

WELCOME

TO **Italy** PCS GUIDE

2019-2020



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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MILITARY SALES



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All information current as of April 2019

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FIRST STEPS

CHECKLIST

Welcome to Italy! Here is a one-stop checklist to help you get settled in a timely manner:



✓ ARRIVAL

- Attend in-processing and newcomers' briefings.
- Attend newcomer orientation.
- Get your "codice fiscale."
- Get your "soggiorno."
- Ensure no-fee passport has SOFA stamp.
- Obtain a tourist passport if planning to travel outside of Italy.
- Enroll in TRICARE and complete medical in-processing.
- Sign up for an APO box, if your sponsor has not already done so.
- 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.
- Enroll in NATO Forces Fuel Card program.
- Obtain International License.

✓ HOMES

- Establish TLA and 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 and browse A&FRC/ACS lending closet, thrift stores, flea markets and classic needs for household items.

✓ 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.
- Visit installation child care facilities to apply and get on waitlist.
- Ensure vaccinations are current and schedule wellness exams.

✓ PETS

- 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 (including liability).
- Use monthly flea/tick preventive medication.
- Find a boarding center or pet sitter.
- Understand and adhere to local Italian pet laws.

✓ PERSONAL ENRICHMENT

- Update resume and research job/volunteer opportunities.
- Visit Education Center to learn about course offerings.

✓ EVERYDAY LIVING

- Make copies of important phone numbers and program 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 the help of StripesEurope.com.
- Pick up the Stripes Europe Magazine.

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- Via Pordenone 40 - 33081 Aviano (PN) T. 0434-660036



GETTING CONNECTED

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



CELL PHONE SERVICE

► **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.
- Add minutes online at most ATMs or at some retail locations.

► **What to bring to set up a cell phone plan:**

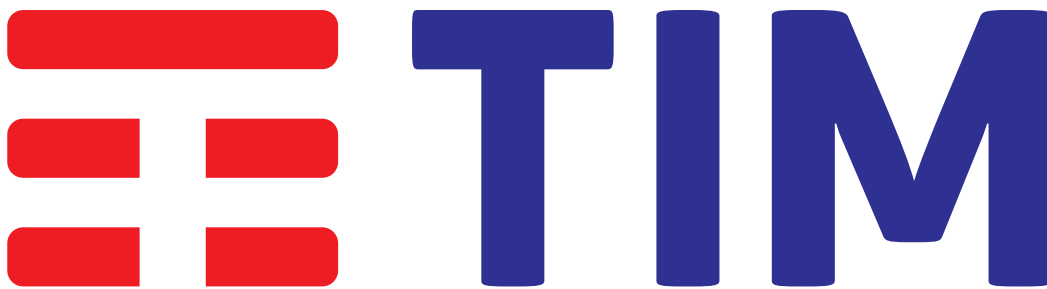
- PCS Orders
- Military ID
- APO Address
- Codice fiscale

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

- Skype
- Facebook Messenger
- What's App
- Facetime
- Hangouts

Note: Disable your voicemail, SMS missed calls and pop-up advertisements to avoid unexpected charges.

- Landline and mobile phone services
- TIM fiber internet
- Satellite internet



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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 U.S. 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 the reason 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 holds a contract with the Department of Defense (DOD) to provide banking and financial services through approximately 67 Community Bank branch offices and 300 ATMs located around the globe.
- ▶ Community Bank also provides an interactive banking service so that you can access your account anytime, from almost anywhere.
- ▶ 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. approach, 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 correctly fill out your funds transfer form, 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

BEWARE OF FEES

- ▶ Off-installation ATMs may require transaction fees depending on your account services.
- ▶ You can minimize fees by setting up an account with an Italian bank but know the conversion rate before depositing U.S. dollars to the account.
- ▶ You may be better off exchanging U.S. 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
- ▶ Online bill pay – U.S. and foreign banks
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- ▶ Currency conversion
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- ▶ 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.

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 drivers 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 at the time of purchase.
- The vehicle's engine size, engine base, horsepower and fuel requirement determines the ration amount.
- The card is accepted at ENI/AGIP stations.



AUTOMOTIVE

- Car radio and HI-FI
- Carplay and Android Car
- Installation / Sale satellite navigators
- Installation / Sale Car alarms and locators, GPS
- Bluetooth Installation on original car radio
- Installation of back parking camera
- Installation of Led / Xenon headlights
- Installation of originals parts for Audi / VW / Seat / BMW / Mercedes / Fiat / Alfa / Lancia / Citroën / Peugeot
- Unblock DVD video while car is moving
- Multimedia video integration for passengers
- Installation Kit of powered hatchback for Hyundai Tucson e Kia Sportage
- Realignment Proxy Body Computer
- Activation and Deactivation Comfort functions / Original Optionals
- Installation and Maintenance of Insurance Box
- Locators Installation for companies fleets
- Repairs Radio / TV / old Radio
- Repairs original car Radio
- Repairs original car satellite navigators
- Repairs ruined car skies
- Repairs led headlights for BMW and some other cars



- Installation of tow hook
- Engine control unit remapping (performance and consumption improvement)
- Regeneration of consumed steering wheels
- Regeneration and repainting of damaged seats in sky or leather
- Regeneration of telephone exchanges
- Integration of Android and Car Play systems and other accessories on the original system
- Added original accessories and Proxy realignment as standard on cars
- Installation of approved daytime running lights, verifiable
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- Professional polishing
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- Bleached plastic treatments
- Restoring yellowed headlights
- Maintenance and regeneration of car interior leathers
- Cigarette holes repair on fabrics
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You can find us in

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- To use the card at the gas station, swipe or insert the card and enter your secure PIN code.
- Visit your local AAFES to start the registration process.
- Download registration forms before registration appointment to save time.
- 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 gas vouchers: AGIP and ENI.
- A gas attendant must be available in order for you to get gas at these stations.
- You can fill up at any time on the *autostrada* at AGIP and ENI gas stations as they have attendants 24/7.

Note: It is important to always ask before pumping gas if the station you are at accepts your gas vouchers. Typically, only AGIP and ENI stations along the “autostrada” are required to take your vouchers – not local stations within various towns. Usually, local AGIP and ENI stations near U.S. military installations will be familiar with these vouchers.

► DRIVING IN ITALY

► Winter driving

Around Nov. 1 through April 30, it is required to have tire chains in your vehicle along with installing mud and snow tires on your vehicle.

► 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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From HOUSE HUNTING to FINDING A HOME



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

- ▶ Homes that are private homes within the local Italian communities.
- ▶ The government covers the expenses of rent and utilities.
- ▶ You will not receive any 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

- There will be more private rentals to select from than online.
- Remember realtors come with fees and those will need to be paid at your own expense. Fees fall around one month's rent and 22 percent tax.
- Your Housing Office should help you negotiate your rental contract and finalize it.

VIEWING A HOME

- ▶ Go in person to your Housing Office to request a day and time to view a home.
- ▶ The home you request to view will be put on hold so no one else can view it.
- ▶ You have 24 hours to contact the Housing Office with your decision on a home. After that time, it is up for grabs again.



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LEASE SIGNING

- ▶ Make all the necessary preparations before walking into your contract negotiation and lease signing.

OVERSEAS HOUSING ALLOWANCE

Overseas Housing Allowance covers the following:

▶ 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) – used for things you need to live in an Italian home such as electric transformers, utility installation charges, window screens to keep bugs out, etc.
- ▶ MIHA Paint & Repair (for landlord) – this amount is equal to one month's rent and covers the mandatory painting fee before officially moving in. You are responsible for paying the entire painting fee to the landlord. Remember to give the Housing Office a copy of your payment to the landlord for your file.
- ▶ Check your installation's Housing Office on an allowance that may be provided in order to improve the security of your new home.

PAYING BILLS

Note: For Aviano Air Base, the Home Fuels Office takes care of electric, water and gas. The following information for paying bills applies for other installations in Italy only.

Italian bills are sent around every two months. The timeline you have to pay a bill is typically one week. Keep a record of all of your rental and utility payments just in case they get lost or misrouted by the company billing you.

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 assists 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 then 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) eliminate taxes on your home heating bill.

INTERNET AND HOME PHONE 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 U.K. decoder

Streaming Services

- ▶ Examples - Amazon Prime, Netflix, Hulu, etc.
- ▶ 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: The month of August in Italy is unlikely for household goods to be delivered due to a high PCS season.

Inspect your home

In order to not be held liable for damages done to your home and property that the movers may have caused, 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 the paperwork and take pictures of any damages.

Filing a claim

- ▶ You have 75 days to submit a notice of loss.
- ▶ From there, you will have nine months to submit your claim in order 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. ■



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HEALTH and 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 out 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

- ▶ The patient liaison program is available through TRICARE and the Army Regional Health Command Europe. This program is open to all ID cardholders, including non-TRICARE members.
- ▶ To find your local TRICARE Service Center and patient liaison, go online to www.tricare.mil/ContactUs/CallUs/TSC.

▶ 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.

▶ 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 emergency line for all emergencies is 112.
- ▶ Call the 24-hour nurse line at 0800-825-1600 for healthcare advice.
- ▶ For urgent medications, go to the nearest pharmacy and look at the signs 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 the international line at +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 in Italy

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Fire	115
Ambulance	118
Carabinieri (Italian Police)	112
Police	113



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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 encounter 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:

- ▶ Register your baby at your nearest Municipality Office within 10 days of birth.
- ▶ Get your baby's Social Security Number.
- ▶ Photos need to be taken for your baby's passport, codice fiscale and soggiorno.
- ▶ Enroll baby in DEERS.
- ▶ Get a no-fee official U.S. passport.
- ▶ Get a tourist U.S. passport.
- ▶ Get a report of Birth Abroad (birth certificate).
- ▶ Get your baby's soggiorno.
- ▶ 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

milConnect Website
Update DEERS 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

MetLife 1-855-MET-TDP2
(1-855-638-8372) (OCONUS)
1-855-MET-TDP3
(1-855-638-8373) (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 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'e 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 MEDICINE

✓ **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 veterinarian 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 to.
- ▶ Pets must be leashed every time you walk them.
- ▶ 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 chain" or pinch collars are illegal in Italy and use of these types of collars is subject to a fine.

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. ■



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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 sleeping 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 your children 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.

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REMAIN IN TOUCH WITH LIFE BACK HOME

While adjusting to everything new, don't forget about life back home. Set regular video chat or phone call dates with family and friends. If your children are allowed online, encourage them to utilize 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.

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 - 12 free sessions may occur in 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 South District 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.

DODEA SOUTH

- ▶ Enrollment requirements: www.dodea.edu/registration-process.cfm
- ▶ School Liaison Officer (SLO): invaluable resource during transition; www.dodea.edu/Europe/resources/slo.cfm and www.europe.armymwr.com/slo.

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 secondaria 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.

HOMESCHOOLING

Home schooling 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.

- ▶ Documentation needed:
 - ✓ PCS orders
 - ✓ Age verification (PCS orders, birth certificate or passport)
 - ✓ Child's transcripts
 - ✓ Immunization records

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 probable, so get started early!

- ▶ Child Development Center (CDC) - These centers offer weekday child care for children ages six weeks to five 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. ■



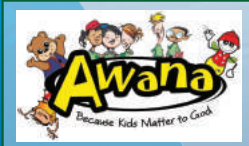
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PERSONAL ENRICHMENT

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 positions are listed through the Office of Personnel Management at www.usajobs.gov with the exception of NAF positions, which are listed at www.nafjobs.org.

► **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 commissaries.

► **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.

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.



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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.au.af.mil/au/barnes/ccaf. Accredited degrees and courses for qualified personnel.

▶ **Embry-Riddle Aeronautical University:**
www.europe.erau.edu Certifications, undergraduate and graduate degrees. Offers face-to-face and online courses.

▶ **University of Maryland University College:**
www.europe.umuc.edu
Undergraduate and graduate certificates as well as associate, bachelor's, master's and doctoral programs. Offers face-to-face and online courses.


▶ **The University of Oklahoma:**
www.ou.edu/outreach
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, and 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.

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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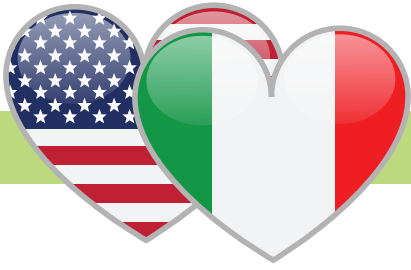
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LIVING LIKE

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 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.
- Pay at the register.

► 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 a bag to bag your own groceries.
- If you forget a bag, you'll need to pay for one at the register.
- Many shops close for *riposo* 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, at glass or metal/plastic lids

Bulk and Hazardous Waste

Batteries
Chemicals/detergents/pesticides
Construction waste
Cooking oil
Electronics
Furniture
Large branches
Lightbulbs
Mercury thermometers
Other oils
Paint
Scrap metal
Tires
Trees



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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
Yes, please	Sì grazie
No, thank you	No, grazie
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?	Scusami?
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	lo 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
Menu	Menu

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 a 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.



Italian love Italian culture Italian menu



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GENERAL

RESOURCES

ITALY PUBLIC HOLIDAYS 2019

- 1 January**
New Year's Day
- 6 January**
Epiphany
- 21 April**
Easter Sunday
- 22 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

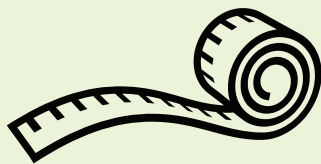
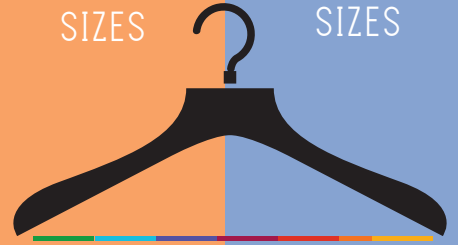
INFANT SIZES

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



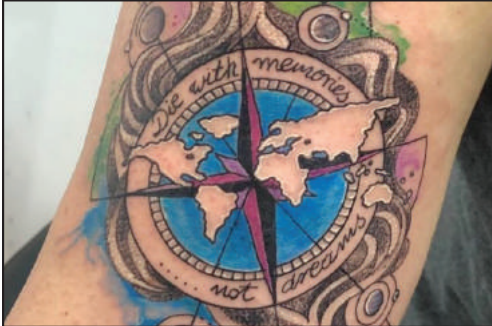
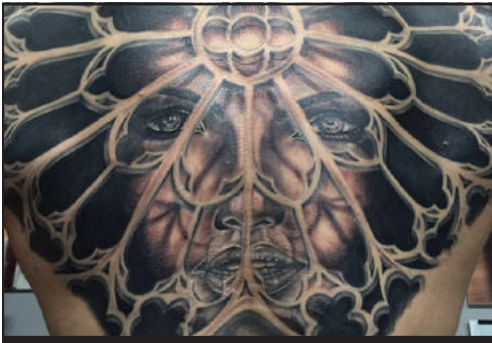
LENGTH

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



WEATHER TEMPERATURE

°C	°F	°C	°F
-20	-4	20	68
-10	14.0	25	77
0	32.0	30	86
5	41	40	104
10	50	50	122
15	59	60	140



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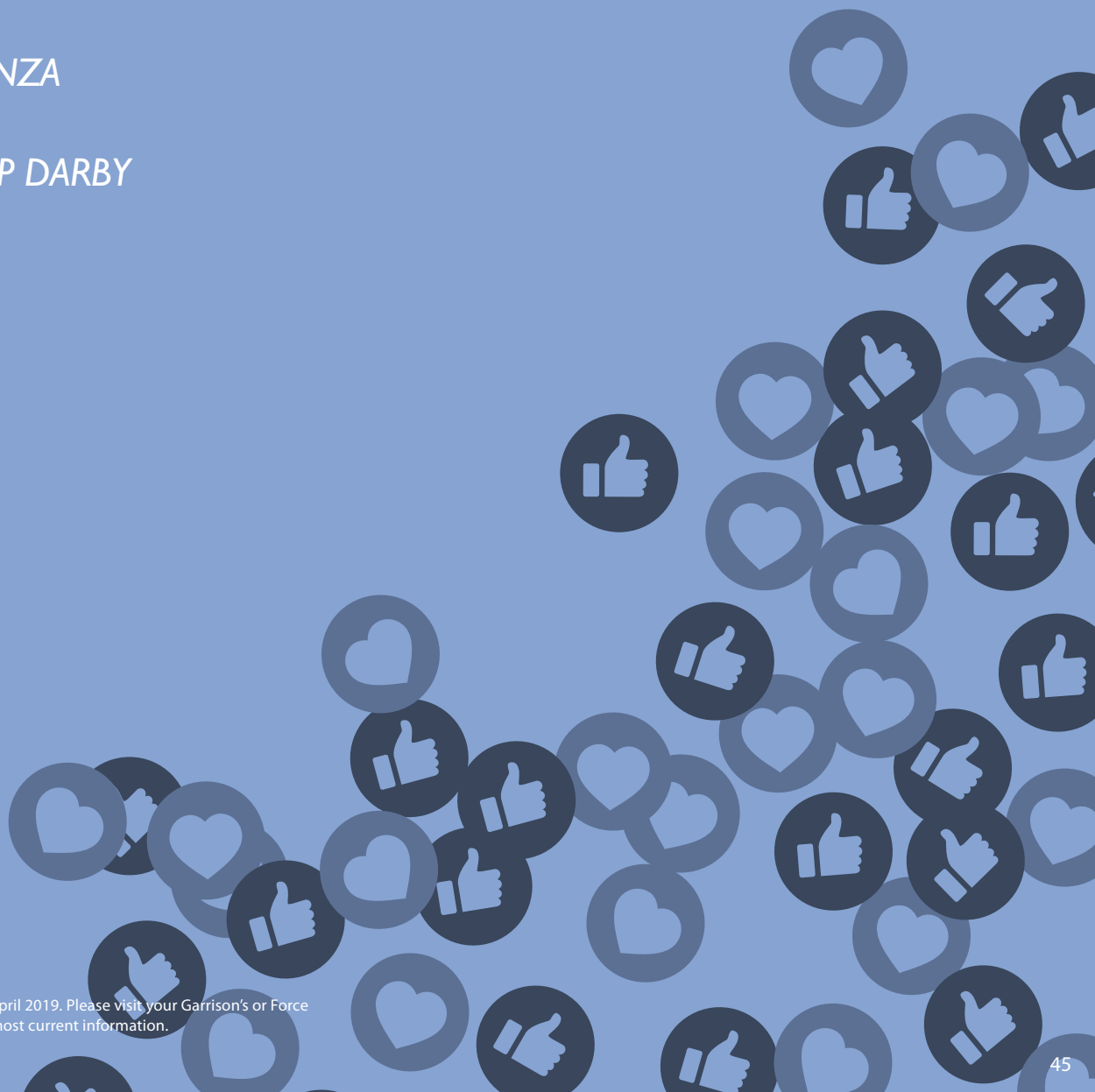
Free

BASE RESOURCE DIRECTORY

52 AVIANO

58 VICENZA

64 CAMP DARBY



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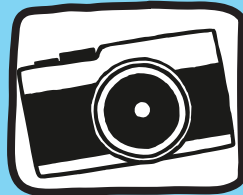
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Host Country info

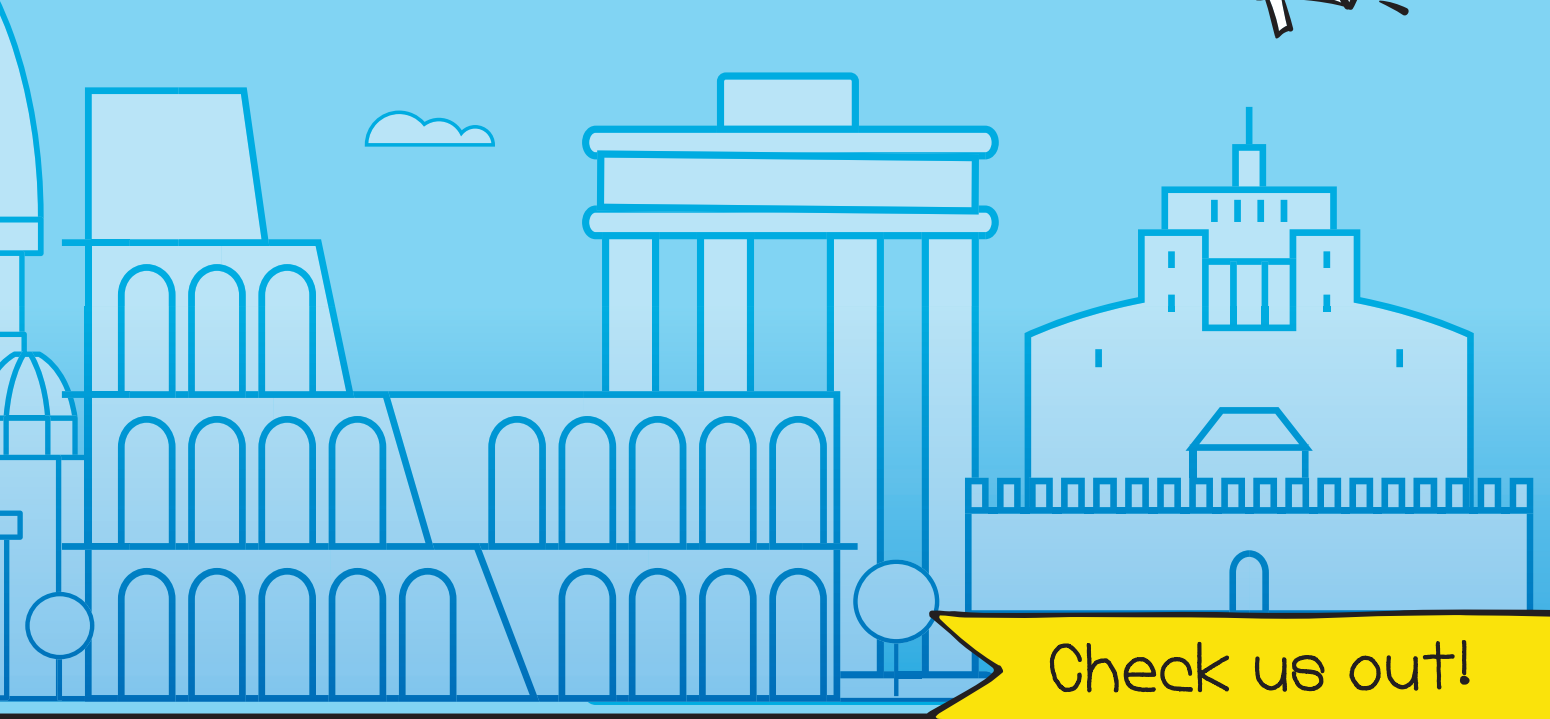


Travel

StripesEurope.com

PCS

Community News



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GET TO KNOW

YOUR NEW
HOME

A

Aviano, Italy

The quaint town of Aviano is situated in Northern Italy at the base of the Dolomite Alps. Outside of the base are vineyards stretching for miles across rolling hills, family-owned restaurants and wineries dating back to previous generations and other surrounding towns full of the colorful and rich Italian culture you will come to love.



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Road trip from Aviano: The Enchanting Dolomite Mountains

By Rebecca Skavdal

Visible on clear days all the way from Venice, a striking row of peaks and ridges form something of a mountain wall along Italy's northern border. These are the Dolomites, a legendary mountain range that not only provides a dramatic backdrop for daily life at Aviano Air Base, but also contains a treasure trove of resources to discover during down time.



Composed of lightly-hued rock, the Dolomites are known as the "Pale Mountains", and are brimming with natural beauty that they received a UNESCO designation in 2009 for their 'outstanding universal value'.

In all four seasons of the year, there are dozens of reasons to venture north into these rugged bluffs; below are some of the best.

World-famous hikes

There's no better fix for a long week than a trail underfoot and fresh air in your lungs, so purchase a Tabacchi Map at the local Decathlon and start off on a famous Dolomiti hike.

One such noteworthy trek can be found in the Parco Naturale Tre Cime ("three peaks"), where you can embark on a six-mile excursion that lassos an impressive trio of rocky towers. Along the way, you'll encounter some extraordinary reminders of WWI like fort foundations and iron ladders; the front line between Austria and Italy passed right through Tre Cime.

Another lovely option is the Alpe di Suisi, Europe's largest alpine plateau. A cable car will whisk you up to the sweeping meadow, which — according to Italian legend — was once inhabited by witches, dwarfs and elves. There's no sign of them today, however; now, you'll simply find a verdant green pasture with clearly marked trails for hikers of all ages.

More advanced and ambitious climbers can attempt one of Italy's challenging "Alta Via" routes, of which there are eight in total. Ranging from 50 to 180 kilometers up steep rock faces and down through gentle foothills, these treks can take as long as 12 days to complete! As grueling as that sounds, the magnificent panoramas and cozy rifugio cuisine will surely help keep spirits high.

Sparkling lakes

There are many lakes to love in Northern Italy, but Aviano residents have a soft spot for cooling off at Lake Barcis. Nestled in the mountains 45 minutes from the base, it's a beautiful place for a hike or picnic, not to mention a multitude of water sports. Kayaks, canoes and stand-up paddleboards are all available for rent, and there are docks and rocky beaches aplenty for swimming.

Those willing to drive a few hours further north will be rewarded with a day at Lago di Braies, the largest natural lake in the Dolomites. A photographer's dream, the lake's smooth

surface creates amazing mirrored images of the peaks that surround it. Rent a row boat and float the day away, or hike the circumference of the lake — it's only three miles, and you can reward yourself with a brat (and a beer!) afterwards.

Snow sports galore

Unlike most Italian destinations, from December to February the Dolomites truly come to life.

Winter hotspots like Cortina d'Ampezzo, about two hours from Aviano, simply sparkle as tourists pack its streets and ski lifts. Cortina is just one of a dozen resort areas that make up the internationally-renowned Dolomiti SuperSki region, the biggest network of slopes in the world.

Then, of course, there's local favorite Piancavallo. A 30-minute drive up a windy hill will find you in a quaint town surrounded by downhill and cross-country skiing areas for all skill levels. It's an especially good spot for families, with a children's snow park and indoor ice-skating rink. Right in Aviano's backyard, there's no better place for newbies to try their hand at Italian alpine snow sports.

Beyond simply being close to home, the Dolomites are a stunning natural resource just begging to be explored. Don't keep them waiting long!

Find more amazing road trip ideas on stripeseurope.com! ■



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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 Wives
- Aviano Spouse it Up
- 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 Theater

Retail

- Aviano Thrift Shop
- Aviano Air Base Resale Lot

Youth Education

- Aviano Youth Programs
- Aviano AFB Student Liaison Officer

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Drivers Testing/License	0434-30-4817	1413
Education Center	0434-30-5330	147
Finance Office	314-632-CASH (DSN only)	1403
Furnishings Management Office	0434-30-2992	1413
Housing Management Office	0434-30-2272	1409
In-/Out-Processing	0434-30-5404	1403
Legal Office	0434-30-7843	1403
Loan Locker	0434-30-8623	1479
Library	0434-30-5382	149
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
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Fire	115
Ambulance	118
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Police	113

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Fuel consumption, CO₂ emission figures and power consumption were measured using the methods required according to Regulation (EC) 2007/715 as amended. The figures are calculated using a vehicle fitted with basic equipment in Germany, the ranges stated take into account differences in selected wheel and tyre sizes as well as the optional equipment. They may change during configuration.

The figures have already been calculated based on the new WLTP test cycle and adapted to NEDC for comparison purposes.



Road trip from Vicenza: Summer on the shores of Lake Garda

By Rebecca Skavdal



Lake Garda is so easily accessible for residents of Vicenza that come summer, it's nearly impossible to justify a weekend at home.

A mere an hour away by car, Italy's largest lake is not only strikingly beautiful, it brings something to the table for absolutely everyone who visits. Couples, families and singles alike can truly choose their own adventure on Garda's welcoming shores...where you wind up simply depends on what the word "vacanza" means to you.

sports like Flyboarding or Waterwolf (electric surfboarding), yet all of these and more await to help you maximize every moment of your trip.

Sirmione can get crowded in the high season, its nothing a double-scoop of gelato can't fix.

For adventure-seekers

Active travelers and adventurers should follow their compasses north to Riva del Garda. The lake is surrounded by mountains, making it an excellent starting point for cycling, climbing and canyoning.

Hikers would do well to hop a ferry to Malcesine, on the lake's northeastern shore, and ride its cable car to the top of Monte Baldo. With numerous trails to choose from, visitors of all experience and fitness levels can trek there for hours, give or take the occasional pause to marvel at the dazzling views. Monte Baldo is also ideal for paragliding, and in the right conditions, colorfully-clad risk-takers launch from the hillside in droves, with their bright neon parachutes catching at just the right moment to spiral them high above the cliffs below.

It also goes without saying that Lake Garda has seemingly infinite aquatic activities to choose from. Windsurfing and stand-up paddle boarding look almost tame compared to newer water

For family fun

Hold on to your hats! There's tons of fun to be found on the banks of Lake Garda, particularly in the southeast near the town of Peschiera.

One popular attraction is Gardaland, an amusement park rife with rides and themed parks, on-site accommodations and an adjacent Sea Life Aquarium. What child wouldn't want to spend his or her birthday dressed in character at the Kung Fu Panda Academy, or visit Santa Claus under the sea come December? Special packages and group discounts are available.

Another nearby option is the Caneva Aquapark. Here, kiddos can float the day away on a lazy river or satisfy their need for speed on one of the park's many waterslides. Just be sure to check the website for height requirements before you go!

One last family-friendly box to check is Sirmione, the long, narrow strip of land jutting out from the lake's southern bank. After climbing the walls of the Rocca Scaligera castle and scrambling over Roman ruins in the Grotte di Catullo, cool off with a dip in one of the peninsula's famed 'secret' beaches. Although

For R&R

If disconnecting your phone and recharging your self sounds more your speed, rest assured: Lake Garda isn't always go-go-go.

On the western shore, tucked into the hills near Salò and the Gardone Riviera, sit several beautiful boutique hotels and age-old villas. Oozing with Italian charm, this area possesses all the amenities required for a restful stay, including several golf courses and the lake's longest waterfront promenade.

Spa retreats are also quite popular around Lake Garda, in particular thermal spas like the Terme di Sirmione. There, you can bathe in heated pools, book a plethora of pampering services and hydromassage the stress away.

If that doesn't quite do the trick, Lake Garda also sits directly west of a very prominent Italian wine region: the Valpolicella. Steal a half-day to drive inland and buy a bottle or two of Amarone from a local vineyard; your wine cellar (and your friends!) will thank you!

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- 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
- Vicenza mom's Page
- Vicenza Crunchy Moms- Natural Parenting

Recreation

- Vicenza Cooking Club
- Vicenza Reel Time Theater
- Vicenza Travel Page

Retail

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

Youth Education

- Vicenza Homeschool Connection
- Vicenza Italian Schools/Sports
- Vicenza PTSA
- Vicenza Girl Scouts

PHONE DIRECTORY

CIV PHONE

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Operator	0444-71-7111	
American Red Cross	0444-61-8918/8919	333
Army Community Service - Ederle	0444-71-7500	108
Army Lodging - Darby	050-54-7580	202
Army Lodging - Ederle	0444-71-8034	345
Cell Phone Concession	0444-30-249	302
Child Youth Service - Parent Central Services	0444-71-7206/7219	108
Dental Clinic	0444-61-9210	2310
Drivers Testing/License	0444-61-7634/7633	393
Education Services	0444-61-8139/8140	126
Exceptional Family Member Program	0444-71-8582/7912	108
Family and MWR HQ	0444-61-7898	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	0444-71-7080	367
Lending Closet	0444-71-7617/8525	108
Library - Del Din	0444-66-2721	2
Library - Ederle	0444-71-7291	302
Office of Superintendent	0444-71-8460	307
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	0444-71-8525/7617	108
Relocation/Newcomers Orientation	0444-71-7500	108
School Liaison Office	0444-71-8284	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	2

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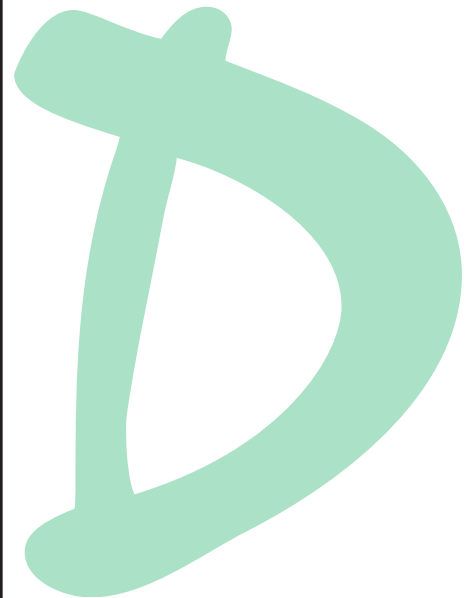
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Pecorino Cheese
from Pienza



Road trip from Camp Darby: Slow down and savor central Tuscany

By Rebecca Skavdal



Located so close to Italy's sparkling coastline, residents of Camp Darby will likely find themselves pulled to beaches and seaside towns when it's time to get away. But drive an hour inland instead, and you'll find yourself in the heart of a region that looks, tastes and feels as quintessential "Italy" as it gets: central Tuscany.

Famous for its iconic green-gold landscapes, numerous cinematic appearances and powerhouse wines, Tuscany is a dream destination for vacationers worldwide. And although visitors will inevitably be drawn to cultural hubs like Florence, an even more authentic representation of the region exists outside city walls in the slow-paced countryside that offers all the right conditions for a gastronomic getaway.

Wine tasting

Italy is the world's top producer of wine, and each of the country's 20 regions yields its own special medley of grape varieties and wine styles. However, few are as well-known and beloved as those produced in central Tuscany.

In the Chianti region, bookended by Florence in the north and Siena to the south, you can sample famous red wines of the same name like Chianti

and Chianti Classico. These are often simple, moderately priced wines that pair wonderfully with a variety of foods, making them a smart choice for group outings and dinner parties.

Near the opposite end of the spectrum is a Tuscan superstar called Brunello. Produced near the charming city of Montalcino, these reds are bold and packed with flavors. They can also get quite pricey! Visit the Enoteca la Fortezza (a wine shop in the ruins of Montalcino's hilltop fortress) for a flight, and splurge on a nice bottle or two for special occasions.

White wine lovers, fear not — Tuscany isn't all reds and rosés! Many Tuscan vineyards produce a variety of white wines, but to taste one that's truly local, head towards San Gimignano. There's no better way to admire the town's unique medieval skyline than from one of the many vineyards that surround it, with a glass of refreshing white Vernaccia in-hand.

Local cuisine

Romans love their cacio e pepe and Bologna boasts the best tortellini, but a pasta called "pici" is the one to try in Toscana. Originally served to peasants in Siena, pici noodles are essentially very thick spaghetti, hand-rolled and served with cheese, breadcrumbs or a delicious garlic

sauce. You're likely to find some variation of this dish as a first course at any given osteria.

Another fixture on Tuscan tables is pecorino cheese from Pienza. Visit the lovely little town itself and sample at leisure from the rows of cute little cheese shops, or book a tour at a nearby sheep farm and see how it's made, start-to-finish.

Along those lines, cooking classes abound in central Tuscany. Often offered through hotels or local farms, they are a perfect activity for couples and families alike. Learning the basics of Tuscan cuisine means you can enjoy your favorite Italian dish in your own kitchen, whenever nostalgia strikes!

Getting there and around

While Italy has a great railway system, even the local trains won't allow you to reach the small towns, farm-to-table restaurants and wineries that people escape to Tuscany for. Exploring by car — whether your on your own or as part of a guided tour — is the best way to maximize the experience. Plus, without a trunk, how will you get your cases of Chianti back home?

Discover more road trip ideas on stripeseurope.com! ■

FACEBOOK PAGE RESOURCES

Military

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

Military Community

- Friends of Camp Darby
- Darby Military Community

Retail

- Second Glance Store – Camp Darby



For all of the European travel inspiration, food and shopping tips and helpful resources for living overseas, be sure to check out our free 2019 Stripes Europe Spring and Summer magazine. Read about Europe's top 10 castles, island hopping in Greece, the best places in Europe for kids to visit, taking a trip to Italy's picturesque Postiano and so much more. This magazine will be available at your installation's A&FRC, ACS, Commissary, BX and Shoppette!

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

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Note: "0444..." are buildings located on Caserma Ederle.

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Italy Tax Relief Office	050-54-7549	601
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Relocation/Newcomers Orientation	0444-71-7500	108
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