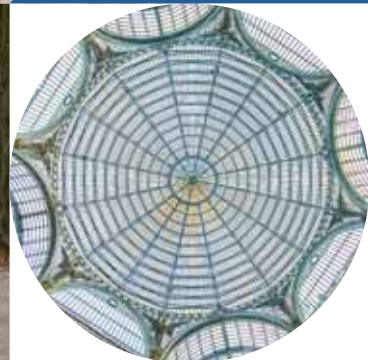


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WELCOME TO NAPLES



EMERGENCY INFORMATION

112 is the emergency phone number throughout Europe.

EMERGENCY PREPAREDNESS

Living in Naples means being prepared and aware of potential earthquakes and volcanic activity. The Emergency Management office holds frequent emergency preparedness presentations and discussion forums at the Support Site Theater. All personnel and adult dependents are encouraged to attend. In addition, you should sign up for community emergency notifications via the ATHOC system.

- For preparedness information and ATHOC signups visit cnreura.cent.cnic.navy.mil/Installations/NSA-Naples/Operations-and-Management/Emergency-Management.
- The NSA Naples Emergency Management Division's email is nsanaplesemergencymanagement@us.navy.mil.

AREA ORIENTATION

The **Fleet and Family Support Center (FFSC)** has an **Area Orientation (AO)** every other week. This briefing includes a welcome by the CO and introduces you to **Fleet and Family Quality-of-Life (QoL)** services. In addition, **Intercultural Relations (ICR)** specialists will take you on a visit to nearby off-installation locations to help you get comfortable and excited about living in Naples. The goal is to show you the ins and outs of how to order food and drinks, take public transportation and embrace Italian culture.

The AO begins at the movie theater on the Support Site in Gricignano di Aversa. Most newcomers will be signed up via their sponsor before arrival. If not, contact the AO coordinator at nsanaplesao@us.navy.mil or +39-335-848-4641 (call or WhatsApp).

SOJOURNER'S PERMIT

A Sojourner's Permit, or *Permesso di Soggiorno*, is an Italian government document that certifies that a NATO-force military dependent or member of the U.S. civilian component or contractor is a temporary legal resident of Italy. The permit allows the holder to legally stay in Italy longer than 90 days (which is the maximum amount of time a foreigner can stay in Italy and the Schengen Area as a tourist). It also functions as a re-entry immigration permit when traveling outside of Italy and the Schengen Area. The Sojourner's Permit is typically valid for the duration of your assignment, but it is important to check the expiration date and keep it valid, especially if you have had a change to your orders or contract, or if you are planning a trip.

Sojourner's Permits are not required for active-duty military members.

Within eight days of arrival into Italy, all military dependents, DoD civilian employees, contractors and their family members must submit an application for a Sojourner's Permit. You **must already have a Missione Visa** in your no-fee U.S. passport (or tourist passport for non-U.S. citizens), which is a requirement before traveling to Italy on orders.

Where to get your permit

► Personnel attached to U.S. Navy & Marine Corps commands who reside in the Naples and Caserta Provinces

All personnel attached to U.S. Navy & Marine Corps commands and who reside in the Naples and Caserta Provinces should visit the Region Legal Service Office, Europe, Africa, Central (RLSO EURAFCENT) Legal Assistance Office located in Admin II, one floor up in room 1074, on NSA Naples, Capodichino. The office assists in the preparation of Sojourner's Permit applications and oversees the acquisition of the Sojourner's Permit. The office DOES NOT prepare Sojourner's Permit applications for personnel who choose to reside in provinces outside of Caserta and Naples, such as Benevento, Avellino or Salerno.

► Personnel who reside in Gaeta

If you reside in Gaeta, you or your family members will apply for the Sojourner's Permit at NSA Naples detachment Gaeta with Ms. Natalina Ferraro. Consult the RLSC command for her contact info.

► Personnel who are U.S. Air Force, U.S. Army and/or assigned to JFC

If you are U.S. Air Force or U.S. Army and/or assigned to JFC, you or your family members will apply for the Sojourner's Permit at the Provost Marshall's Office at JFC. You can contact the Carabinieri at JFC to schedule an appointment and to check what documents you will need at Claudio.DEVINCENTIS@jfcnp.nato.int located in the Investigation Office (Bldg. 16, room 341).

What you will need for each Sojourner's Permit application.

- ☐ Two identical passport photos (taken within six months)
- ☐ No-fee (official) passport (or tourist passport for contractors and non-U.S. Citizens) with the Missione Visa
- ☐ Copy of official orders, Civilian Orders or DOCPER letter, based on your status
- ☐ If you live in a Naples province (Pozzuoli, Monterusciello, Quarto, Lago Patria, Bacoli, etc): Copy of rental lease or hotel receipt; not required if you live in Caserta
- ☐ Worksheet available online, at cnreura.cent.cnic.navy.mil/Installations/NSA-Naples



Scan to access the
AO booklet
(pre-arrival packet).

continued on page 8

NEW LOCATION FOR SADILE DENTAL CLINIC



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The "Dentist of Americans" has a new office. The Sadile Dental Clinic, a point of reference for the international community and for over 500 American patients, is moving to a new strategic location, located right behind the Aversa railway station and very close to the NATO base in Gricignano.



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continued from page 6

FOOD DELIVERY

Here are some food delivery apps that are commonly used across Italy.

- [Justeat.it](#)
- [Deliveroo.it/en](#)
- [Glovoapp.it/en](#)
- Alfonsino delivery

GROCERIES

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

BUDGET SHOPPING

Need an extra pan, cups or dishes at your temporary lodging? Forget something in your household goods? Here is where to find those budget needs.

- Loan Locker at Fleet and Family Support Center (FFSC) offers kitchen items to borrow.
- The **Navy-Marine Corps Relief Society (NMCRS) Thrift Shop** has clothes, houseware, décor and toys. The shop is located at Support Site in Bldg. 2088 by the Veterinary Medical Facility. Typically open a few days a week, check the Facebook group “NSA Naples NMCRS Thrift Shop” for hours.

KIDS

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

MWR

Navy MWR Naples: www.navymwrnaples.com ■





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SERVICES IN NAPLES

BANKING

Getting an account that allows you to pay European bills and that can provide you with an International Bank Account Number (IBAN) is necessary for paying bills and transferring money. It is also helpful for making purchases, getting cash and managing funds between dollars and euros.

ON-INSTALLATION BANKING OPTIONS

- **Community Bank** can provide a U.S. dollar account that provides an IBAN and European bill payment services.
Bldg. 450, NSA Capodichino
Phone: 39-0816-35-5301.
- **Navy Federal Credit Union**
Bldg. 2091, Support Site NEX Complex
Phone: 39-081-811-4887/8/9
DSN: 314-629-4887/8/9

ATMS

- **Support Site:** Navy Federal Credit Union and Banco di Napoli, outside the NEX Food Court (Bldg. 2091).
- **Capodichino:** Community Bank, Navy Federal Credit Union and Banco di Napoli outside Bldg. 498. Community Bank and Navy Federal Credit Union, in air passenger terminal (Bldg. 415).
- **Gaeta:** Community Bank, Fleet Landing Gym (Bldg. 751).

MOBILE BANKS

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

- **Wise:** Wise accounts aren't FDIC insured; instead, Wise safeguards customers' funds to make sure they're always available whenever they're needed. Visit www.wise.com.
- **N26:** N26 is a 100 percent mobile, fully licensed bank, which provides the same level of security and regulations as tradition-

al banks. Their European banking license protects your funds up to 100,000 euros by the German Deposit Protection Scheme. Visit www.n26.com.

USING DEBIT CARDS

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

BEWARE OF FEES

- Non-bank ATMs (bancomat) may have transaction fees.
- Check conversion rates before transferring large amounts between U.S. and euro accounts.
- The DoD will not deposit paychecks into Italian banks.
- The Navy-Marine Corps Relief Society (NMCRS) is an option for loans needed in crisis situations.

LEGAL SERVICES

REGION LEGAL SERVICE OFFICE EUROPE, AFRICA, CENTRAL (RLSO EURAFCENT)

The RLSO provides a variety of legal services to eligible military members, GS civilians and family members including, powers of attorney, notary services, estate planning, health care directives and advice on a variety of personal, civil legal matters.

- **NSA Naples, Capodichino:**
Bldg. Admin II, room 1074
Mon., Wed.–Fri. 9 a.m. to 2:30 p.m.
Tues. 9 a.m. to noon

Walk-ins and appointments accepted

- Appointments:
- +39 081-568-4576
 - napleslegalassistance@us.navy.mil

DIY Special Power of Attorney

Save time by creating your own DIY Special Power of Attorney (POA) to take to the RLSO for notarizing.

1. Visit www.jag.navy.mil/legal-services/special-power-of-attorney and select the POA that fits your need.
2. Print the document and bring two forms of government-issued identification.
3. Do NOT sign the document until you are in front of the notary.

VICTIMS' LEGAL COUNSEL

The Victims' Legal Counsel (VLC) is a Navy lawyer providing victims of a sexual offense or domestic violence with a dedicated attorney to help victims understand the investigation and military justice process, to guard their legal rights and interests, and to obtain additional support in accessing resources that may assist in their recovery. VLC services are available at no cost to victims.

- **Victims' Legal Counsel:**
Bldg. 2072B (FFSC), Support Site
DSN: 314-629-6554
Comm: +39-081-811-6554
Cell: +39-335-630-7310
vlcnaples@us.navy.mil
www.jag.navy.mil/legal-services/vlc

DEFENSE SERVICE OFFICE NORTH, DETACHMENT NAPLES

The Defense Service Office has Navy lawyers providing the highest quality legal representation to military service members at Administrative Separation Boards, Boards of Inquiry, and Courts-Martial, in addition to providing advice on defense-related topics such as non-judicial punishment, complaints, military protective orders and investigations. Defense services are available at no cost to military service members.

- **Defense Service Office North:**
Admin II, 2nd floor, Capodichino
DSN: 314-626-3131
Comm: +39-081-568-313
CDO: +39-335-577-0493
DSONorthRequestForCounsel@eu.navy.mil
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CELL PHONES

Upon arrival, setting up your cell phone is extremely helpful. There are a variety of options in Italy and plans tend to be very affordable.

► **Providers:** Vodafone is available on Capodichino and Support Site in the NEX mall. Other providers available online or off-base include: Tim, Wind, Ho, Iliad, Tre and Google Fi.

► **Recommended option:** pre-pay

- No contract fees.
- Setup and add credit in-store, online or at retail locations such as “Tabacchi” shop.

► **Google:** Google Voice will allow you to use a U.S. number for a fee. Then, you can use a local SIM card to have an Italian phone number and Google Voice to maintain a U.S. number simultaneously. Google Voice allows free calls to the U.S. using Wi-Fi.

► **Apps to communicate Internationally for free**

- WhatsApp
- Skype
- Facebook Messenger
- Facetime
- Google Hangouts

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

eSIMs: Simplifying Connectivity

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

Family Coming to Visit?

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No Roaming Fees

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DRIVER'S LICENSES

The Allied Forces in Italy (AFI) license is only valid in Italy. Obtain an International Driving Permit (IDP) from www.aaa.com/vacation/idpf.html for trips outside of Italy.

A member of the Safety Office will instruct a driver's safety briefing and the Motor Vehicle Registration Office (MVRO) will give the AFI Driver's License exam at the Area Orientation.

To receive a license, all drivers must then submit the following to MVRO:

- ☐ Proof of Status of Forces Agreement (SOFA) sponsorship such as PCS orders, DOCPER letter, DD Form 1614.
- ☐ Application (including alcohol and consent forms).
- ☐ Have a valid U.S. driver's license and submit a copy of the front.
- ☐ Passing exam results.
- ☐ All drivers must be 18 years old or older.

MOTOR VEHICLE REGISTRATION OFFICES (MVRO):

usn.naples.navsuppactnaplesit.mbx.mvro@us.navy.mil

Bldg. 2074, Support Site
DSN: 314-629-6876
Comm: +39-081-811-6876

Bldg. 450, Capodichino
DSN: 314-626-1366/5434
Comm: +39 081-568-1366/5434

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 license, attend a mandatory motorcycle safety course on the installation and be at least 18 years old. Motorcyclists need a letter of authorization from the Safety Office in order to register a motorcycle in the AFI system.

VEHICLE REGISTRATION

Eligible personnel may register up to three vehicles at a time for themselves and their dependents. Contact the MVRO for a vehicle registration appointment.

What to bring to register your vehicle:

- ☐ POV Title, Certificate of Origin, previous registration or other proof of ownership in the sponsor's name.
- ☐ AFI driver's license.
- ☐ U.S. driver's license.
- ☐ Military ID.
- ☐ PCS orders (military members), DOCPER letter (contractors), overseas orders – signed and stamped by HRO (DOD civilians), DD FORM 1614 accompanied by a Letter of Employment signed by local school Human Resources Office (DoDEA employees).
- ☐ Shipping document.
- ☐ Proof of Insurance.
- ☐ Safety Inspection.
- ☐ For 2nd or 3rd vehicles: You will need to pay for road taxes. Rates are based on the vehicle's horsepower and age and can be paid up to the expiry date of your insurance. Road taxes can range from 150–500 euros per year. Call MVRO for estimates.

INSURANCE

Vehicle insurance for the Naples area is expensive and the cost depends on the car's make, model, year and age of the driver.

- ▶ **Geico:** Available online via Clements Worldwide. geico.clements.com/car/Italy
- ▶ **USAA:** Available online. European toll-free number: 800-971-707 (can be called from a mobile or landline).
- ▶ **Zurich:** Office is located in Bldg. 2074 on the Support Site in the same building as the Motor Vehicle Registration Office. Contracted with the NEX. Call: +39-081-811-6568, DSN: 629 6568.

VEHICLE INSPECTION

All vehicles are required to be inspected periodically to maintain your AFI registration. An inspection station is located at the NEX Car Care Center on the Support Site. Inspections are valid for 15 days.

Required equipment for inspection:

- ☐ Valid vehicle registration.
- ☐ First-aid kit, warning triangle and reflective vest.

BUYING A VEHICLE

You have the option to buy a new or used car from a dealer or private seller in Italy. There is no sales tax when buying a vehicle from another AFI-eligible member. The payment of Italian road tax is required for any second or third vehicle registered in the AFI system.

MVRO manages the free **Lemon Lot** car sales parking area at Support Site. All vehicle sellers must request a spot via MVRO.

Keep in mind:

- ✓ Any vehicle that doesn't meet U.S. specifications (specs) cannot be shipped back to CONUS.
- ✓ Used automatic transmission vehicles may be difficult to find.
- ✓ You need to carry snow chains in your vehicle if driving in mountain areas during winter months.

continued on page 16



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081.5091290 334.8087222

www.newgreengarden.it

continued from page 14

FUEL CARDS

TAX-FREE FUEL ALLOWANCE

A NEX-issued fuel card, which acts as a debit card linked to your personal credit card, allows U.S. and NATO forces to pay for fuel for a primary vehicle at the current tax-free price at the time of purchase.

The Primary (registered tax-free) vehicle's engine size, horsepower and fuel requirements determine the monthly fuel allowance permitted on the fuel card.

The MVRO authorizes tax free fuel and the NEX administers the fuel card program. You must maintain your insurance, registration, safety inspection and road taxes to continue to receive your allowance.

► Where to get gas:

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

► Italian fuel terminology

- "Benzina" - Unleaded gas
- "Gasolio" - Diesel
- "Fai da Te" - Self-service station
- "Servito" - Full-service station

DRIVING IN ITALY

To facilitate the assimilation into the Italian and Neapolitan way of driving, FFSC periodically offers a workshop called "Driving in Italy."

► Here are some tips:

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

Check out our European Road Guide



DRIVING OUTSIDE OF ITALY

Many countries will not recognize a U.S. or AFI driver's license. It is recommended that you obtain an International Driving Permit (IDP) at least four weeks before traveling outside of Italy. You can apply by mail or in-person at AAA which is an agency authorized by the State Department to issue IDPs. ■



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HOUSING IN NAPLES



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

Your first stop will be the Housing Service Center (HSC), which will assist you in finding a home.

► **Housing Service Center:**

Bldg. 2073, Support Site

Phone: 081-811-4466

DSN: 314-629-4466

Naples_Housing@us.navy.mil

ON-BASE HOUSING

MILITARY FAMILY HOUSING

Military Family Housing (MFH) is located on the Support Site in Gricignano and serves active-duty military families stationed in the Naples area, including at Gaeta. MFH is primarily made up of large government-owned family apartments that are within walking distance of the NEX, DoDEA schools, fitness facilities and other MWR services.

- Housing assignments are based on category according to your pay grade and family composition.
- Military personnel on accompanied orders will be assigned to MFH upon arrival, if available. Exception requests must be submitted in writing via your CO/OIC and are heavily scrutinized.
- Declining MFH will result in forfeiture of your Overseas Housing Allowance (OHA) and a six-month wait until you can re-apply for MFH.
- If fewer than five units are available for your category, then a Statement of Non-Availability will be issued, and you may reside off-installation.
- Rent and utilities are covered while in MFH and you will not receive Overseas Housing Allowance (OHA).
- You are permitted two pets (dogs and cats) in MFH.

UNACCOMPANIED HOUSING

Service members E-5 and above must use the HSC to find housing off-installation.

On-installation Unaccompanied Housing (UH) is available for service members E-4 and below. The primary UH, or Bachelor Housing facility, is located on Capodichino. If this facility is full, HSC will provide Bachelor Enlisted Quarters (BEQ) at the Support Site.

- All single or unaccompanied service members E-4 and below will live in UH. If necessary, they will stay in TLA until UH becomes available.
- Consideration for requests to live off-installation will be given if occupancy levels reach 95 percent.
- Service members will be assigned to their building based on duty location and room availability.

HOUSING ALLOWANCES

SERVICE MEMBERS:

- **Temporary Lodging Allowance (TLA):** Reimbursement for costs incurred paying for lodging while searching for a home or waiting for government housing. Note that TLA loans are available from the NMCRS.
- **Overseas Housing Allowance (OHA):** Covers the cost of privately rented housing to include rent, electricity, gas, fuel and water. Service members in government housing do not receive this allowance.
- **Moving in Housing Allowance (MIHA):** One-time payment to fund the cost of items that may not be provided in community housing. Service members in government housing do not receive this allowance.

CIVILIANS:

- **Temporary Quarters Subsistence Allowance (TQSA):** Reimbursement for costs incurred while searching for a home or waiting for government housing.
- **Living Quarters Allowance (LQA):** Covers the cost of privately-rented housing to include rent, electricity, gas, fuel and water.



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OFF-BASE HOUSING

All single or unaccompanied military members E-5 and above need to find housing off-installation. In addition, if MFH or UH have no availability within 30 days of your arrival, you may receive a Statement of Non-Availability which entitles you to search for local housing.

Italian housing often consists of large apartments. All private rentals and landlords must be vetted by the HSC.

- You are responsible for paying rent and utilities using your Overseas Housing Allowance (OHA).
- If you choose to rent a home that costs more than your OHA, the service member must get approval via their command with a form that indicates they have sufficient funds to cover the difference.
- The Military Clause for termination of lease based on PCS orders is included in every lease.

STEP 1. Home Search

Visit www.homes.mil to view approved rental units in the area. This is the official DOD search database for off-base housing. Make a list of homes that you are interested in. Note the premises ID. You can get a map of permitted housing areas from the HSC.

STEP 2. Showing Tour

Visit the HSC to schedule a tour of homes on your list. You may schedule a tour with a realtor or agency on the HSC's approved list.

STEP 3. Requesting a Hold

Email or call the HSC to place a hold on a housing unit. Two types of holds may be requested.

- Temporary hold: This reserves the unit for 48 hours; extension requests are allowed. It is used if you're still deciding or searching.
- Permanent hold: This begins the lease preparation process. It is used when you are finished with your home search

STEP 4. Lease Preparation

The HSC will begin the lease preparation process by completing a review of the housing unit's property registration documents as well as completing an inspection to ensure the unit meets the safety and security requirements. The average wait time is approximately three weeks to complete both of these requirements.

STEP 5. Lease Signing

To save time, it is recommended that you negotiate the lease price with the landlord or realtor ahead of time.

- Your housing counselor will assist you and will set up an appointment to sign the lease based on Italian law. The counselor will serve as a liaison between the two signing parties.
- You will have five days from your lease signing to electronically pay or wire your security deposit, equal to one month's rent, to your landlord. This deposit will be refunded at the termination of the lease and may be used to pay any damages or unpaid utility bills.
- Copies of the lease agreement will be provided to both parties, yourself and the landlord. One copy will be retained by the Housing Office.
- Once the lease is signed, you will receive assistance for the activation of utilities.
- Renters insurance is highly recommended.
- At your lease signing appointment you will discuss and request household items you may need from the Housing Warehouse and set a delivery date.

STEP 6. Moving In

After signing the lease, you will be required to move in within five working days. You will conduct a walk-through with the landlord and/or realtor to note discrepancies and make utility meter readings to establish a baseline.

LOANER FURNITURE AND APPLIANCES

- While awaiting delivery of household goods, the HSC will loan furniture and appliances for up to 90 days. Loaner furniture includes items such as a dining room table and chairs, sofa, coffee table, bed, drawers and other basic furniture needs.
- Appliances such as a stove, washer, dryer, refrigerator, AFN decoder, carbon monoxide detector, dehumidifier, microwave and transformers are all part of the Partial Full Tour Furnishing (PFTF) program and will be supplied for your full tour.

ELECTRONICS AND APPLIANCES

- Government housing includes outlets for both U.S. and Italian voltages.
- For private housing, you will need a 220V/110V power converter/transformer to use your American electronics in your Italian home. The HSC provides two per household. ■



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CONTACT

HEALTHCARE IN NAPLES

EMERGENCY CARE

Italian Emergency Dispatch	112
Italian Ambulance	118
Italian Police (Carabinieri)	113

- Call the NSA Naples Emergency line at 081-568-4911 or DSN: 911
- While traveling, all TRICARE beneficiaries can call the International SOS at 0800-723-4214 or +44-20-8762-8133.
- Call the American Red Cross for Emergency Communication Messages.



Scan this QR code for a digital version of our Naples Medical Guide where you can read about off-installation care, giving birth in Italy, Tricare Overseas, Italian veterinarians, and use our directory to find off-installation medical and dental providers.



U.S. NAVAL HOSPITAL NAPLES

The Naval Hospital (NH) Naples, located on the Support Site, provides medical care to active-duty members, their command-sponsored dependents, NATO personnel and retired U.S. military personnel. Some care is available on a space-available basis depending on patient category.

Learn more at naples.tricare.mil.

The Hospital offers medical services, including an Emergency Department. Emergencies are not treatable at NH Naples will be stabilized and transferred to another facility.

- For all emergencies—on or off base—always dial emergency dispatch at 39-081-568-4911, or by dialing 9-1-1 from a DSN phone on base.

OFF-INSTALLATION MEDICAL TREATMENT

Medical care off-installation in Italy is modern and may include a combination of homeopathic, Eastern and traditional care.

PATIENT LIAISONS

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

► Getting a patient liaison

The patient liaison program is available through TRICARE (at the hospital). This program is open to all ID cardholders, including non-TRICARE members. Many times, you will need a referral from a provider for off-installation care.

For more information about TRICARE, contact the Health Care Business Office at the hospital. DSN: 629-6330/6331.

DENTAL CARE

There are two dental facilities affiliated with NSA Naples.

- The primary dental clinic is located in the NH on the ground floor. This facility sees active-duty service members assigned to the Support Site and their family members.
- The branch clinic is located at Capodichino in Bldg. 457. This facility sees active-duty service members, with some space-availability for non-military (check in advance).

For information about Tricare Dental Program enrollment, claims or covered benefits, visit the TDP website at www.tricare.mil/CoveredServices/Dental.

MENTAL HEALTH

FLEET AND FAMILY SUPPORT CENTER (FFSC)

FFSC offers counseling for individuals, children, adolescents, couples and families of military personnel, civilians, contractors and dependents.

DSN: 629-6372, Comm: 081-811-6372

CHAPLAINS

Chaplains offer counseling for adults on both religious and non-religious issues for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.

► Capodichino:

Phone: DSN 626-3539
Comm: 081-568-3539

► Support Site:

Phone: DSN 629-4600
Comm: 081-811-4600

► After Hours:

Phone: +39 366-680-5972

MILITARY & FAMILY LIFE COUNSELORS (MFLCS)

MFLCs provide confidential non-medical counseling, consultation and outreach services to eligible children, youth, parents, faculty and staff both on and off military installations.

- Available through DoDEA schools, Child and Youth Programs (CYP) and Adult Rotational Support.

BEHAVIORAL HEALTH SERVICES DEPT.

The Behavioral Health Services Department at the Naval Hospital Naples offers psychiatric care, psychology evaluations, individual and group therapy services and treatment for mental health symptoms.

- The department also manages the Substance Abuse Rehabilitation Program (SARP).
- To access services, request a referral from your primary care manager.

24/7 FREE CONFIDENTIAL MENTAL HEALTH SUPPORT

The **Veterans Crisis Line (VCL)** and **Military Crisis Line (MCL)** are available 24/7 for free confidential mental health support.

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



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KEY FACILITIES IN NAPLES

FLEET AND FAMILY SUPPORT CENTER

► FFSC Naples:

www.facebook.com/NaplesFFSC

The Fleet and Family Support Center (FFSC) has several resources that are available to incoming service members and their families.

One main service that FFSC offers is **counseling services** in which service members, civilians, contractors and their families can request individual, couples, or family counseling. FFSC also offers **Intercultural Relations (ICR) classes**, such as Italian for beginners, advanced Italian classes where individuals can begin to familiarize themselves with the Italian language, and **ICR trips** that encourage learning more about the Italian culture/history of Naples, Italy. FFSC provides **employment support** to spouses in helping them with resume writing, search job strategies, and interview skills and attire.

Programs such as the **Family Readiness Program**, **Relocation Program**, **Transition Assistance Program**, and **Exceptional Family Member Program (EFMP)** are ideal programs in helping service members when transitioning out of the military or during a PCS move. These programs offer various classes such as sponsorship training, Pre-separation workshop, Capstone Event, and EFMP support group. **Personal Finance** classes are also offered to service members and their families so they can receive assistance in understanding military pay. "Your TSP" also provides help in reducing debt/savings and investing.

The **New Parent Support Home Visitor (NPSHV) Program** is a part of FFSC and offers one-on-one help with those who are expecting and/or have a child under 4 years old. The program also offers different group classes that help families in adjusting to life with a new baby and small children.

continued on page 26





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www.ismilestudio.net

continued from page 24

OMBUDSMAN

Your unit ombudsman is a volunteer who serves as a link between Navy families and command leadership. They will be your source of official information and also local community news. They are a key resource for families during deployments and also help during a crisis or major life event.

Visit the Fleet and Family Support Center for a roster of local ombudsmen or find your local ombudsman at ombudsmanregistry.cnic.navy.mil.

POST OFFICE

Military postal facilities use gateways in the United States to connect your mail with the United States Postal Service (USPS). Shipping costs and procedures are roughly the same as those in the United States.

All mail must have the following to be sent or received:

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

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

AFN

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

► **Naples:** 97.3 FM

USO

The United Services Organization (USO) offers family programs, seasonal and weekly events, local area information and much more.

www.facebook.com/usonaples

Instagram: @usonaples

► USO Naples

AMC Terminal, 1st floor

081-568-5713

italy.uso.org/naples-capodichino-air-terminal

► USO Naples NSA Gricignano

Village Forum, Support Site

081-811-4903

italy.uso.org/naples-gricignano

AMERICAN RED CROSS

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

► American Red Cross Naples

Bldg. 450, Support Site

081-568-4788

www.facebook.com/NaplesRedCross

VOTING OVERSEAS

Register to vote overseas at the Federal Voting Assistance Program website www.FVAP.gov.

- Select your state of residency and request an absentee ballot.

CHAPEL SERVICES

The chapels are located at the Support Site, Bldg. 2072, right where the large clock tower is. Offices are located on the 1st floor (2nd Deck). It is open five days a week during normal working hours. Stop by for the most up-to-date programs, services and resources they have to offer.

- Chapel services also include 100 percent confidentiality counseling services offered by chaplains. Please stop by the office to set up an appointment, or call during working hours at DSN: 314-629-4600.
- The chapel also provides space for command events, religious accommodation, and other events as needed. ■

Please use this QR code if you are interested in utilizing chapel spaces.





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RESOURCES FOR KIDS



Children may think of moving to Italy as an exciting new adventure, or they may struggle with the big change. Luckily, every installation has resources available to help your kids settle into their new home.



Get your kids a copy of the Dandelions magazine. Full of fun activities, creative crafts and interesting stories, this magazine is specially written for military-connected children stationed in Europe.

CHILD DEVELOPMENT CENTERS (CDC)

These centers offer weekday childcare for children ages 6 weeks to 5 years old. Visit militarychildcare.com to get registered or placed on waitlists.

Locations:

- **Capodichino:** Bldg. 458
DSN: 314-626-5116
Comm: 081-568-5116
This location also offers hourly care
- **Support Site:** Located next to the DoDEA schools complex
DSN: 314-629-4989
Comm: 081-811-4989

SCHOOL-AGE CARE (SAC)

The SAC offers before and after-school care that includes structured recreation and homework help. In addition, they offer holiday and summer camps for kids in Kindergarten through 12 years old. Fees are based on family income. Registration is at the SAC facility.

- **Support Site:** Bldg. 2072
DSN: 314-629-4722
Comm: 081-811-4722

TEEN CENTER

The Teen Center is available for young adults in 7th–12th grades. Teens must be at least 12 years old. The center offers teens a place to hang out. It has a gym, music area, pool table and video games, plus it offers clubs, field trips and special events.

- **Support Site:** Bldg. 2702
DSN: 314-629-4395
Comm: 081-811-4395 ■



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SCHOOL OPTIONS



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

SCHOOL LIAISON PROGRAM

www.navywmrnaples.com/child-youth/school-liaison

► Support Site:

Located at the Youth Programs Building, Room V25.
DSN: 314-629-6549
Comm: +39 081-811-6549

DODEA EUROPE-SOUTH

DoDEA schools are located on the Support Site and accept enrollments throughout the year to accommodate military families.

Enroll at: www.dodea.edu/registration.

The Universal Pre-Kindergarten provides full-day, play-based learning and developmentally appropriate curriculum to all eligible military-connected children who turn 4 years old on or before September 1st. Start communicating early on with DoDEA staff or the School Liaison to begin the enrollment process for your school-aged children.

► Naples Elementary School napleses.dodea.edu

The elementary school is for students in Kindergarten through sixth grade. Universal Pre-K is also available.

► Naples Middle High School naplesmhs.dodea.edu

The Middle High School is for students in grades 7–12.

HOME SCHOOLING

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 the School Liaison for more information and to connect with home-school groups.

INTERNATIONAL & PRIVATE SCHOOLS

Another option is sending your child to a private or international school. These schools will charge tuition but may offer discounts for multiple children. They typically offer English-language instruction and make a good alternative for students not eligible for DoDEA attendance. Contact the School Liaison to learn about international and private school options.

PUBLIC ITALIAN SCHOOLS

While stationed in Italy, you have the option to send your children to public or private Italian schools. All instruction will be in Italian. Visit the School Liaison for local school information.

ITALIAN EDUCATION STAGES

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

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PET INFORMATION



If you've brought your furry friend to Italy, you must register them at the Naples Veterinary Treatment Facility (VTF) during check-in. The VTF offers routine care and vaccinations for the pets of personnel stationed at Naples.

► **Support Site:**

Bldg. 2088

DSN: 314-629-7913

Comm: 081-811-7913

usn.naples.usnmrtc-naples.mbx.vet-clinic@health.mil or naplesVTF@gmail.com

- ❑ Register your pet at the veterinary clinic within 30 days of arrival or adoption.
- ❑ Register your pet in the Italian ASL system and get a pet passport within 90 days of arrival or adoption.

The VTF does not have emergency pet services. Health certificate appointments are offered base on appointment availability. It's necessary to establish contact with a local Italian veterinarian for chronic pet issues, emergencies and EU pet passports.

REQUIREMENTS

MICROCHIP

All pets must be microchipped within 30 days of arrival, if they are not microchipped already.

LEPTOSPIROSIS

Leptospirosis has a heavy presence in Italy, and, without proper vaccination, it may cause kidney failure in pets.

RABIES

Both dogs and cats must have a current 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. Flea/tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.

ITALIAN ASL REGISTRATION

All pets are required to be registered in the Italian ASL system within 90 days of arrival or 20 days of adoption. Failure to register with the ASL can result in fines. Call or visit the VTF for details on this process.

EU PET PASSPORT

A European pet passport is used for pet health records and is required for your pet to travel within the EU. You can get a pet passport during your ASL registration.

ITALIAN PET REGULATIONS

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

TRAVELING WITH YOUR PET

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



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PERSONAL ENRICHMENT



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

EMPLOYMENT OPPORTUNITIES

The SOFA does not allow for dependents to work on the economy or operate home-based businesses in Italy. Visit FFSC for one-on-one support, and to update your resume or re-search job and volunteer opportunities.

The following are options for on-installation job searching.

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

EDUCATION

You can further your college education while stationed in Italy. Visit the FFSC to find out about programs and assistance.

- ▶ **University of Maryland Global Campus:** Undergraduate, graduate and doctoral programs via online coursework, and has student services at Naples.
 - europe.umgc.edu
- ▶ **Other schools with online coursework:** Many U.S.-based colleges and universities offer online courses and discounts for military-affiliated students.
 - www.military.com/education
 - www.militaryonesource.mil

VOLUNTEERING

Volunteering is a wonderful way to get involved in your community.

- The FFSC has a robust volunteer program.
- Visit the Post Office, Red Cross and USO.
- Search the Volunteer Management Information System on the Army Family Web portal for volunteer positions. www.armyfamilywebportal.com
- Reach out to organizations across your installation that align with a career field in which you are interested in.
- Find local spouses clubs, interest groups or sports organizations to join.
- ▶ **Do you enjoy writing?** Submit travel or lifestyle stories to contentteam@stripes.com for publication on the StripesEurope.com website. ■



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LOCAL CULTURE



IMMERSION ACTIVITIES

The Fleet and Family Support Center (FFSC) teaches Intercultural Relations (ICR) courses for newcomers. In addition, they offer special events and classes focused on local Italian culture.

www.facebook.com/NaplesFFSC

LEARNING THE ITALIAN LANGUAGE

Although the basics are great, nothing beats trying to learn the Italian language. Here are some resources available to you while stationed at Naples.

LIBRARY

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

GOOGLE TRANSLATE APP

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

CORSI GRATUITI DI LINGUA E CULTURA ITALIANA

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



Free MWR
library resources

TRASH AND RECYCLING

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

BLUE BINS | PLASTIC RECYCLING

Plastic bottles
Food containers
Polystyrene and Styrofoam
Nylon bags
Plastic bags

GREEN BINS | GLASS AND METAL RECYCLING

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

YELLOW BINS | PAPER RECYCLING

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

BROWN BINS | ORGANIC MATERIAL

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

BLACK OR GREY BINS | NON-RECYCLABLE WASTE

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

SHOPPING

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

There is plenty of shopping in the Naples area, here are the names of some common stores.

- **Home Improvement:** Leroy Merlin, Bricoware
- **Department superstores:** Ipercoop, Carrefour, Iperfamila
- **Furniture:** IKEA, Mondo Convenienza
- **Bookstores:** Feltrinelli, Mondadori
- **Discount stores:** Eurospin, MD, Lidl, Aldi
- **Mall:** Parco Commerciale Grande Sud, Centro Commerciale Campania

ATTIRE

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

ITALIAN NATIONAL HOLIDAYS

January 1: New Year's Day

January 6: Epiphany

April 20–21, 2025: Easter holidays

April 25: Liberation Day

May 1: Labor Day / International Worker's Day

June 2: Republic Day

August 15: Assumption Day

November 1: All Saints' Day

December 8: Immaculate Conception

December 25–26: Christmas holidays ■

DINING

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

Wait staff will generally need to be waived over if you would like service, need refills or want to order more food. They respect the socializing of their clients and don't intrude.

- You will need to ask for the bill (*il conto*) when you are ready to go.
- Not every restaurant accepts credit cards, so bring euros.
- **Coffee Bars:** Open all day and are most popular at breakfast times, afternoons and evenings. If you are just getting a coffee and snack, order at the bar and stand there to drink and eat. If you are ordering food, you can also choose to sit down for waiter service and expect an additional up charge plus tip.
- **Lunch:** Times are around 1 to 3 p.m. Restaurants will often close between lunch and dinner.
- “Rosticceria,” “Girarrosto” and “Polleria”: Shops that primarily sell rotisserie chickens, which make for quick meals.
- “Pasticceria”: Pastry shops that are often connected to a *bar* (coffee shop). Many serve sandwiches, or “panini.”
- “Tavola Calda”: Counter-service shops with hot food that you choose from a display case.

- **Dinner restaurants, or “Ristorante”:** May be open as early as 7 p.m., but many Italians don't begin dinner until 9:30 p.m. The restaurant will typically stay open until midnight. Expect evening meals to last two hours or more. You should order each course that you are interested in receiving; they will come in this order:
 - Antipasto: Appetizer, or starter
 - Pasta
 - Secondo: Main dish of just meat or fish, not side dishes.
 - Contorni: Side dishes like vegetables, fruit, cheese or salads. These will come out with the secondo.
 - Coffee or liqueur
 - Wine, water and bread are available throughout a meal, but you must ask for them.
- The bill will sometimes include an additional “coperto” or cover charge, and a “servizio” or service charge of about 10-15 percent.

Here are a few recommended local restaurants for those who are new to the Support Site area.

- **Wild Buffalo:** Gricignano d'Aversa
- **Wicked Burger:** Aversa
- **Pizzeria da Lioniello:** Succivo

CELEBRATIONS IN NAPLES

By Tamala Malerk



Immerse yourself in the festivities at these local holy days that are commemorated uniquely in Naples.

FERRAGOSTO

Ferragosto falls on August 15 every year in Italy and is the unofficial start to Italian summer. While many of your favorite shops, businesses and restaurants might be closed during the summer season, all over Naples and Italy there are celebrations for this festive holiday and the weeks that follow it.

Ferragosto dates all the way back to Ancient Rome in honor of Emperor Augustus and the end of the hard labor of the agricultural season in 18 B.C.E. The name “Ferragosto” comes from the Latin phrase, “Feriae Augusti,” roughly translating to “August rest.” After the fall of the Roman Empire, the holiday assumed a Christian identity as well, celebrating the Assumption of the Virgin Mary (her ascension into Heaven).

Today, you can celebrate by simply having a big family lunch and resting, checking out one of the local celebrations and firework shows, or doing as many Italians do and head to the coast to soak up fun in the summer sun or head over to the mountains.

On August 15, join others on a walk on the slopes of Vesuvius or through Campania, enjoy free entrances to museums throughout the city and look up at the night sky for it is sure to be filled with sparkling firework displays.

During the week leading up to the holiday, you can celebrate at the **Restate a Napoli** in the Piazza del Plebiscito. These free events, held over the course of eight days, offer people the chance to see up to three free musical and theatrical shows per day. For this year’s event schedule and links to reserve your free tickets, follow the organization at facebook.com/restateanapoli.

SAN GENNARO

In 305 CE, Saint Januarius (San Gennaro), a bishop of the Catholic Church, was martyred during Diocletian’s reign of the Roman Empire. His blood, allegedly, now sits in the Naples cathedral. The blood has solidified. However, it liquifies randomly throughout the year. San Gennaro is the protector and patron saint of Naples. It is believed that he has saved the city from volcano eruptions and plagues.

In December 1631, Mount Vesuvius erupted and the bust (or sometimes head, depending on the version of the story) of San Gennaro as well as a vial of his blood was brought out for a procession. When the solidified blood liquified as it faced the magma, the magma miraculously stopped moving and San Gennaro was credited with saving the city.

Yearly, on September 19, the day he was executed, San Gennaro’s feast day is celebrated. If the blood liquifies on this day, the church bells will ring, and it is considered a sign of protection and a good omen for the city of Naples. Traditionally, women in Naples will spend the day and night prior to the feast praying for the blood to liquify. If the blood does not liquify it is seen as a bad omen; however, nothing tragic has happened yet during the years that the blood didn’t liquify. Whether or not the blood liquifies, Neapolitans still gather to celebrate the Feast.

The day begins at the Cathedral of Naples, where the blood is presented to the public to witness the liquification. Then, there is a religious procession throughout the oldest quarters of Naples.

Can’t make it on September 19? Do not worry. For eight days, the blood is on display in the cathedral and festivities occur throughout the streets of Naples. Vendors sell toys, food, trinkets and sweets for everyone to enjoy. Biscotti as well as lemon and cinnamon cookies are a must-have at this event every year. While in town for the celebration, visit the Treasure of San Gennaro Museum, adjacent to the cathedral, for a look at the priceless devotional items sent to honor San Gennaro over the centuries. ■

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GROCERY SHOPPING GUIDE

By Kimberly Kephart



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

FRESH FINDS

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

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

DELI DELIGHTS

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

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

PANTRY STAPLES

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

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

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

BEVERAGES AND WINES

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

CHECKOUT AND ETIQUETTE

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



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



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EMERGENCY DISPATCH

DSN	911
Commercial	+39-081-568-4911
NSA Quarterdeck DSN	626-5547
Carabinieri	112
Italian Fire Department	115
Italian Ambulance	118
Polizia	113

COMMERCIAL PREFIXES

Joint Forces Command/NATO	081-721
Capodichino DSN 626	081-568
Carney Park no DSN	081-526
Support Site DSN 629	081-811
Support Site no DSN	081-813
Help Desk ONE-Net	626-HELP

CHILD & YOUTH PROGRAMS

CDC Capodichino	626-5116
CDC Support Site	629-4989
Youth Center/SAC	629-4722
Teen Center	324-306-0232
Youth Sports	629-4725
School Liaison	629-6549

FLEET & FAMILY SUPPORT

Front Desk /Class Registration	629-6372
VA Representative	629-4896
School Liaison	629-6549
Area Orientation	629-6945
Relocation/EFMP	629-6372

HOUSING

Housing Front Desk On Base	629-4930/4464
After-hours trouble Calls On Base	626-5547
After-hours trouble On Base Duty	337-129-9348
Assignments	629-4468
Housing Front Desk on Economy	629-4466/4396
Gricignano Warehouse	629-4242
Housing Maintenance	629-4246
Trouble Desk	629-4285/4286
Public Works	626-4981

LODGING

Navy Gateway Inn & Suites (Capodichino)	626-5250
Navy Lodge (Support Site)	081-813-3443
Navy Lodge Naples Support Site)	629-6289
BEQ (Support Site)	629-4123

MEDICAL FACILITIES

Appointments (Capodichino)	626-4786
Appointments (Support Site)	629-6000
Billing	629-6510/6129
Medical Homeport	629-6271
NH Chaplain	629-6451
Dental Clinic (Capodichino)	626-4644
Dental Clinic (Support Site)	629-6007
EDIS Clinic	629-4676
Emergency Room (Support Site)	629-6150
Immunizations	629-6867
Information Desk (Capodichino)	626-5311
Information Desk (Support Site)	629-6155
Lab	629-6190
Mental Health	629-6306
MSU/Inpatient Ward	629-6471
OB/GYN	629-6404
Optometry	629-6386
Patient Administration	629-6293
Pharmacy	629-6225
Physical Therapy	629-6183
Radiology	629-6168
Tricare Admin Office	629-6330
EFMP Coordinator	626-6951
NH Quarterdeck	629-6006

MWR

Auto Skills Center	629-4971
Bowling Center	629-6976
Carney Park Pool	081-526-2140
Fit Zone and Pool (Capodichino)	626-4266
Fit Forum (Support Site)	629-6604
Golf Course	081-526-4296
Library (Capodichino)	626-3666
Library (Support Site)	629-4361
Liberty Program (Support Site)	629-4705
Movie Theater	629-4358
Tickets and Travel (Capodichino)	626-4330
Tickets and Travel (Support Site)	629-7907
Pool (Support Site)	629-6513

FACEBOOK RESOURCES

- U.S. Naval Support Activity Naples, Italy
- U.S. Naval Hospital Naples
- Naples Child and Youth Programs
- Naples FFSC
- NSA Naples Emergency Management
- NSA Naples MWR
- NSA Naples MWR Community Recreation Division
- NSA Naples Liberty
- NSA Naples Housing
- AFN Naples
- USO Naples
- American Red Cross Naples - Service to the Armed Forces
- Navy-Marine Corps Relief Society Naples, Italy

NAVY EXCHANGE

Auto Port (Support Site)	629-4957
Barber/Beauty Shop (Capodichino)	626-4280
Barber/Beauty Shop (Support Site)	081-502-7349
Customer Service	629-4717
Ciro's Gourmet	329-782-0156
Electronics	081-813-5353
Europcar	629-4172
Flower Shop (Support Site)	081-813-2104
Frame Shop	349-61-68117
Gourmet Shop	320-827-7659
Janz Medical Supplies	081-813-2012
NEX Food Court (Support Site)	081-813-2045
Optical Shop	081-502-7113
Pack & Wrap	081-502-7751
Residential Services	081-813-5321
Subway	081-502-7578
Tailor Shop (Capodichino)	626-4279
Tailor Shop (Support Site)	081-502-7353
Military Auto Source	629-4187
Mini Mart (Capodichino)	626-4274
Mini Mart (Support Site)	629-6583
Navy Exchange Income Tax Office	629-4090
Navy Exchange Main Store	081-813-5372
Navy Recruiting Office (S. Site)	629-4087
Vodafone (Capodichino)	081-568-4281
Vodafone (Support Site)	081-979-9137

OTHER

Air Passenger Terminal	626-5369
AFN	629-6915
American Red Cross	626-4788
Chaplains (Capodichino)	626-3539
Chaplains (Support Site)	629-4600
MVRO (Capodichino)	081-568-1366 / 5434
MVRO (Support Site)	6876/4050/6890
Commissary	4871/4879/4872
Community Bank (Capodichino)	081-635-5301/5302/5304/5305
Defense Service Office	626-3131
Emergency Management	626-5240/5057
Environmental	626-6644
Fire Prevention (Capodichino)	626-6627/6626
Fire Prevention (Support Site)	629-4487
Hazmat/Hazwaste	626-6643
GS Human Resources	626-5409
NAF Human Resources	626-5612/4164
ID Card Office	626-4390

NCIS	626-6002
Navy Federal Credit Union	629-4887/8/9/
Navy- Marine Corps Relief Society	626-3913
OPSEC Support Team	626-4460
Pass and ID (Capodichino)	626-4955
Pass and ID (Support Site)	629-4264
Passport Office	626-4155
Personal Property	629-6778
Post Office (Capodichino)	626-5371
Post Office (Support Site)	629-4336
POV Lot	629-6522
RAPIDS	626-5632/2940
Region Legal Services	626-4576
Region Support Center Naples	626-2940
Religious Education Coordinator	629-4616/4617
SARP	626-5500
SATO	081-599-2613
TSC	626-5825
Security Dispatch (Capodichino)/India 7	626-5638/5639
Security Dispatch (Support Site)/India 7	629-4264
Security (Capodichino)	626-2207
Security (Support Site)	629-4269
USO (Capodichino)	626-5713
USO (Support Site)	629-4903
Vehicle Processing Center	629-6522/6768
Veterinary Treatment Facility	629-7913
WIC Overseas	629-4962
Zurich Insurance	629-6568

SCHOOLS

Naples Elementary School	0444-106-0232/324-646-0232
Naples Middle High School	0444-106-0253/324-646-0253
University of Maryland Global Campus	626-6673-6675

POSITANO

on the Amalfi Coast

By Mary Del Rosario



With multi-colored terracotta houses perched atop a cliff, bougainvillea cascading down restaurants and shops, and the beautiful, sapphire Mediterranean hugging the edges, Positano is everything a picture-perfect Amalfi Coast dream is made of.

Positano is roughly an hour and a half south of Naples and makes a great getaway after settling in. It is accessible by a walk-on ferry from the downtown Naples Molo Beverello port. There is parking at the port. If you choose to drive to Positano, it's best to find lodging that includes parking. The few public parking lots are expensive.

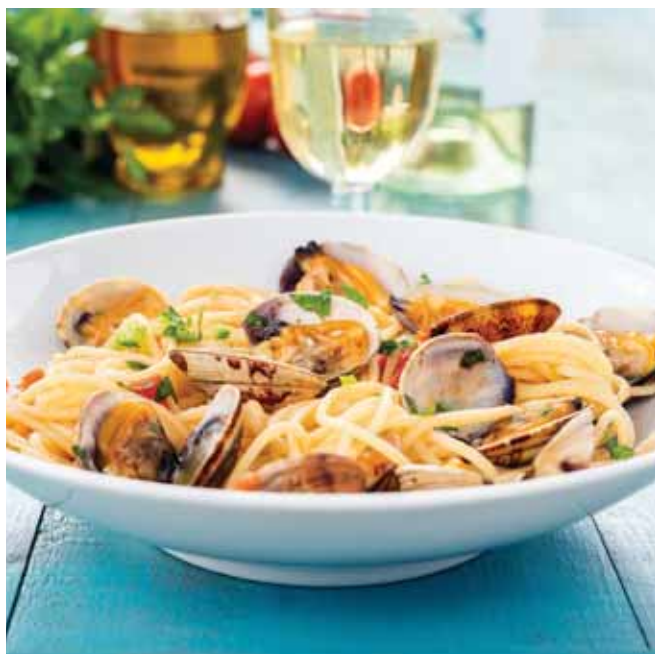
Since Positano is an ideal city for walking, meander down the winding roads and enjoy the atmosphere. Stumbling across a cute cafe among the many unmarked roads always makes the best memories. Not the walking type? Rent a scooter instead to capture the best views of the town and coastline.

If you're into the art scene, check out the eclectic and traditional art galleries sprinkled across the village. The Art & Craft gallery highlights local painters, while just down the road Absolute Positano hosts a collection of works by local studio artists and ceramicists. If you like shopping, be on the lookout for handmade, leather sandals and linen clothes that are unique to Positano.

For those who love adventure, rent a boat and explore the open, blue Mediterranean. Positano Boats, located near the beach, hires a variety of boats. It is highly recommended you opt for a skipper on board if you have no experience at sea. Be sure to visit the Green, White and Emerald grottos. These picturesque caves are near

Positano along the Amalfi coast and are only reachable via boat. Sunset cruises are also a popular option. Other water activities include stand-up paddling (SUP), parasailing and kayaking.

One of the best things about the Amalfi coast is the ability to visit neighboring villages. The ferry from Positano to Capri is a popular route operated by three ferries with trips up to seven times per day.



BEACHES

In Positano, there is no shortage of jaw-dropping beaches. Whether you're looking for a secluded area or want to mingle with other beachgoers, these are the top beaches to put on your itinerary.

- **Spaggia Grande** - Known as the "large beach," this easily recognizable beach is known for its colorful rows of umbrellas dotted along the shore. In the middle of this beach is the spiaggia libera or free beach where you don't need to pay to rent an umbrella or chair. Be sure to bring your beach towel!
- **Fornillo Beach** - This small and secluded beach is away from the Positano dock and can be reached by the Strada Statale.
- **Arienzo Beach** - It is known as the "300 steps beach" because there are exactly that many steps beachgoers need to climb down to reach it.
- **Marina Grande Beach** - One of the liveliest beaches in the area. Music on the Rocks is also located here.
- **Laurito Beach** - This small beach is Positano's best-kept secret and is popular among the locals. There are also two beach restaurants.

LOCAL FOOD

Positano offers a great selection of local foods to please the palette. Try some of these favorites while on the Amalfi Coast.

- **Lemon sorbet** - The best can be found at Covo dei Saraceni Hotel.
- **Seafood pasta** - Served with fresh prawns, mussels octopus and mussels.
- **Risotto** - The one in La Terra serves their seafood risotto in a crispy parmesan tortilla.
- **Cornetto** - Similar to a croissant but is softer and has less butter. ■



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 Sigonella, 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.

7

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

8

Hike through the Dolomites.

9

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

10

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

11

Appreciate the art and architecture of Florence.

12

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



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