automated)
+866-721-8737 (International)
www.trdp.org ■

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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Life for your PETS in Italy

If you've brought your furry friend to Italy, you must register them at your installation's veterinary clinic within the first 10 days of arriving.

REQUIRED VACCINATIONS AND RECOMMENDED PREVENTATIVES

- ✔ **Leptospirosis:** If you haven't already, you need to get your pet a leptospirosis vaccination as soon as possible. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failures in pets.
- ✔ **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tags at all times to serve as a visual marker of vaccination status.
- ✔ **Heartworm, flea and tick:** Ensure your pets are on heartworm preventative medicine as well as flea and tick control medicine year-round.

ITALIAN VETERINARY CLINICS

Taking your pet to an Italian veterinary clinic is recommended for emergency and specialty needs. Italian veterinary clinics are called "Ambulatoria Veterinario" and are important to be registered with. Contact your installation's clinic for a list of local Italian vet clinics in your area.

ITALIAN PET REGULATIONS

- ▶ Animals must never be left tied up and unattended.
- ▶ Keep your dog leashed in populated areas and anytime someone approaches.
- ▶ Shelter must always be provided for your pet.
- ▶ Cats must be kept indoors at all times.
- ▶ Food and water must always be easily accessible for your pet.
- ▶ Every pet must have the international microchip. This is also a form of identification if they are ever lost and brought into a vet clinic.
- ▶ Choke chains, pinch collars and shock collars are illegal in Italy and punishable with fines.

TRAVELING WITH YOUR PET

Requirements:

- ✔ All pets must have their 15-digit international microchip.
- ✔ Rabies vaccination must be up to date and given after the international microchip was implanted.
- ✔ EU Pet Passport must be with you and your pet at all times when traveling.
- ✔ Muzzles must be carried (not worn) for all dogs when in public.
- ✔ Animals must be contained while riding in vehicles (carrier or harness).

TRAVELING WITHOUT YOUR PET

If you plan on traveling while in Italy, there may be some trips where your furry friend can't tag along. Once you register your pet at your duty station's vet clinic, they will provide a list of local boarding facilities. ■

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Adjusting your KIDS to Italy

Moving to Italy is a big change for the entire family. Children certainly feel this impact as they leave behind familiar schedules, classrooms, friends and neighborhoods. Here are ways to make the transition as smooth as possible for your kiddos.

ESTABLISH ROUTINES

The importance of routines in child development should not be understated. Establishing routines will help children handle the additional emotional and environmental changes as you get settled.

- Set sleep schedules right away.
- Rehearse school or day care routines.
- If possible, take your children to their day care or school to meet caregivers or teachers in advance.
- Make sure your routine includes time for your children's favorite activities.

INVOLVE YOUR KIDS

Include your children throughout the transition. Even for toddlers, give them tasks and roles to instill a sense of responsibility and increase self-confidence.

- Let them help unpack and give them freedom to organize their living space.
- Schedule social time with classmates and new neighbors.
- Sign up for after-school activities.
- Contact a School Liaison Officer (SLO) to request youth sponsors.

EXPLORE ITALY

- Maintain an enthusiastic outlook about your arrival in Italy, even if you are having doubts. Your children will look to you a great deal during this transition. If you're upset, they will be too.
- Eat meals on the economy, attend local fests and learn about Italian traditions. Address the differences between life in Italy versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- Enroll your children in Italian lessons, schools or day care.
- Explore the best of Europe by letting your children assist in trip planning, researching and selecting sites or activities they would enjoy. Take photos and work together to create scrapbooks, photo albums, calendars, collages and other creative projects.

REMAIN IN TOUCH WITH LIFE BACK HOME

While adjusting to everything new, don't forget about life back home. Video chat or call family and friends. If your children are allowed online, encourage them to use social media and email to stay in touch with friends or have them send postcards from the destinations they visit. Continue the traditions that are important in your family, while creating new ones during your time in Italy.

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EXPECT AN ADJUSTMENT PERIOD

Give your children time to process all of the changes, both good and bad, that come with their new environment. Be aware of expat child syndrome, a psychological condition that typically occurs in children ages 10 to 15 and can lead to isolative or unruly behavior.

Resources

- Family Life Counselors (MFLCs) - free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
- School Liaison Officer (SLO)
- Adolescent Support and Counseling Services (ASACS)
- Military OneSource - Twelve free sessions for individual, couple, family or group settings.

CHILD EDUCATION

A variety of school and child care options are available to you, but keep in mind that many programs have waitlists, so don't delay the planning process! Department of Defense Education Activity (DoDEA) Europe schools typically accept enrollments throughout the year to accommodate military families. Consult with the SLO on what would be the best option for your children.

ITALIAN SCHOOLS "Asilos"

While stationed in Italy, you have the choice to have your children attend Italian schools. It's strongly recommended to discuss this option thoroughly with your installation's SLO before applying.

Here are the basics:

- You need a local address to apply.
- They don't grant all American holidays off.
- The school year is divided into two terms, "quadrimestri"
  - Autumn - Sept. to mid-Jan.
  - Spring - Mid-Jan. to early June.

Italian education stages

- Kindergarten "scuola dell'infanzia" – For ages three to six.
- Primary school or elementary school "scuola primaria" or "scuola elementare" - For ages six to eleven.
- Lower secondary school "scuola secondaria di primo grado" or "scuola media" - Middle school for ages 11 to 14.
- Upper secondary school "scuola seconaria di secondo grado" or "scuola superiore" - High school for ages 14 to 19.
- "Liceo" - For theoretical studies, such as humanities, science or art.
- "Istituto tecnico" - For a combined theoretical and technical education in areas, such as economy, humanities, administration, law, technology or tourism.
- "Istituto professionale" - Vocational school for specific trades, crafts and careers.

DODEA EUROPE

DoDEA schools accept enrollments throughout the year to accommodate military families.

- Enrollment requirements: www.dodea.edu/enrollment-categories.cfm
- School Liaison Officer (SLO): invaluable resource during transition www.dodea.edu/Europe/resources/slo.cfm and www.europe.armymwr.com/slo
- Documentation needed:
  - ✔ PCS orders
  - ✔ Age verification (PCS orders, birth certificate or passport)
  - ✔ Child's transcripts
  - ✔ Immunization records

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-Europe. Contact your SLO for more information and to connect with homeschool groups.

CHILD CARE

Your installation's offerings may vary, but many programs are available through Force Support Squadrons or Morale, Welfare and Recreation (MWR) services. Contact your local facilities to enroll. Note that waitlists are likely, so get started early!

- Child Development Center (CDC) – These centers offer weekday child care for children ages 6-weeks to 5-years or pre-school.
- School-Age Programs (SAP), Youth Programs, Teen Programs – Offered for children in kindergarten through high school. These programs focus on a variety of enrichment activities. Some programs have before- and after-school care, as well as activities on holidays and during summer break.
- Family Child Care (FCC) – Providers are certified and regulated by the DoD to care for children in their homes. Some offer extended hours. For more on available programs, contact the CYS Registration Office.
- Check with your installation for specific registration information.

PARENT SUPPORT

Being a parent isn't always easy, especially when placed in a new environment. Many on-installation and private resources are available for you, such as the A&FRC, ACS or spouses' clubs. Also, look for community websites and social media resources to find support and friendship. ■

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Personal ENRICHMENT

Understanding the SOFA agreement between the U.S. and Italy will set realistic expectations for career opportunities during your time in Italy. Dependents are not allowed to work on the economy or have in-home businesses (example: Mary Kay, Arbonne, Scentsy etc.). Job opportunities for dependents can be found on your installation. However, job openings may be limited. It is important to look for job opportunities before PCSing and soon after you arrive.

CAREER OPPORTUNITIES ON INSTALLATIONS

- NAF Positions: NAF positions support installations through services in Morale, Welfare and Recreation (MWR) and Force Support Squadrons (FSS). Hours range from regular, full-time to flexible part-time with varying employment benefits. Federal and NAF positions are listed on www.usajobs.gov.
- DoDEA-Europe: These schools offer full-time positions, substitute teachers, administrative staff and educational aids. Go to www.dodea.edu/Europe/offices/hr
- Army and Air Force Exchange Service (AAFES): Apply at http://odin.aafes.com/employment or through local human resources offices.
- Defense Commissary Agency (DECA): Jobs at www.usajobs.gov
- Defense Contractors: Job opportunities in technology, management, accounting and administration are available with contracting firms. Your installation's contracting office and A&FRC or ACS office will have information about vacancies.

Note: Check websites and offices for new openings frequently – a job can be posted for as little as three business days.

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EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities on installations in Italy come with a variety of programs at universities partnered with the DoD.

- Central Texas College Europe: www.ctcd.edu/locations/Europe
  Primarily associate degrees and practical training. The Advanced Skills Education Program develops leadership qualities within non-commissioned and junior officers. Offers face-to-face and online courses.
- Community College of the Air Force: www.airuniversity.af.edu
  Accredited degrees and courses for qualified personnel.
- University of Maryland Global Campus: europe.umgc.edu
  Undergraduate and graduate degrees as well as associate, bachelor's, master's and doctoral programs. Offers face-to-face and online courses.
- Embry-Riddle Aeronautical University: europe.erau.edu
  Certifications, undergraduate and graduate degrees. Offers face-to-face and online courses.
- The University of Oklahoma: outreach.ou.edu
  Online and independent study options for some classes. Face-to-face advanced degrees available.
- Other schools:
  Many U.S.-based schools offer online courses or have European satellite locations. Some European universities offer programs for English speakers. For tuition assistance and financial aid information, visit www.military.com/education, www.militaryta.com or your Education Office.

> Taking the time to advance your education can help you excel in the future.

VOTING OVERSEAS

- Register at FVAP.gov
- Select your state of residency
- Request an absentee ballot
- Fill in and send in your ballot

VOLUNTEERING

While many may feel over- qualified to hold a volunteer title, there is so much to take away and learn as a volunteer. More often than not, this is the main avenue people take to eventually land a great job. Volunteering can help you gain experience and network to land a paid position in the future.

Start making connections

- Visit your installation's A&FRC/ACS, FSS/MWR, the American Red Cross and the United Service Organizations (USO).
- Reach out to various offices across your installation that align with the career field you're interested in. You never know if they need volunteers or are willing to let people shadow them.

OTHER PERSONAL ENRICHMENT AVENUES

- Start DIY projects you've always wanted to do.
- Spend time in the gym and establish healthy habits.
- Travel, travel, travel! Living in Italy means traveling between other European countries is easier than ever.
- Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles to StripesEurope.com for a chance to get published online and in various magazines.

Find what works for your goals and dreams whether you land a great job, volunteer with an amazing organization, further your education or find other ways for personal enrichment. Utilize your time in Italy to benefit your future to the best of your ability. ■

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LIVING
Like a Local

As things start to settle down with your move to Italy, it's best to immerse yourself into the culture as soon as you can. It may seem intimidating at first, but with the installation's resources, understanding Italian culture and learning easy Italian phrases — you'll be adjusted in no time!

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WELCOME TOURS

Contact your installation's ACS or A&FRC for information on "benvenuti" or "welcome" tours. These tours are designed to introduce you to an Italian town near you. You may stop in a restaurant, grocery store, farmer's market or other shops. The goal is to show you the ins and outs of how to order food and drinks, make purchases in stores and embrace the Italian culture overall.

EVERYDAY LIFE IN ITALY

Dining

- You can order tap water in Italy since it is safe to drink.
- Expect meals to last at least two hours.
- Restaurants will close between lunch and dinner.
- Lunch times are around 12:00 p.m. to 2:30 p.m.
- Dinner times start around 7 p.m. and may stay open until midnight.
- Be sure to ask for the check.
- Not every restaurant accepts credit cards, so bring euros.

Shopping

- You'll need a 50 cent or 1 euro coin to insert into shopping carts for use.
- Use a glove when touching grocery produce.
- Weigh your produce before checking out.
- Bring your own bag to bag your groceries.
- If you forget a bag, you'll need to pay for one at the register.
- Many shops close for "riposo" (rest period) which tends to take place between 12:30 p.m. to 3:30 p.m.

Driving

- Italians tend to drive more fast-paced than what drivers in the States are used to.
- Don't attempt to drive like the Italians to keep up with their pace.
- Italians also do not consider it rude to tailgate. Don't get upset when they're tailgating you—however, don't form a habit of trying to tailgate them back. ■

RECYCLING IN ITALY

Recycling is a requirement in Italy. Each town can be on different trash and recycle pick-up schedules—so be sure to ask your landlord or neighbors for information.

▶ **Here's a clear list of what to recycle:**

Paper

Boxes (from cereal boxes to shoe boxes)
Cardboard
Envelopes
Paper
Paper bags
Reading materials (paperback books, newspapers, magazines, catalogs, mail)
Wrapping paper

Non-paper Packing Material

Aluminum foil
Bottle tops
Jar lids
Metal cans/packaging
Net bags for produce
Plastic bags (storage bags, bags that food comes in, grocery bags)
Plastic bottles/cartons
Styrofoam

Biodegradables/Compost

Branches
Bread
Egg shells
Flowers/plants
Fruit
Hay and straw shavings
Nutshells
Paper towels
Tea bags
Untreated wood
Vegetables
Wood chips

Residual

Ashes
Cat litter
Diapers
Feminine products
Kleenex
Meat (including bones)
Mirrors
Non-packaging metals/plastics
Seafood (including shells)
Soiled paper products
Vacuum cleaner bags

Glass

White, clear, green, brown, blue and other colored glass
Drinking glasses
Non-returnable glass jars/bottles
Other glass packaging
No ceramics, porcelain, or metal/plastic lids

Bulk and Hazardous Waste

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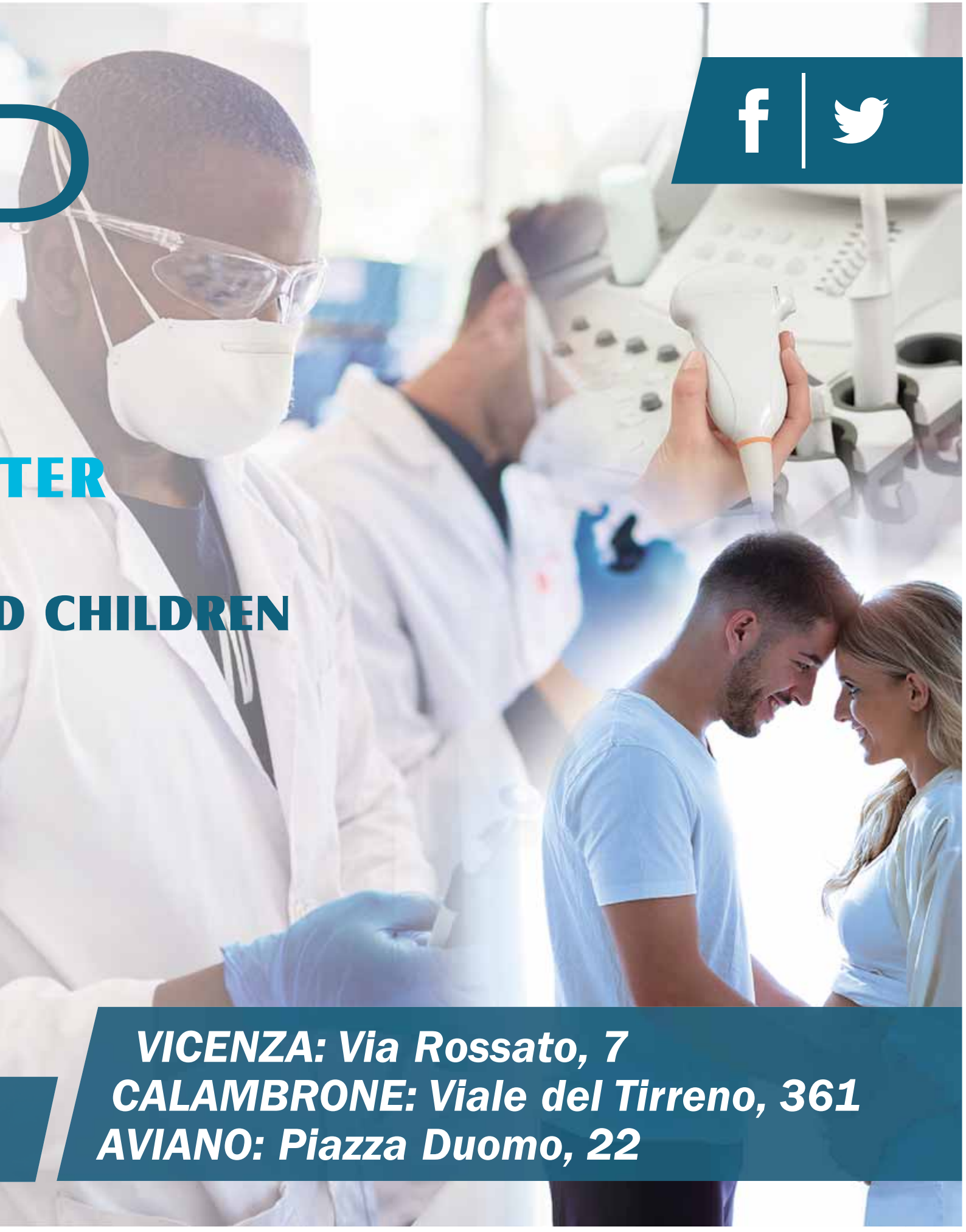

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Useful ITALIAN Phrases

Ready to learn Italian? Local nationals will appreciate that you are attempting to speak their native language. Remember, practice makes perfect!

SALUTATIONS

Hi	Ciao
Goodbye	Arrivederci / Addio
Bye	Ciao
Good morning	Buongiorno
Have a good day	Buona giornata
Good afternoon	Buon pomeriggio
Good evening	Buonasera
Have a good evening	Buona serata
Good night	Buona notte
See you soon	A presto

POLITE EXPRESSIONS

Please	Per favore
Thank you	Grazie
You're welcome	Prego
Yes	Sì
No	No
How are you?	Come stai?
What's going on?	Cosa sta succedendo?
Very good	Molto bene
I'm OK	Sto bene
I'm sorry	Mi dispiace
Excuse me	Scusami
That's fine	Va bene
Of course	Ovviamente
Don't worry	Non ti preoccupare

ASSISTANCE OR CLARIFICATION

Can you please help me?	Potete per favore aiutarmi?
Pardon me?/Excuse me?	Scusami?
I understand	Capisco
That sounds good/All is good	Suona bene / Tutto va bene
Exactly	Esattamente
I don't understand	Non capisco
I don't know	Non lo so
I speak English	Io parlo inglese
I don't speak Italian	Non parlo Italiano
I speak a little Italian	Parlo un po di italiano
My Italian is bad	Il mio italiano è cattivo
What's that called in Italian?	Come si chiama in italiano?
How do you say "_____" in Italian?	Come si dice "_____" in italiano?

What does "_____" mean in English? ..... Cosa significa "_____" in inglese?
Do you speak English? ..... Parli inglese?
Please write it down ..... er favore scrivilo

DINING

I'd like to reserve a table ..... prenotare un tavolo
My name is _____ ..... Il mio nome è _____
I have a reservation ..... Ho una prenotazione
I would like _____ ..... Mi piacerebbe
I would like to pay, please ..... Vorrei pagare, per favore
Check, please ..... Controlli, per favore
Keep the change ..... Tieni il resto
Waiter/waitress ..... Cameriere/cameriera

SHOPPING

How much does this cost? ..... Quanto costa questo?
Do you have _____? ..... Hai____?
How much? ..... Quanto?
What is this? ..... Cos'è questo?
Do you have this in size_____? ..... Hai questo in size____?

TRAVEL

Hotel ..... Hotel
Room ..... Camera
Train station ..... Stazione ferroviaria
Main train station ..... Stazione ferroviaria principale
Subway ..... Metropolitana
Airport ..... Aeroporto
ATM ..... ATM
Gas station ..... Stazione di servizio
When is the next train to ____? ..... Quando è il prossimo treno per____?
When does the train leave? ..... Quando parte il treno
Where is _____? ..... Dov'è _____?
North ..... Nord
South ..... Sud
East ..... Est
West ..... Ovest
Left ..... Sinistra
Right ..... Destra
Straight ahead ..... Sempre dritto

LEARNING THE LANGUAGE

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

▶ **Google Translate App**

This app allows you to "say" the word in Italian and hear how it is pronounced. You can also turn on the image feature and hover your phone over the Italian text to translate in real-time to English without typing each word.

▶ **Online Programs**

Through Army MWR or USAFE Libraries' websites, you can access Mango Languages or Rosetta Stone to learn Italian for free on your computer or mobile device.

▶ **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. ■

Conversions & Holidays

LENGTH

1 kilometer =	0.6 miles
1 meter =	3.3 feet
1 centimeter =	0.39 inches

WEATHER TEMPERATURE

°C	°F
0	32
5	41
10	50
15	59
20	68
25	77
30	86
40	104
50	122

ITALY PUBLIC HOLIDAYS 2022

1 January
New Year's Day

6 January
Epiphany

17 April
Easter Sunday

18 April
Easter Monday

25 April
Liberation Day

1 May
International Workers' Day

2 June
Republic Day

15 August
Assumption Day

1 November
All Saints' Day

8 December
Immaculate Conception

25 December
Christmas Day

26 December
St Stephen's Day

WOMEN'S SIZES

Shoes

US	EU
5	35-36
5.5	36
6	36-37
6.5	37
7	37-38
7.5	38
8	38-39
8.5	39
9	39-40
9.5	40
10	40-41
10.5	41

Dresses/Shirts/Pants

US	EU
2 (XS)	32
4 (XS/S)	34
6 (S)	36
8 (M)	38
10 (M)	40
12 (L)	42
14 (L-XL)	44
16 (XL/1X)	46
18 (1X-2X)	48-50
20 (2X)	50-52

Bras (Cups AA-E)

US	EU
32	70
34	75
36	80
38	85
40	90
42	95
44	100
46	105

MEN'S SIZES

Shoes

US	EU
8	41
8.5	42
9	43
10.5	44
11.5	45
12	46
13	47
14	48

Suits/Coats

US/UK	EU
36	46
38	48
40	50
42	52
44	54
46	56
48	58

Pants

Inches	CM
28	71
30	76
32	81
34	86
36	91
38	97
40	102

CHILDREN'S SIZES

Clothing

US	EU/UK
2T	92
3T	98
4	104
5	110
6	116
6X	122
7	128
8	134
9	140
10	146
11	152

Shoes

EU	US
11	28
12	30
13	31
1	32
2	33
3	34
4	36
5	37
6	38
7	39
8	40
9	41

INFANT SIZES

Clothing

US	EU/UK
NB	56
3 MO	62
6 MO	68
9 MO	74
12 MO	80
18 MO	86

Shoes

US	EU
0	15
1	16
2	17
3	18
4	19
5	20
6	22
7	23
8	24
9	25
10	27

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AVIANO, ITALY

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ROAD TRIP FROM AVIANO:

Get Out and Explore Venice

By Kristi Adams

Arguably one of the most beautiful cities in the world is Venice, an ancient city rising up from the sea. With classic gondoliers steering thin, distinctive boats through the many canals that connect the city – Venice offers a picturesque experience like no other. Italy offers no shortage of things to do, and you don't have to travel very far to see one of the world's most beautiful and unique cities when you head to Venice for the perfect road trip.

As the capital of northern Italy's Veneto region, Venice is known as "the Floating City" and is comprised of 117 small islands. The city is not built directly on the islands, but rather upon numerous wooden platforms and piles driven deep into the watery marshes of the Adriatic Sea. Wood might seem an unlikely source for a building material, but since the wood is submerged, over time it petrified in the salt water – rendering it with a stone-like strength that has lasted for centuries.

These fortified platforms became the perfect stage for Venice's expansion from the 9th through 12th centuries centuries, as the city became a significant trading port. Influenced with extensive trade with the Byzantine Empire, Venice became one of the wealthiest cities in the medieval world, spurring amazing architecture waiting for you to explore centuries later.

Instead of a 'hop-on, hop-off' bus tour, take a gondola ride on the Grand Canal and admire the stunning skyline and bridges. The Istituzione per la Conservazione della Gondola e Tutela del Gondoliere has a list of recommended itineraries, www.gondolavenezia.it

Head to one of the most magnificent piazzas in Italy – San Marco, to see some of the world's most iconic sights; St. Mark's Basilica, Doge's Palace and the famous clock tower, Torre dee'Orologia, finished in 1506.

For a bird's eye view of this gorgeous city, make your way to the Campanile – Venice's tallest building, to see the whole lagoon. On a clear day, you can even see the Dolomites mountain range in the distance!

It should come as no surprise that some of the best seafood in the world is to be had in Venice. Daily catches fresh from the lagoon abound in the city's plethora of waterfront restaurants. Step out of your comfort zone and try exotic dishes like "sarde in saor," an antipasto dish consisting of deep-fried sardines marinated with onion and vinegar topped with raisins and pine nuts. It gives this appetizer a sweet and sour taste. Also, try risotto "al nero di seppia." It is a seafood-based risotto flavored with squid ink, wine, onion and tomatoes. The ink makes the risotto jet black!

If you're not a fan of seafood, try the Venetian staple, "fegato alla veneziana." Calf liver and caramelized onions are served on creamy "polenta," a broiled cornmeal similar to porridge.

Whether you come for the amazing views, gondola rides or the food, Venice is a beautiful waterfront city offering something for the whole family.

Find top travel tips, itineraries, art and more at www.turismovenezia.it ■

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ROAD TRIP FROM VICENZA:

Get Out and Explore Florence

By Kristi Adams

A drive through the rolling hills of Tuscany has long been a bucket-list staple for many, and with good reason. It's a region of picturesque cities, old-world villages, extraordinary sculptures and architectural masterpieces, and of course, lots of amazing food and wine. Italy brims with endless things to do and see, and Florence stands out as the perfect destination for a road trip.

Known as the "Cradle of the Renaissance," Florence was home to the cultural movement that began in the 14th century and spread across Europe. A marked difference from the Middle Ages, the Renaissance Period launched art, architecture, science and modernization, and scholars that are still relevant to this day.

As the capital of the Tuscany region, Florence is packed with iconic sights and experiences. Although an ancient city, Florence continues to attract world-class attention, and was even voted as the best city in Europe to visit in "Condé Nast's" 2015 Readers' Choice Awards. From Michelangelo to Leonardo da Vinci, Raphael, Donatello, Galileo and more, each left their mark in Florence. You'll find beauty and wonder around every corner, and no shortage of things to do for the whole family.

Start with a sunrise stroll along the Arno River and marvel at the city's awe-inspiring skyline. Make stops along any of Florence's beautiful three bridges; the Ponte Santa Trinita, the Ponte Vecchio, or Ponte alle Grazie for postcard-perfect pictures.

No visit to Florence would be complete without a stop at the Cattedrale di Santa Maria del Fiore – a striking façade of pink, white and green marble that creates the magnificent focal point of the Piazza del Duomo. Trek up more than 400 steps to the cathedral dome and look over the city's red-tiled rooftops.

Don't miss Michelangelo's 17-foot marble achievement, David, and countless other priceless masterpieces at the Accademia Gallery.

Find the perfect souvenir and accessory in one of the various leather boutiques throughout the city.

As you explore this Italian gem, stop and enjoy the local cuisine, particularly known for its (assaggio) platters of pastas, and a delightful inches-thick steak known as bistecca Fiorentina. Also of note – Florence is rumored to be the home of gelato, and there are no shortage of cafés for you and your family to sample this delightful dessert. Many cafés, like Vivoli (www.vivoli.it) specialize in fresh, seasonal "flavors" meaning gastronomic delights such as pistachio, lavender, cherry and more await.

Come for the architecture, come for the food – either way, Florence is a beautiful city offering something for the whole family.

Find the top restaurants, hidden gems, the best travel tips and more at: www.VisitFlorence.com ■

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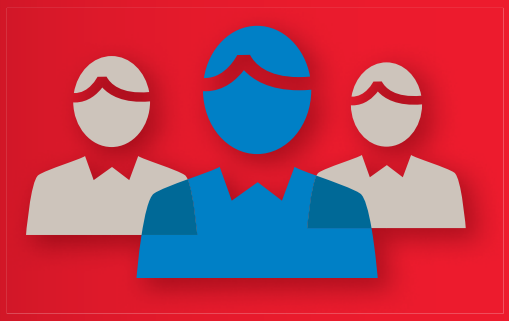

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ROAD TRIP FROM CAMP DARBY:

Get Out and Explore Cinque Terre

By Carrie Farrell

Built around the 11th century, the five villages of 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 there. I heard traveling in Cinque Terre with children was difficult, but I was not going to be deterred.

Where to Stay

The first thing to do when planning your Cinque Terre stay is to choose one of the villages as your home base. With a little research, we found that Monterosso al Mare, or simply Monterosso, would best suit our needs. It's the biggest of the five villages and the starting point of some scenic trails. It's spread out between "New Town" and "Old Town." New Town boasts a beachfront promenade lined with modern hotels, restaurants and bars. The train station is conveniently located in the center of the promenade. The paths through Monterosso are stroller-friendly with numerous ice cream stands and a beachside playground—fantastic for a daily stroll. Old Town, a 10-minute walk from New Town, includes residences, restaurants, churches and shops nestled in stone alleyways. The ferry landing can also be accessed from here. This is the only village with sandy beaches. Not to be compared to Caribbean beaches, these are small and narrow with patches of pebbles, but my daughter had a blast with a bucket and shovel.

From Monterosso, you can take either a 2-hour hike or a 10-minute train ride to Vernazza. We chose the latter. Vernazza is a narrow, one-street town with a church built on the water. The remains of a castle, an old wall that once protected against pirates and a small harbor lined with colorful fishing boats make this town a must-see. It was an easy trip with my little one in tow and made a great lunch stop and family photo opportunity.

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. This is not the easiest place to visit unless you are looking for some serious exercise. There is a green park bus you can take to and from the train station; however, the schedules were varied and tested the patience of our little one. So, we embraced the vertical challenge and rewarded ourselves with gelato after the climb.

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. Enjoy a unique spot of land from which the most famous Cinque Terre photos are taken.

Riomaggiore 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.

Local Cuisine

I would be remiss if I didn't mention how wonderful the food is in this region. It's best described as fresh, local homemade cuisine that soothes the soul. Like a lot of kids her age, my daughter tends to be a picky eater. But in the land of pasta, she was an easy customer. We quickly discovered a few favorites that influenced our daily agenda.

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 high chair ready to go.

continued on page 60

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Other BEFeD restaurants in the local area:
Sacile *(viale mazzini 33)* and **Pordenone** *(viale martelili 19)*

continued from page 58

Focaccia: This tasty pillowy bread also originates here. It's simply flatbread with olive oil and salt. Try Panifacio Focacceria in Vernazza.

Torta Monterossina: A wonderful cake named after the village with layers of chocolate and cream. Try Pasticceria Laura (Bakery Laura) in Monterosso. This place became a frequent stop for breakfast. We couldn't get enough of the fresh pastries and cappuccinos.

Food Markets: Once a week in each village, there are tiny street markets for food. There's a great one in La Spezia every morning that is about 20 minutes away by train. The vendors there love kids. My daughter scored quite a bit of free cheese and sausages.

Getting Around

Since the hiking trails vary in difficulty, length and beauty, it is particularly important for families with kids to choose their itineraries carefully. Hiking was not our main priority.

Train: We found the train to be an excellent way to travel between villages. Kids under the age of 4 travel free on the TrenItalia trains (both regional and national). Technically, that's so long as they don't occupy a seat.

Car: If you are driving to Cinque Terre, it is imperative to research parking options while looking for accommodations. 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.

Ferry: Ferries are a great way to get away from the hustle and bustle and are available at most of the villages.

Less is More

Pare down your itinerary and pace yourself. We managed daily strolls, shopping, eating, playing, naptime and sightseeing in all the villages with ease. Monterosso proved to be a great launching point for quick day trips throughout Cinque Terre. We were able to see it all without cramming 10,000 things on the agenda each day.

Hit up each village's playground. For us, this was a must. Ask a local where the nearest parco giochi can be found. My favorite is in Manarola. The location is stunning, and it is enjoyable for parents and kids alike (and did I mention there's a wine bar just beneath the playground!?).

Sample lots of gelato. Your kid will love you for it. Before our trip, my daughter did not know the word "ice cream" but she soon learned to enthusiastically point out the gelato stands everywhere we went.

Ditch the stroller. Seriously, it's a bad idea. With all the stairs, steep inclines and uneven streets (not to mention the hassle of getting on and off the trains) having a stroller here is not ideal. Instead, opt for a baby carrier or sling.

Take the boats. Kids love the boats. I mean, really LOVE them. And the ferries are a nice and relaxing way to visit Cinque Terre.

Any uncertainty I had about taking my daughter there was quickly erased. The sweet smell of the sea, stunning views, fantastic food and watching my daughter play with the local kids at the park made Cinque Terre the perfect family getaway. ■

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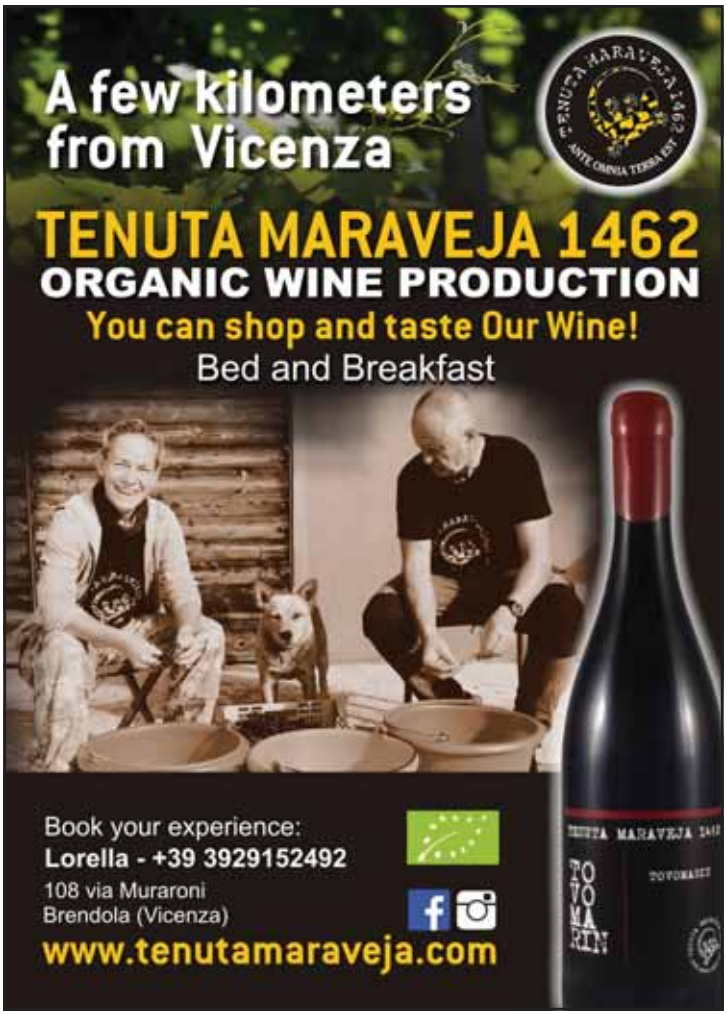

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BUCKET LIST:
Italy Edition

By Stripes Staff

Italy is a dreamy country filled with countless treasures from architectural masterpieces and picturesque coastal towns to some of the world's best food and experiences waiting to be had. While stationed in Italy, be sure to traipse through Italy and cross these items off your Italian bucket list.

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1
Toss a coin in the Trevi Fountain.

2
Explore the villages of Cinque Terre.

3
Hike up the mighty and impressive Mount Etna.

4
Snap an iconic pic with the Leaning Tower of Pisa.

5
Take a gondola ride through the canals of Venice.

6
Witness the clash of Roman and Greek architecture in Taormina.

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Serving troops and their families, wherever they go, is our mission. Our vision is to be the preferred retail and services provider for the military family through extraordinary customer experiences and value pricing. Come visit us for a taste of home overseas!

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Exchange (Italy Consolidated Exchange)

EXCHANGE

The Exchange supports the Healthy Army Community and Air Force Smart Fueling programs.

BE FIT

www.shopmyexchange.com/be-fit

An Exchange initiative to empower Military customers, their families and communities with fitness information, nutrition tips and tools to help them live healthy, Be Fit lifestyles. Be You. Be Healthy. Be Strong. BE FIT!

Look for this tag in the stores!

More for your life at *shopmyexchange.com*

If item is eligible: order online and come pick up your purchase in a local Exchange Store!

BUY ONLINE PICKUP HERE

EXCHANGE YOU MADE the GRADE you get the REWARDS!

Turn **Good Grades** into **Great Rewards** at Your Local Exchange!

Contact your local Exchange for more details on the **YOU MADE THE GRADE** program.

EXCHANGE PCS item

PCS ITEMS INSTORE

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COMMISSARY

NOW ACCEPTED AT YOUR LOCAL COMMISSARY

OUR HONOR TO SERVE YOU

continued from page 62

7

Indulge in delicious gelato, pizza, pasta and, of course, wine.

8

Hike through the Dolomites.

9

Visit the Amalfi Coast and take a short boat ride into the cave, Blue Grotto of Capri, to witness its illuminated blue waters.

10

Visit the Vatican Museum and St. Peter's Basilica.

11

Appreciate the art and architecture of Florence.

12

Stare in awe of the Gothic Duomo di Milano cathedral in Milan.

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WINE TASTINGS
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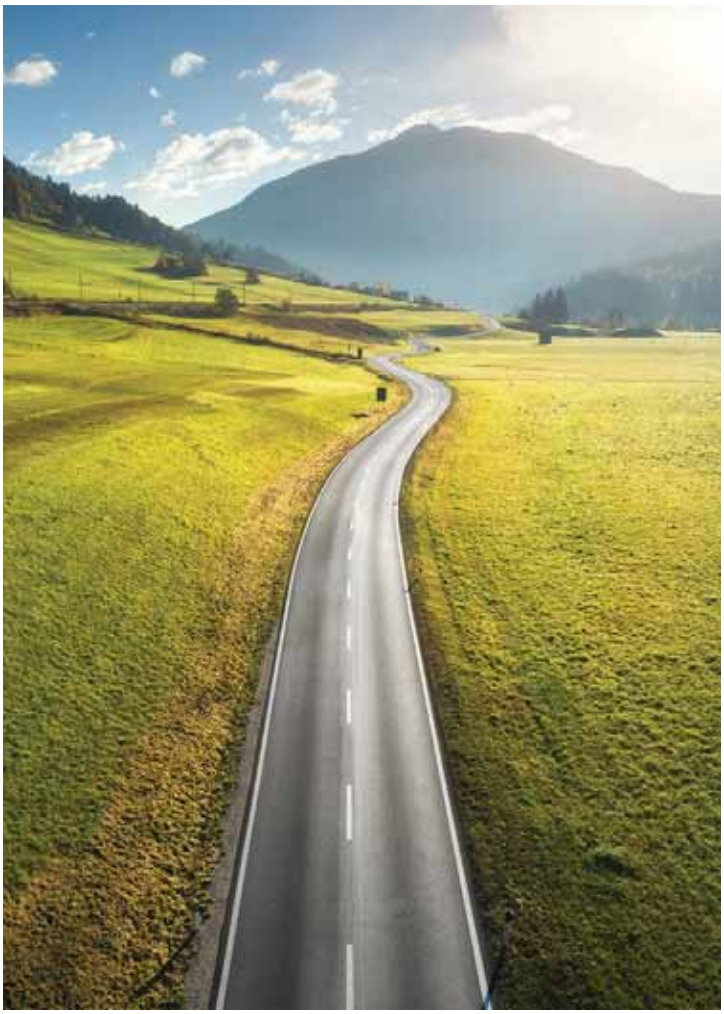
Hail and Farewell Parties

CASTELLO BEVILACQUA Via Roma 50, 37040 Bevilacqua (VR) - Tel: 0442 93 655 - Email: info@castellobevilacqua.com



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- Tire shop / services
- Computerized diagnosis
- Tow hooks installations
- LPG / autogas fuel systems

We're located:
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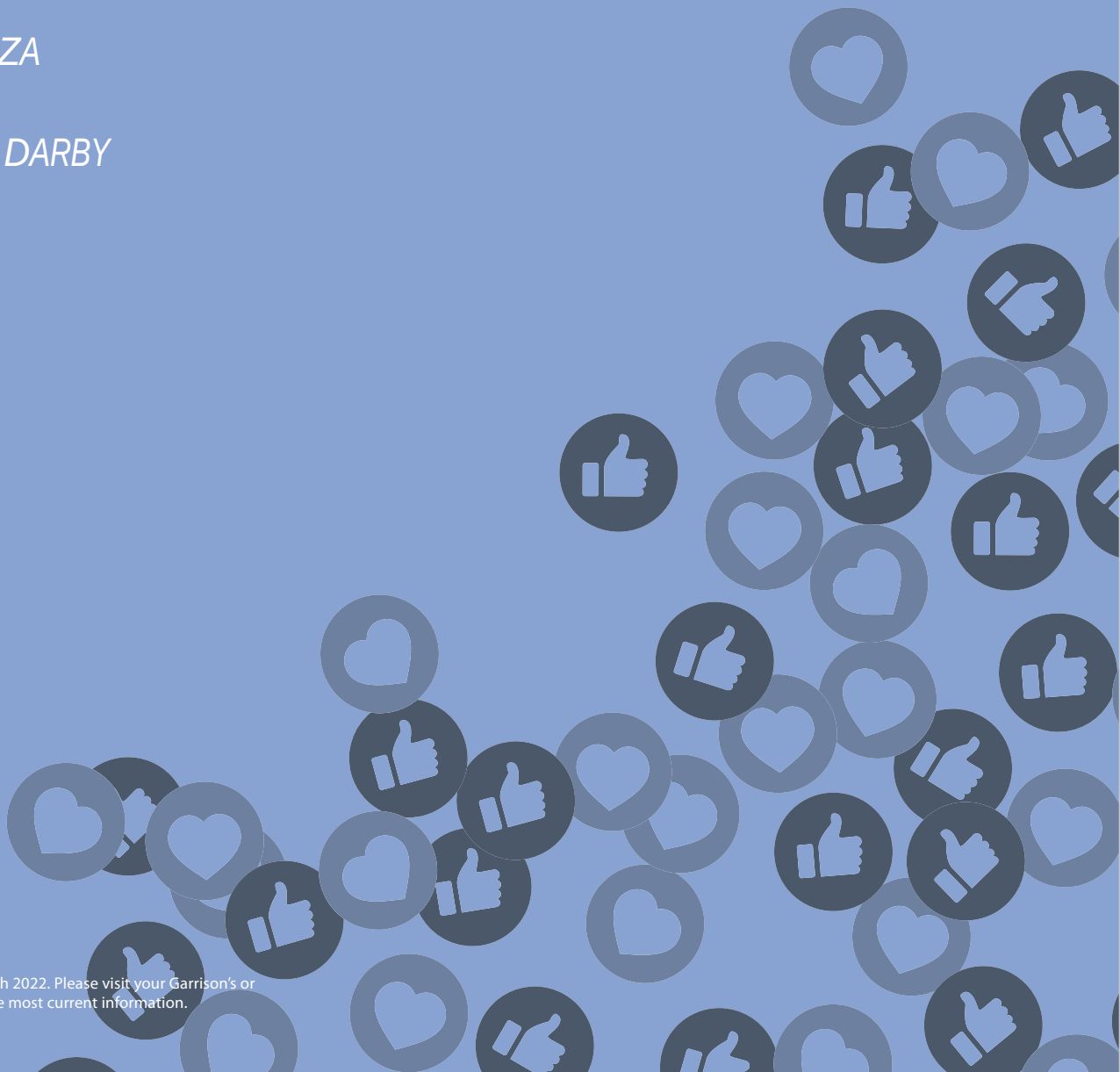
Via Corbetta, 25 - 36100 VICENZA Tel. 0444 511311 (BODY SHOP)
Email: caroffzanotto@gmail.com

BASE DIRECTORY

68 *AVIANO*

70 *VICENZA*

72 *CAMP DARBY*



This information was accurate as of March 2022. Please visit your Garrison's or Force Support Squadron's website for the most current information.

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- VR & Digital Labs
- Personalized Learning Pathway
- Career Guidance

IN VICENZA CITY CENTER AND IN THE H-FARM CAMPUS WITH BOARDING, A STEP AWAY FROM VENICE

H-FARM
Approach

AVIANO DIRECTORY

FACEBOOK PAGE RESOURCES

Military
- Aviano Air Base
- 31st Force Support Squadron
- U.S. Air Forces in Europe and Air Forces Africa
- AFN Aviano

Military Community
- Aviano La Bella Vista Club
- Aviano Airman & Family Readiness Center
- AFMS - Aviano 31st Medical Group
- Aviano Chapel
- Spouses of Aviano
- Aviano AB CE Spouses
- Aviano SFS Spouses
- Aviano Passenger Terminal
- American Red Cross - Aviano, Italy

Health & Fitness
- Aviano Health Promotion
- Aviano Fitness Center

Pets
- AVIANO PETS PAGE
- Homes for Aviano Pets

Pregnancy & Parenting
- La Leche League of Aviano
- Aviano Italy Mom, Wife, Dad, Family support group

Recreation
- Aviano Arts and Crafts Center
- Aviano Community Center
- Aviano Community Theater

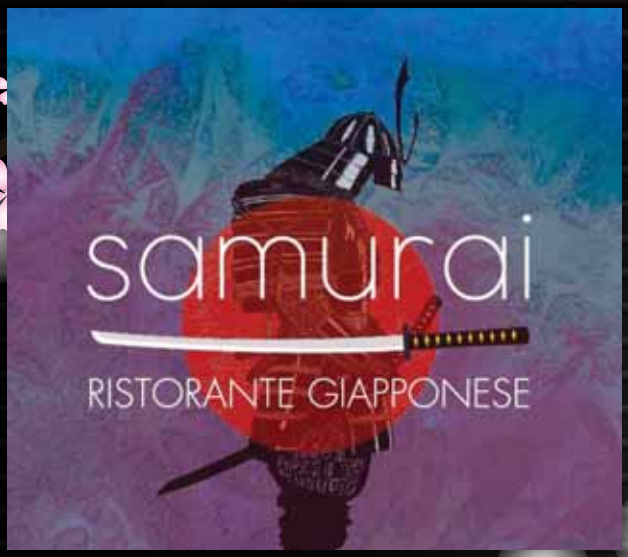
Retail
- Aviano Thrift Shop
- Aviano Air Base Resale Lot

Youth Education
- Aviano Youth Programs
- Aviano AFB Student Liaison Officer

For the most current information please visit www.31fss.com/first-31-pcs-welcome

Download the Aviano App! Available on the App store.

PHONE DIRECTORY	CIV PHONE #	BLDG #
Operator	1110	
American Red Cross	0434-30-5576	1467
Airman and Family Readiness Center	0434-30-5407	1431
Commissary	0434-30-7656	1411
Dental Clinic	0434-30-5060	121
Drivers Testing/License	0434-30-4817	1413
Education Center	0434-30-5330	147
Finance Office	314-632-CASH (DSN only)	1403
Housing and Furnishings Management	0434-30-2272	1409
In-/Out-Processing	0434-30-5404	1403
Legal Office	0434-30-7843	1403
Library	0434-30-5382	149
Medical Appointment Line	0434-30-5000	
New Parent Support Program	0434-30-5667	121
Passport Office	0434-30-5404	142
Patient Liaison	0434-30-5408	Off-post
Post Office	0434-30-4086	1478
Temporary Lodging	0434-30-4040	1484
The Exchange - Main Store	0434-30-7331	1411
Thrift Shop - Area 1 - Fire Station	0434-30-5402	2nd Floor
Vehicle Processing	0434-30-1106	Off-post
Veterinary Clinic	0434-30-8485	1410



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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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VICENZA DIRECTORY

FACEBOOK PAGE 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
- American Red Cross - Vicenza
- Vicenza Family and MWR
- Army Wives Caserma Ederle

Health & Fitness
- CrossFit Vincenza
- 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

For the most current information please visit www.italy.army.mil

PHONE DIRECTORY	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	0444-30-249	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	0444-61-7634/7633	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	0444-61-7950/7951	Off-Post
In-/Out-Processing	0444-61-7130/7131	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	0444-66-2721	2
Library - Ederle	0444-71-4947	302
Passport Office/Embassy Liaison	0444-61-7135/7136	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	0444-61-7151	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	0444-61-8979/8947	Torri
Vehicle Registration	0444-61-7820/7821	Torri
Veterinary Services	0444-61-9160	2310

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Le Vescovane

levescovane.com

CAMP DARBY DIRECTORY

FACEBOOK PAGE 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

For the most current information please visit www.italy.army.mil

PHONE DIRECTORY	CIV PHONE #	BLDG #
American Red Cross	0444-61-8918/8919	333
Army Lodging	050-54-7580	202
Cell Phone Concession	050-54-7577	302
Child, Youth Service - Parent Central Services	050-54-7681	730
DoDEA	0444-71-8460	307
Drivers Testing/License	0444-61-7633/7634	393
Education Center	050-54-7073	427
Exceptional Family Member Program	0444-71-5845/5830	108
Family and MWR HQ	0444-61-7898	203
Furnishings Management Office	0444-61-7811/7812/7813	L0928
In-/Out-Processing	0444-61-7130/7131	393
Household Goods	050-54-8154	413
Italy Tax Relief Office	050-54-8151	601
Library	050-54-7000	407
Passport Office/Embassy Liaison	0444-61-7135/7136	28
Patient Advocate - Health Center	0444-61-9106	2130
Patient Liaison	0444-75-3300	Off-post
Postal Service Center	0444-66-2750/2751/2752	2
School Liaison Office	050-54-8075	113
Sponsorship	0444-61-7151	393
The Exchange - Main Store	050-54-7456	725
TKS Internet Service	0444-50-4148	393
USO - Vicenza	0444-71-7156	9a
Vehicle Processing	050-98-9201	5130
Vehicle Registration	050-54-7266	731
Veterinary Services	0444-61-9160	2

STARS AND STRIPES

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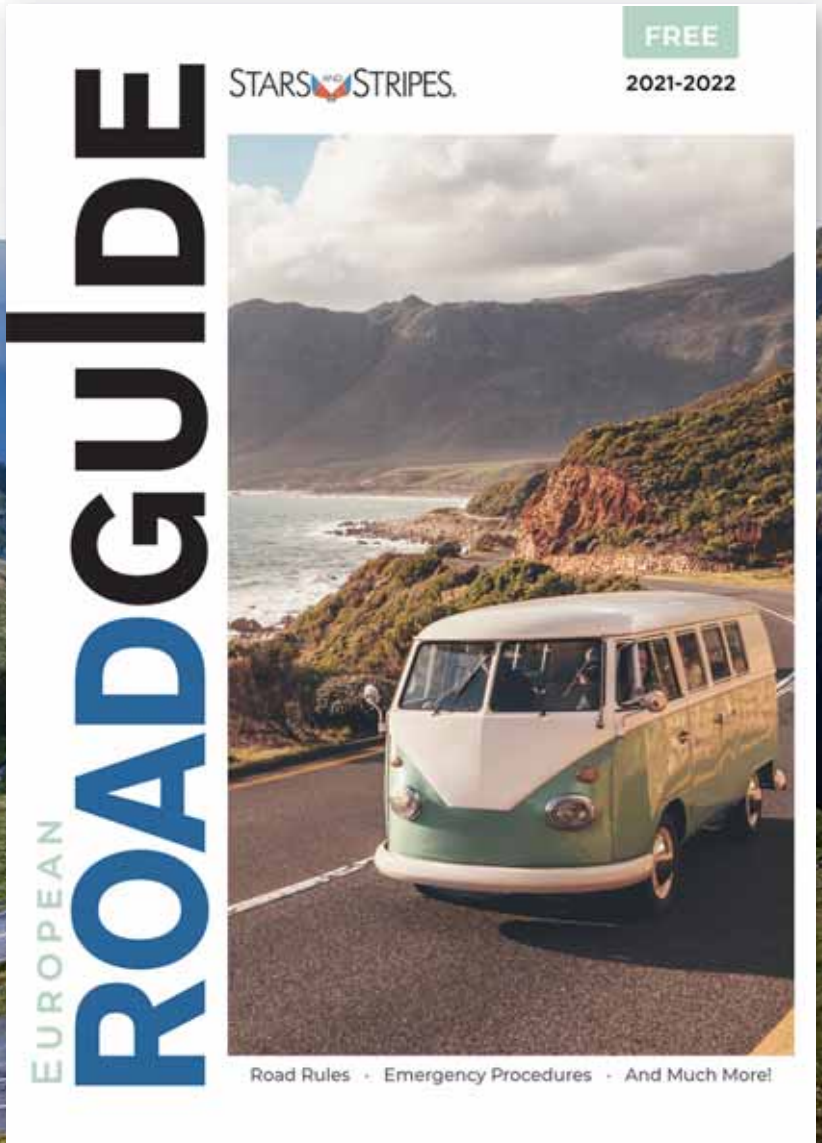
- European Road Signs
- Car Buying Guides
- Emergency Phrases
- European Road Rules

The Stripes European Road Guide will be available at your installation's A&FRC, ACS and FFSC!



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