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“Sofia’s hard work, dedication and professionalism was superb throughout my entire order process. Awesome service, thank you Sofia!” - Mark Simmons
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HEADING ABROAD?

Take us along for the journey.

Overseas insurance is an easy way to protect your car, motorcycle, and personal property when you temporarily move to a different country. With GEICO overseas insurance, you could get the same low rates and high-quality GEICO customer service that you get in the States.

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- Payment plans

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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 CTO 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 “soggiorno” (dependents)
- Visit Airman & Family Readiness Center (A&FRC) or Army Community Service (ACS) for transition 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

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 communication 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

PERSONAL ENRICHMENT
- Create a USAJobs.gov account and update resume
- Visit Education Center to learn about course offerings
- Visit A&FRC for volunteer, employment assistance and work-study opportunities (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
- Pick up the Stripes Europe magazine

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
- It’s recommended you purchase pet insurance
- Find a boarding center or pet sitter
- Understand and adhere to local Italian pet laws
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- Via Pordenone 40 - 33081 Aviano (PN) T. 0434-660 036
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
  • Hangouts

Note: When you arrive, put your phone in airplane mode to avoid unexpected charges.
Delivering a little bit of home across the globe is our mission.

easyTV GO
American TV wherever you are

- stream live American TV everywhere*  
- watch on your phone, tablet, PC, and television set with live, recorded, or on demand viewing
- watch it free for 30 days
- easy online sign up: no contract, cancel anytime

*Available anywhere OCONUS.

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www.tkscable.com
EURO BANKING

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.

BEWARE OF FEES

- Off-installation ATMs may require transaction fees.
- Minimize fees by setting up a 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.

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:
  - International Bank Account Number (IBAN)
  - Bank’s Identifier Code (BIC)
  - Account or reference number on file with payee
  - The payee’s name

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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Smart savings, checking, auto & motorcycle loans, newest tech & high-fives

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3 Italy Locations
Darby • Vicenza • Aviano

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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.

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.
  - 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.
• 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.
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.

Types of Housing

**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.
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.
- Show variety and availability may be limited because you are outside the U.S.

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.

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 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.
The “Podere Gelisi” is a family-owned winery founded by Antonio Gelisi in 1961. Our vineyards are nestled in a fertile valley bordering the Italian Dolomites. We proudly export our award-winning wines to 20 different countries across the globe.

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PROSECCO SPUMANTE BRUT
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FRIULANO
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email: sergio.gelisi@virgilio.it
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 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.

**Emergency Numbers**

<table>
<thead>
<tr>
<th>Emergency Numbers</th>
<th>Dial</th>
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<tbody>
<tr>
<td>Fire</td>
<td>115</td>
</tr>
<tr>
<td>Ambulance</td>
<td>118</td>
</tr>
<tr>
<td>Carabinieri (Italian Police)</td>
<td>112</td>
</tr>
<tr>
<td>Police</td>
<td>113</td>
</tr>
</tbody>
</table>
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American-Owned Clinic for Military Families and Civilians Overseas.
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• Psychology
• Psychiatry
• Speech & Language Therapy
(pediatrics only)

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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.

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.

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

Finding an Italian dental clinic

- To locate a preferred provider, visit www.uceitdp.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.dmdc.osd.mil/milconnect
Beneficiary Web Enrollment
www.tricare.mil/bwe
TRICARE Website
www.tricare.mil
Active Duty Dental Program
United Concordia Companies
1-866-984-ADDP
www.addp-ucci.com
TRICARE Dental Program
1-855-MET-TDP2
(866-838-8732) (OCONUS)
1-855-MET-TDP3
(855-638-8373) (TDD/TTY)
www.mybenefits.metlife.com
TRICARE Retiree Dental Program
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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- Competitive rates and low annual deductible
- Keep this health plan if you return to the U.S.
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afspa.org/fsbp

FEHB plan offered to eligible Federal Civilian employees

All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan’s Federal brochure (RH 75-001)

Villa Napoleon

OUR SERVICES

HOSPITALIZATION OR OUTPATIENT VISITS FOR:
- Psychiatric and psychological problems (such as depression, post-partum depression, ADHD, and more)
- Addiction (alcohol or drugs) problems
- Eating disorders
- Non-pharmacological cures (such as transcranial magnetic stimulation)
- Neurological problems

CASA DI CURA PARK VILLA NAPOLEON
VIA TERRAGLIO 439
31022, PREGANZIOL (TREVIISO)

CALL US TODAY AT (+39) 042293215
EMAIL: info@villanapoleon.it
CERTIFIED EMAIL: parkvillanapoleon@pec.it
ENGLISH SPEAKING CONNECTION: Davide Costantini
WWW.VILLANAPOLON.IT
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 getting traveling done 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.

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 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.

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.

Life for your PETS in Italy
Care & Move 4 Pets

EVERYTHING FOR CARE AND SHIPPING OF YOUR PETS

some of our SERVICES

01. WORLD WIDE PET SHIPPING GROUND TRANSPORTATION 24/7
   ALSO DOOR TO DOOR

02. PET TAXI FOR ALL NEEDS - FROM/TO HOTELS/AIRPORTS

03. PET SITTING ALSO BY YOUR LOCATION

04. ALL KIND AND SIZE OF CRATES AVAILABLE

05. ASSISTANCE FOR ANYTHING YOU MIGHT NEED FOR YOUR PETS

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www.facebook.com/CareMove4Pets/
www.Care-Move4Pets.com
Mobile 345 239 2093
email: info@care-move4pets.com
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.

**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.

**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.

**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.
SALT CAVE HOLISTIC CENTRE
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lucassealeaviano@gmail.com
Grotto di Sale – Luce e Salo
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922132

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vigonova@otticamariuz.it
0434 99155

*discount only on complete eyeglasses
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.

“Liceo” - 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!

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)

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.

- Adolescent Support and Counseling Services (ASACS)
- Military OneSource - Twelve free sessions for individual, couple, family or group settings.
- 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.
Tax Preparers Needed in Italy

Qualified or experienced tax preparers needed to work with US Military personnel and civilians in Italy.

For more information contact
Roy Mcgilvray:
PHONE
+39 3349985159
EMAIL
mcgilvrayroy@gmail.com

CALL FOR MORE INFORMATION OR AN APPOINTMENT:
Tel. 380-861-6097 or email: sv.schiavon.matteo@gmail.com
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 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 one day and stay posted for only 48 hours.
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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.

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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U.S. Abroad Health Care

Welcome to U.S. Abroad Health Care. Our team of experienced English speaking medical professionals, including nurses, doctors, and medical assistants, provide comprehensive medical and dental services in Italy.

Our dedicated staff at U.S. Abroad Health Care are committed to ensuring the well-being of our patients throughout their stay, offering a wide range of services from routine check-ups to emergency care. Whether you’re a visitor to Italy or a long-term resident, we are here to support you.

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Strada Cà Balbi, 8c
36100 Vicenza
English Speaking Health and Medical Care in Italy

Welcome to usabroadhc.com – a health organization that provides English speaking individuals in Italy and Italians with the best and pharmaceutical services possible.

At U.S. Abroad Health, we are dedicated to the well-being and health of its clients in and around its office in Vicenza and throughout Italy.

To schedule an appointment – call us at 0039-0444-914398. You will receive a call within 2-3 hours to verify your appointment. Or email us at admin@usabroadhc.com

www.usabroadhc.com

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33081 Aviano

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Terrenia Pl 56123
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 your installation’s resources, understanding Italian culture and learning easy Italian phrases — you’ll be adjusted in no time!

**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.

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**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)

  **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
  - Plastic bottles/cartons
  - Styrofoam

  **Glass**
  - White, clear, green, brown, blue and other colored glass
  - Drinking glasses
  - Non-returnable glass jars/bottles
  - Other glass packaging

  **Batteries/Chemicals/Detergents/Pesticides**
  - Construction waste
  - Cooking oil
  - Electronics
  - Furniture
  - Large branches
  - Lightbulbs
  - Mercury thermometers
  - Other oils
  - Paint
  - Scrap metal
  - Tires
  - Trees

  **Seafood (including shells)**
  - Soiled paper products
  - Vacuum cleaner bags

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Ristorante – Pizzeria
San Giorgio
The Spaghetti House
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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

<table>
<thead>
<tr>
<th>English</th>
<th>Italian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hi</td>
<td>Ciao</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Arrivederci / Addio</td>
</tr>
<tr>
<td>Bye</td>
<td>Ciao</td>
</tr>
<tr>
<td>Good morning</td>
<td>Buongiorno</td>
</tr>
<tr>
<td>Have a good day</td>
<td>Buona giornata</td>
</tr>
<tr>
<td>Good afternoon</td>
<td>Buon pomeriggio</td>
</tr>
<tr>
<td>Good evening</td>
<td>Buonasera</td>
</tr>
<tr>
<td>Have a good evening</td>
<td>Buona serata</td>
</tr>
<tr>
<td>Good night</td>
<td>Buona notte</td>
</tr>
<tr>
<td>See you soon</td>
<td>A presto</td>
</tr>
</tbody>
</table>

### POLITE EXPRESSIONS

<table>
<thead>
<tr>
<th>English</th>
<th>Italian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please</td>
<td>Per favore</td>
</tr>
<tr>
<td>Thank you</td>
<td>Grazie</td>
</tr>
<tr>
<td>You're welcome</td>
<td>Prego</td>
</tr>
<tr>
<td>Yes</td>
<td>Si</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>How are you?</td>
<td>Come stai?</td>
</tr>
<tr>
<td>What's going on?</td>
<td>Cosa sta succedendo?</td>
</tr>
<tr>
<td>Very good</td>
<td>Molto bene</td>
</tr>
<tr>
<td>I'm OK</td>
<td>Sto bene</td>
</tr>
<tr>
<td>I'm sorry</td>
<td>Mi dispiace</td>
</tr>
<tr>
<td>Excuse me</td>
<td>Scusami</td>
</tr>
<tr>
<td>That's fine</td>
<td>Va bene</td>
</tr>
<tr>
<td>Of course</td>
<td>Ovviamente</td>
</tr>
<tr>
<td>Don't worry</td>
<td>Non ti preoccupare</td>
</tr>
</tbody>
</table>

### ASSISTANCE OR CLARIFICATION

<table>
<thead>
<tr>
<th>English</th>
<th>Italian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can you please help me?</td>
<td>Potete per favore aiutarmi?</td>
</tr>
<tr>
<td>Pardon me? Excuse me?</td>
<td>Scusami?</td>
</tr>
<tr>
<td>I understand</td>
<td>Capisco</td>
</tr>
<tr>
<td>That sounds good/All is good</td>
<td>Suona bene / Tutto va bene</td>
</tr>
<tr>
<td>Exactly</td>
<td>Esattamente</td>
</tr>
<tr>
<td>I don't understand</td>
<td>Non capisco</td>
</tr>
<tr>
<td>I don't know</td>
<td>Non lo so</td>
</tr>
<tr>
<td>I speak English</td>
<td>Io parlo inglese</td>
</tr>
<tr>
<td>I don't speak Italian</td>
<td>Non parlo Italiano</td>
</tr>
<tr>
<td>I speak a little Italian</td>
<td>Parlo un po di italiano</td>
</tr>
<tr>
<td>My Italian is bad</td>
<td>Il mio italiano è cattivo</td>
</tr>
<tr>
<td>What's that called in Italian?</td>
<td>Come si chiama in italiano?</td>
</tr>
<tr>
<td>How do you say “____” in Italian?</td>
<td>Come si dice “____” in italiano?</td>
</tr>
<tr>
<td>Question</td>
<td>Answer</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>When does the train leave?</td>
<td>Quando parte il treno</td>
</tr>
<tr>
<td>When is the next train to ____?</td>
<td>Quando è il prossimo treno per ____?</td>
</tr>
<tr>
<td>Gas station</td>
<td>Stazione di servizio</td>
</tr>
<tr>
<td>ATM</td>
<td>ATM</td>
</tr>
<tr>
<td>Airport</td>
<td>Aeroporto</td>
</tr>
<tr>
<td>Main train station</td>
<td>Stazione ferroviaria principale</td>
</tr>
<tr>
<td>Subway</td>
<td>Metropolitana</td>
</tr>
<tr>
<td>Hotel</td>
<td>Hotel</td>
</tr>
<tr>
<td>Room</td>
<td>Camera</td>
</tr>
<tr>
<td>Train station</td>
<td>Stazione ferroviaria</td>
</tr>
<tr>
<td>How much does this cost?</td>
<td>Quanto costa questo?</td>
</tr>
<tr>
<td>How much?</td>
<td>Quanto?</td>
</tr>
<tr>
<td>What is this?</td>
<td>Cos'è questo?</td>
</tr>
<tr>
<td>Do you have ____?</td>
<td>Hai ____?</td>
</tr>
<tr>
<td>Do you have this in size ____?</td>
<td>Hai questo in size ____?</td>
</tr>
<tr>
<td>My name is</td>
<td>Il mio nome è ____</td>
</tr>
<tr>
<td>I have a reservation.</td>
<td>Ho una prenotazione</td>
</tr>
<tr>
<td>I would like ____</td>
<td>Mi piacerebbe</td>
</tr>
<tr>
<td>I would like to pay, please</td>
<td>Vorrei pagare, per favore</td>
</tr>
<tr>
<td>Check, please</td>
<td>Controlli, per favore</td>
</tr>
<tr>
<td>Keep the change</td>
<td>Tieni il resto</td>
</tr>
<tr>
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<tr>
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<td>Cosa significa “____” in inglese?</td>
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<td>Parli inglese?</td>
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<td>Il mio nome è ____</td>
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<tr>
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<td>Ho una prenotazione</td>
</tr>
<tr>
<td>I would like ____</td>
<td>Mi piacerebbe</td>
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<td>I would like to pay, please</td>
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<td>Stazione ferroviaria</td>
</tr>
<tr>
<td>Main train station</td>
<td>Stazione ferroviaria principale</td>
</tr>
<tr>
<td>Subway</td>
<td>Metropolitana</td>
</tr>
<tr>
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<td>ATM</td>
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<td>Stazione di servizio</td>
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<td>Est</td>
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<tr>
<td>Right</td>
<td>Destra</td>
</tr>
<tr>
<td>Straight ahead</td>
<td>Sempre dritto</td>
</tr>
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</table>

### 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

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<tr>
<td>1 centimeter</td>
<td>0.39 inches</td>
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#### WEATHER TEMPERATURE

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</tr>
<tr>
<td>50</td>
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#### ITALY PUBLIC HOLIDAYS 2021

- **1 January**
  - New Year’s Day
- **6 January**
  - Epiphany
- **4 April**
  - Easter Sunday
- **5 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

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#### Bras (Cups AA-E)

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### MEN’S SIZES

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#### Pants

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### CHILDREN’S SIZES

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#### Shoes

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### INFANT SIZES

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#### Shoes

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<td>EU</td>
</tr>
</tbody>
</table>
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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, 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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Vicenza is known as a booming economic hub for jewelry, textiles, pottery, musical instruments and much more. Stroll amongst elegant architectural masterpieces of the 16th-century architect, Andrea Palladio; dine at tasty restaurants; stop in hole-in-the-wall shops and bask in the vibrant atmosphere that will be difficult to leave once your time in Italy is complete.
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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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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.

Monterosso al Mare is the biggest of the five villages and the only one with sandy beaches. It’s spread out between “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 seaside playground. “Old town” includes restaurants, churches and shops nestled in stone alleyways.

From Monterosso, choose between a 2-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. It was an easy trip with my little one and made a great lunch stop.

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 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.

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.

Train: We found the train to be an excellent way to travel between villages. Kids under age four travel free on the Trenitalia trains (both regional and national).

Car: If you are driving to Cinque Terre, 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.

Local cuisine
The food in this region is 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.

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.

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

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

Any uncertainty I had about taking my daughter to Cinque Terre 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 weekend getaway.
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Contact: Emma Harris
Phone: +39 347 942 2135
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www.fernandacappello.it
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.

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

Hike through the Dolomites.

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

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

Appreciate the art and architecture of Florence.

Stare in awe of the Gothic Duomo di Milano cathedral in Milan.
The health of your smile is in good hands

You can undergo dental treatments in the Studi Dentistici Dr. Frozzi with full peace of mind.

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- prevention for adults and children
- family dentistry
- cosmetic and reconstructive dentistry
- veneers
- gum treatments
- invisible braces and teeth aligners
- implants
- guided surgery
- custom mouthguards for athletes (in accordance with ADA and NATA recommendations)

Diagnostic tests performed in the surgery

- radiography
- panoramic dental X-ray
- CT scans

Sanitize Covid-19

We have equipped our surgeries with a line of latest-generation molecular purifiers.

This system has redefined the air and surface purification standards: it is the most effective in reducing infectious and chemical risk and is in addition to the standard measures that have been implemented to contain the Covid-19 epidemic.
RESOURCES

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.

RESOURCES - AVIANO PHONE DIRECTORY

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
Loan Locker | 0434-30-8623 | 1479
New Parent Support Program | 0434-30-5667 | 121
Passport Office | 0434-30-5404 | 142
Patient Liaison | 0434-30-1235 | Off-post
Post Office | 0434-30-4086 | 1478
Temporary Lodging | 0434-30-4040 | 1484
The Exchange - Main Store | 0434-30-7331 | 1411
Thrift Shop | 0434-30-5402 | 1467
Vehicle Processing | 0434-30-1106 | Off-post
Veterinary Clinic | 0434-30-8485 | 1410
GRAB YOUR FREE COPY AND BE INFORMED + PREPARED

Dental

Pet Health

Contact Information

also includes a translated Medical Terms help sheet

GET YOUR DIGITAL COPY NOW!
Head to stripes.com/special-publications
# VICENZA PHONE DIRECTORY

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# CAMP DARBY

## PHONE DIRECTORY

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# RESOURCES

## 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

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