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Europe Office

COMMANDER

Katie R. Fidler, LTC, U.S. Army

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

WRITER-FDITORS

Tamala Malerk, Kat Nickola, Katie Wells

GRAPHIC ARTISTS

Amanda DeHart, Ryyan Joye ENGAGEMENT MANAGER

Leah Geier

MARKETING COORDINATOR

Kristen Thoennes

MARKETING ASSISTANT

Al Green

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty NAPLES ADVERTISING SALES REPRESENTATIVE

Sebastiano Saglimbeni

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Kandace Blevin,

Nate Jamison, Capri Roe, Jeff Teeselink

ADMINISTRATIVE ASSISTANT

Danny Padro

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany +49(0)152-5672-5020

CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

Email: memberservices@stripes.com

Washington Office

PUBLISHER

Max D. Lederer, Jr.

REVENUE DIRECTOR

Scott Foley

MULTIMEDIA ADVERTISING, CONSULTANTS

Fabrizio Danova, Corey Henderson,

Gerard Kelly, Claudia Stier, Mary Vandenberg

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

PUBLISHING & MEDIA DESIGN, MANAGER

Douglas Gillam, Jr.

GRAPHIC ARTISTS

Ellen Cheung, Amy Webb CONTENT DESIGNER

Alyssa McBeth

MARKETING COORDINATOR

Stacy Roman

ADVERTISING OFFICE

633 3rd Street NW, Suite 116

Washington, DC 20001-3050

202-886-0003

COVER DESIGN BY

Carrie Farrell

FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com Visit our website for more information at www.StripesEurope.com

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WELCOME TO NAPLES

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 quality-of-life 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. You may stop in a restaurant, grocery store, 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 Italian culture.

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

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



SOJOURNER'S PERMIT

Within eight days of arrival all military dependents, DOD civilian employees, contractors and their families must submit an application for a Sojourner's Permit. The permit gives you permission to legally live in Italy. To get it, you must already have a Missione Visa in your no-fee U.S. passport, which is a requirement before traveling to Italy. The Sojourner's Permit is typically valid for the duration of your assignment, but it is important to check the expiry date and keep it valid, especially if you have had a change to your orders or contract.

- Navy / Marine Corps personnel: Visit the RLSO in Admin Bldg. II, Room 1074 at Capodichino to apply.
- Army / Air Force personnel: Report to your provost marshal office.
- ➤ You will need the following for each Sojourner's permit application.
 - Two identical passport photos (taken within six months).
 - No-fee (official) passport (or tourist passport for contractors).
 - Copy of official orders, or the civilian equivalent.
 - If you live in a Naples province (Pozzuoli, Monterusciello, Quarto, Lago Patria, etc): Copy of rental lease or hotel receipt. Not required if you live elsewhere.
 - Completed worksheet, which is available online at cnreurafcent.cnic. navy.mil/Installations/NSA-Naples.

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

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

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 cnreurafcent. cnic.navy.mil/Installations/NSA-Naples/ Operations-and-Management/ Emergency-Management

112 is the emergency phone number throughout Europe. ■



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SERVICES IN NAPLES

BANKING

Getting an Italian account with an International Bank Account Number (IBAN) is necessary for paying bills and transferring money. It is also helpful for making purchases, getting cash and managing funds between dollars and euros.

ON-INSTALLATION BANKING OPTIONS

▶ Community Bank

- · Located on NSA Capodichino in Bldg. 450.
- · Phone: 39-0816-35-5301

► Navy Federal Credit Union

- · Located on the Support Site in the NEX complex, Bldg. 2091.
- 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 Cour (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, so instead, Wise safeguards customers' funds to make sure they're always available whenever they're needed. Visit wise.com.
- ▶ N26: N26 is a 100 percent mobile, fully licensed bank, which provides the same level of security and regulations as traditional banks. Their European banking license protects your funds up to 100,000 euros by the German Deposit Protection Scheme. Visit n26.com.

USING DEBIT CARDS

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

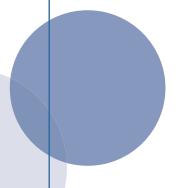
BEWARE OF FEES

- 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

Your Navy Region Legal Service Office (RLSO) is available for a variety of legal assistance. They help with powers of attorney, notary services, wills and estate planning, medical directives, Servicemembers' Civil Relief Act (SCRA), and other legal counseling.













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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 "Tabbachi" shops.
- ▶ 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 on Wi-Fi
 - Skype
 - Facebook Messenger
 - WhatsApp
 - Facetime
 - Google Hangouts

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





TKS

TRANSPORTATION IN NAPLES >>>

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 for trips outside of Italy.

A member of the Motor Vehicle Registration Office (MVRO) will be administering the driver's test after the Safety Office and MVRO briefs at Area Orientation.

- Proof of Status of Forces Agreement (SOFA) sponsorship such as PCS orders, DOCPER, 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 Email: mvronaples@eu.navy.mil
- Village Forum, Support Site DSN: 314-629-6876 Comm: 081-811-6876
- Bldg. 450, Capodichino DSN: 314-626-2831/32 Comm: 081-568-2831/32

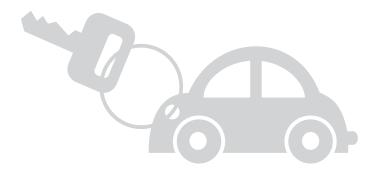
MOTORCYCLES

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 can only operate a motorcycle of 35 kW or less.

REGISTERING A VEHICLE

Eligible personnel may register up to three vehicles for themselves and their family at a time while in Italy. 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.
 - ✓ Cash: 20 euro registration fee.
 - ✓ For 2nd or 3rd vehicles: You will need cash for road taxes. Rates are based on the vehicle's horse power and age and can be paid to cover your ownership period. This can range from 150-500 euros. 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/ltaly
- USAA: Available online. European toll-free number: 800-971-707 (can be called from a mobile or landline).
- Zurich and Nobis: Office is located in the main TLA on the Support Site across from the motor vehicle office. 1st floor. Contracted with the NEX. Call: 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 Auto Port 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.









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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 managements the free Lemon Lot car sales parking area at Support Site. All vehicle sales 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.
- Morale, Welfare and Recreation's (MWR) Auto Skills shop offers a free 30+ point assessment that will tell you everything you need to know before buying or selling a vehicle.
- You need to carry snow chains in your vehicle if driving in mountain areas during winter months.

FUELING A VEHICLE

► 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 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 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.
- Only two Italian gas station companies will accept your fuel card: AGIP and ENI.
- Use your fuel card like a debit card at the pump. At some stations, attendants will operate the card machines.
- Fill up at "Fai da te" or "Iperself" pumps to avoid paying extra for full service.

Italian Fuel Terminology

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

DRIVING IN ITALY

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.

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.

Driving habits
in Italy are
considerably
different from
those in the U.S.

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HOUSING IN NAPLES

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.

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 Support Site Bldg. 2073 Phone: 081-811-4466 DSN: 314-629-4466

Email: Naples_Housing@us.navy.mil

ON-INSTALLATION 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, 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.

- 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) reimbursed 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)

 reimbursed 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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HOUSE HUNTING OFF-INSTALLATION

All single or unaccompanied military members E-5 and above will 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 economy 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 must bring the security deposit to the lease appointment equal to one month's rent in Euro cash. This deposit will be paid to the General Services Fund (GSF) and will be refunded at the termination of the lease and may be used to pay any damages or unpaid utility bills. If you do not have enough money for the security deposit, you may request an advance OHA.
- 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 Partial Full-Tour Furnishings Program

- 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 stoves, washers, dryers, refrigerators, AFN decoders, carbon monoxide detectors, dehumidifiers and microwaves 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. ■

TAX **PREPARATION** IN ITALY? **GET YOUR REFUND!**

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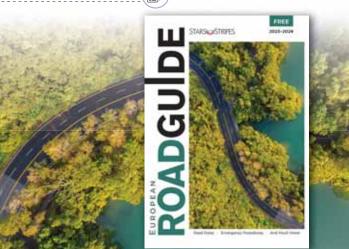




Emergency Phrases

European Road Rules

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



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- NO CARIES
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HEALTHCARE INNAPLES

During your time in Italy, you will need to see a doctor and dentist. Depending on the specialty services you might require, you may need to be referred off-installation for medical services.

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 www.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.

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 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, www.tricare.mil/CoveredServices/Dental/TDP.

OFF-INSTALLATION MEDICAL TREATMENT

Medical care off-installation in Italy is modern and may including 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. ■





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 the +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.

STUDIO DENTISTICO



Being an expat and finding a dentist in Italy?

No English, cash preferred... and who helps you with insurance? But you can't wait to go back to your home country for a dental check-up. That's why you'll be happy to discover...

SADILE DENTAL CLINIC: the trusted dentist of +450 Americans in the Naples Area. We take care of your smile (and your family's) just like your dentist in the U.S., but only 10 minutes from the Gricignano Support Site.

- ◆ The entire medical and non-medical staff at Sadile Dental Clinic speaks perfect English, making you feel at home at all times.
- ◆ Payments with any credit card or bank transfer are welcome, ensuring maximum convenience for you.
- ◆ The dental practice is located in Succivo (Caserta), just a 10-minute drive from the Gricignano Support Site, with convenient parking.
- ◆ We provide all the necessary support to get reimbursement for dental treatments from your health insurance.
- ✓ Over +450 Americans and English speakers have chosen Sadile Dental Clinic as their trusted dentist in Italy.
- ♦ Every treatment plan at Sadile Dental Clinic is protected by a Total 5-Year Guarantee: 100% Satisfied, or we redo the treatment.
- ✓ Your one-stop for dental care: we perform X-rays, CT scans, and any other necessary diagnostic tests directly to take care of your smile, so you don't risk having to go to other medical centers where English is not spoken.

Even children are welcome: at Sadile Dental Clinic, they'll find a specialized staff to take care of their smiles.

Inside Sadile Dental Clinic, your children will find spaces and rooms designed to the smallest detail to put them at ease, as well as a prepared medical and non-medical staff to treat them without causing trauma or bad memories.

And if you don't believe my words, surely you can trust those of dozens of enthusiastic mothers and fathers who brought their children to Sadile Dental Clinic.

Great first visit to the dentist for our daughter (20months)! Very easy to book in English through WhatsApp. Very courtesy, hygienic and technically knowledgeable staff. Highly recommend Dr. Gennaro and his dental office.

JAMIE AUCLAIR

Just took my 4 year old daughter here for cleaning and fillings and it was a wonderful experience. They were so kind and quick in their work, yet gentle. My daughters teeth look so much better and ready for the school year. Highly recommend!

TAMI SHARP



SCAN THE QR CODE and land on www.dentist-naples.it to receive at home "Your personal smile in Italy" KIT for free.

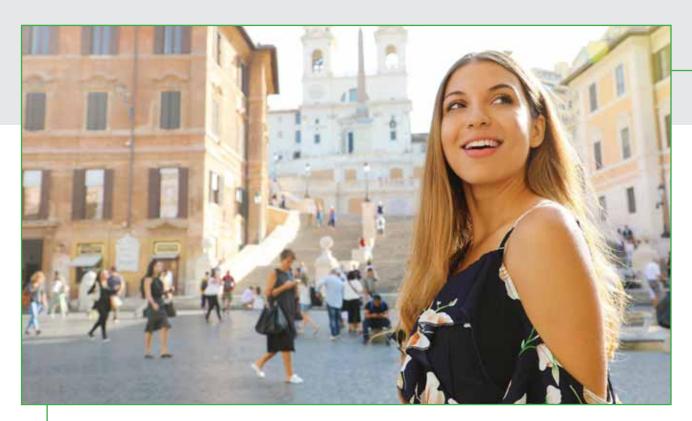
What is it?

Inside this free information kit, I've included every single piece of information that is crucial for you to know before undergoing any visit and treatment plan at Sadile Dental Clinic.









LIFE >>> IN ITALY

KEY FACILITIES

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 and their families can request individual, couples, or family counseling. FFSC also offers intercultural relations 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

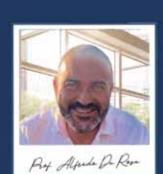
ideal programs in helping service members when transitioning out of the military or during a PCS move. These programs offer various classes such as sponsorship training, Pre-separation workshop, Capstone Event, and EFMP support group. **Personal Finance** classes are also offered to service members and 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 Group** is a part of FFSC and offers one-on-one help with becoming a new parent or attending different group classes that help families in adjusting to life with a new baby and small children.

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.

To find your ombudsman visit ombudsmanregistry.cnic.navy.mil.





ITRE AT MEN S

Implants



Crowns & Bridges



Restorative



Endodontics



Orthodontics











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Via Staffetta, 51 - Lago Patria (NA) Tel. 081 509 1319

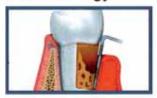
Via Toledo, 156 - Napoli Tel. 081 0609562

Give a new light To your smile

Dental Surgery



Periodontology



Hygiene & Esthetic Dentistry



Pediatric Dentistry





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/customsforms.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 online 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.

- ► USO Naples NSA Gricignano: italy.uso.org/naples-gricignano Village Forum, Support Site 081-811-4903
- ▶ USO Naples:

italy.uso.org/naples-capodichino-air-terminal AMC Terminal, 1st floor 081-568-5713

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: www.facebook.com/NaplesRedCross Bldg. 450, Support Site 081-568-4788

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.

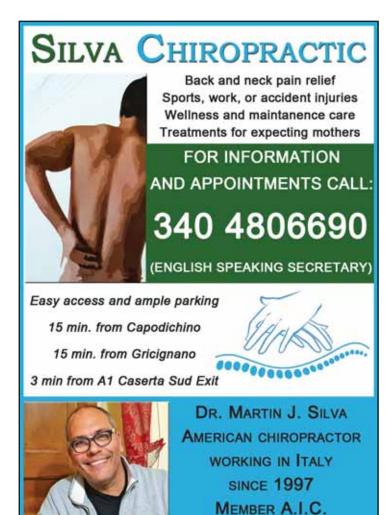


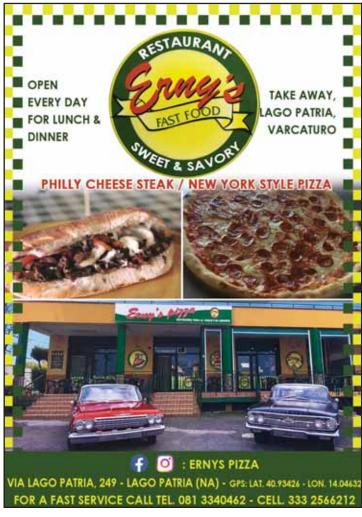
Please use this QR code if you are interested in utilizing chapel spaces.

COUNSELING OPTIONS

- ► FFSC offers counseling for individuals, adolescents, couples and families for military personnel, civilians, contractors and dependents.
- DSN: 629-6372, Comm: 081-811-6372
- ► 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) offer free non-medical anonymous sessions with specialists for adolescents, children and families.
- Available through DoDEA schools and Child and Youth Programs (CYP).
- ▶ The Behavioral Health services at the Naval Hospital Naples offer 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.
- ► 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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 ■ email: orta@adhocash.it



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REPARTI E SERVIZI









e liquori

















ORARI DI APERTURA

Da Lunedì a Venerdì 07:30 - 18:30 / Sabato 07:30 - 13:30 / Domenica 08:00 - 13:00



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♥ VIA CIRCUMVALLAZIONE ESTERNA NAPOLI



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Registra il numero in rubrica 353.35.87.007 Inviaci un messaggio whatsapp: ADHOC SI Per essere sempre aggiornato sulle ultime promozioni, news ed eventi

REPARTI E SERVIZI





























Freschi

Surgelati

Beverage

Non Food

Delivery

Sommelier

ORARI DI APERTURA

Da Lunedì a Venerdì 07:30 - 18:30 / Sabato 07:30 - 13:30 / Domenica 09:00 - 13:00

RESOURCES FORKIDS



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.

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. This location offers hourly care, too.
 DSN: 314-626-5116, Comm: 081-568-5116
- 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.

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

TEEN CENTER

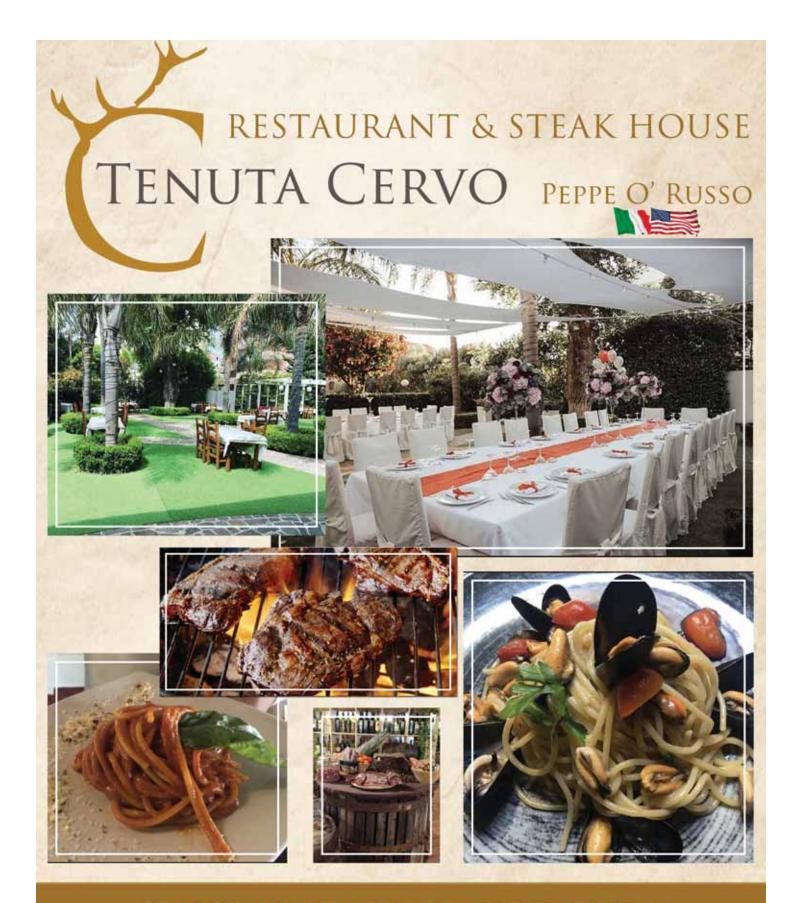
The Teen Center is available for young adults in 7th-12th grades. Teens must be at least 12 years old. The center offers teens a place to hang out. It has a gym, music area, pool table and video games, plus it offers clubs, field trips and special events.

Bldg. 2702, Support Site
 DSN 314-629-4395, Comm 081-811-4395



Read our free kids' magazine, "Dandelions" featuring fun educational, activity and coloring pages.





OPEN FOR LUNCH & DINNER - CLOSED TUESDAY WIDE GUARDED PARKING - PLAYGROUND - PARTY & BANQUETS

Via E. Altavilla, 101 - Aversa (CE) - Cell. 333-9940376 - Tel. 081-8145020 GPS: Lat. 40.980434 - Lon. 14.195635 - www.ristorantetenutacervo.com

SCHOOL OPTIONS





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



Understanding the role of School Liaison Officers

SCHOOL LIAISON PROGRAM

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

Located at the Fleet and Family Support Center, room W72 on the Support Site. DSN: 314-629-6549, Comm: +39 081-811-6549

DODEA 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 Sure Start pre-Kindergarten program gives priority enrollment to children of service members whose rank is E-1 to E-4, GS-1 to GS-4 or NAF-1 or NAF-2. Start communicating early on with DoDEA staff or the School Liaison to begin the enrollment process for your schoolaged children.

► Naples Elementary School: napleses.dodea.edu

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

► Naples Middle High School: naplesmhs.dodea.edu

The middle high School is for students in grades 7 through 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 SLO for more information and to connect with homeschool groups.

INTERNATIONAL SCHOOLS

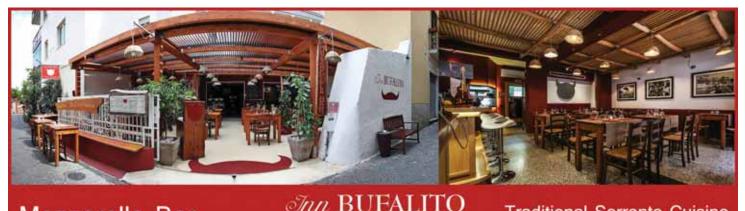
Another option is sending your child to a private international school. These schools will charge tuition but may offer discounts for multiple children. They typically offer English-language instruction and make a good alternative for students not eligible for DoDEA attendance. Contact the SLO to learn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

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, though most schools will offer remedial language acquisition help. Keep in mind that students will not get American holidays off. You will need a local address to enroll. Visit your installation SLO for local school information.

▶ Italian education stages

- Kindergarten: "scuola dell'infanzia" or "Asilo." Ages 3 to 6.
- Primary school or elementary school: "scuola primaria" or "scuola elementare." Ages 6 to 11.
- Lower secondary school or middle school: "scuola secondaria di primo grado" or "scuola media." Ages 11 to 14.
- Upper secondary school or high school: "scuola seconaria di secondo grado" or "scuola superior." Ages 14 to 19. There are three types of high school:
 - 1. "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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www.innbufalito.com







The Anglo-Italian School Montessori Division





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"The child is both a hope and a promise for mankind"

Maria Montessori

Registration always open



Viale della Liberazione 1, Ex Nato Base, Bagnoli, Napoli
Ph. 081 570 6587 - office@aischoolnaples.com - www.aischoolnaples.com
An International learning community in Naples, Italy

PM 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: 314-629-7918, Comm: 081-811-7913 Email: usn.naples.navhospnaplesit.mbx. vet-clinic@mail.mil

- 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 six months of arrival or adoption.

The VTF does not have emergency pet services. It's necessary to establish contact with a local Italian veterinarian for chronic pet issues, emergencies, EU pet passports and health certificates required by airlines.

REQUIREMENTS

- Microchip: All pets must be microchipped within 30 days of arrival, if 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 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 yearround. Flea/tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every
- Italian ASL registration: All pets are required to be registered in the Italian ASL system. 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. ■



Tips for traveling with your pet





Tasting Pompeii Tour is a guided tour of Bosco de' Medici vineyards and wine cellars, next the Roman Necropolis of the 79 AD. A Journey through history, culture and culinary delicacies



BOSCO DE' MEDICI



Guided Tour in English: Information and Bookings

Via Antonio Segni 41, Pompei (NA) - Tel. 081.856.4040 / 081.8506463 - www.boscodemediciwinery.it



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INTERNATIONAL PETS AND ANIMALS TRANSPORTATION ASSOCIATION

PERSONAL ENRICHMENT

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

EMPLOYMENT OPPORTUNITIES

The Status of Forces Agreement (SOFA) does not allow for dependents to work on the economy or operate home-based businesses in Italy. Visit FFSC for one-on-one support, and to update your resume or research 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: europe.umgc.edu

Undergraduate, graduate and doctoral programs via online coursework, and has student services at Naples.

 Other schools with online coursework: www.military.com/education or www.militaryonesource.mil.

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

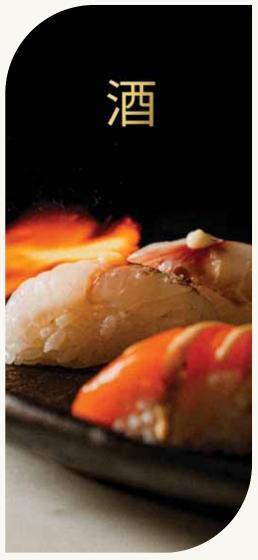
VOLUNTEERING

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 lifestyle stories to contentteam@stripes.com for publication on the StripeEurope.com website.





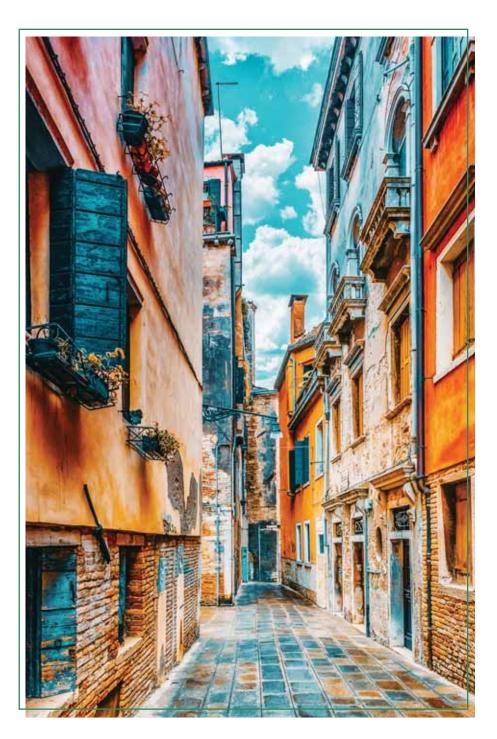




Traditional **japanase** street food Start at 19.00 / close 23.00 Cocktail bar // A la carte Free parking Closed on Wednesday Delivery service | 353 308 3103 Table reservation | 388 111 9890

> Via Montenuovo Licola patria, 90

LIVING LIKE A LOCAL



Once you arrive in Italy and get settled in, you can immerse yourself in the local culture. Visit the FFSC to find out about orientation classes.

DINING IN NAPLES

- Lunch times are around 1 to 3 p.m.
- Dinner times start around 7 p.m. and restaurants may stay open until midnight.
- Expect evening meals to last two hours
- Restaurants will close between lunch and dinner
- You will need to ask for the check when you are ready to go.
- Not every restaurant accepts credit cards, so bring euro.

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 Lionello, Succivo

SHOPPING IN NAPLES

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, Iperfamiglia
- Furniture: IKEA, Mondo Convenienza
- Bookstores: Feltrinelli, Mondadori
- Discount stores: Eurospin, MD, Lidl, Aldi
- Mall: Parco Commerciale Grande Sud
- ► Clothing and Attire: Italians generally dress in a more formal manner. You will rarely see someone wear gym shoes or casual outfits outside of a particular context like the gym or a recreational activity.
- Many shops close for "riposo" (extended lunch break) from 12:30 to 3:30 p.m. ■

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.

Paper

Boxes

Cardboard

Envelopes

Paper

Paper bags

Reading materials (paperback books, newspapers, magazines, catalogs, mail)

Wrapping paper

Packing Material

Bottle tops

Jar lids

Metal cans

Net bags for produce

Plastic bags (storage bags, bags that food

comes in, grocery bags)

Plastic bottles

Drink cartons

Styrofoam

Biodegradables/Compost

Yard trimmings

Grass

Untreated wood

Bread

Egg shells

Flowers and plants

Fruit and Vegetables

Nutshells

Paper towels

Tea bags

Residual

Ashes

Cat litter

Diapers

Feminine products

Tissues

Meat (including bones)

Mirrors

Non-packaging metals/plastics

Seafood (including shells) Soiled paper or cardboard

Vacuum cleaner bags

White, clear, green, brown, blue and other

colored glass

Drinking glasses

Non-returnable glass jars/bottles

Other glass packaging

No ceramics, porcelain, or metal/plastic lids

Bulk and Hazardous Waste

Batteries

Chemicals/detergents/pesticides

Oil (cooking and other)

Electronics

Furniture

Large yard waste

Lightbulbs

Paint

Scrap metal

Tires



ITALIAN LANGUAGE



Ready to learn Italian? Local Neapolitans not working in the tourism sector speak little or no English and people will appreciate your attempt to speak their language.

SALUTATIONS

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

POLITE EXPRESSIONS

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

ASSISTANCE OR CLARIFICATION

Can you please help me?Potete per favore aiutarmi?
Pardon me?/Excuse me?Scusami?
l understand
That sounds good/All is goodSuona bene /Tutto va bene
ExactlyEsattamente
I don't understandNon capisco
I don't knowNon lo so
I speak Englishlo parlo inglese
l don't speak ItalianNon parlo Italiano
I speak a little ItalianParlo un po di italiano
My Italian is badIl 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 downer favore scrivilo

DINING

I'd like to reserve a table	Vorrei 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, pleas	seVorrei pagare, per favore
Check, please	
Keep the change	Tieni il resto
Waiter/waitress	Cameriere/cameriera



SHOPPING

How much does this cost?	Quanto costa questo
Do you have?	Haiî
How much?	Quanto
What is this?	Cos'è questo?
Do you have this in size	?Hai guesto 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

RESOURCES FOR LEARNING ITALIAN

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.

▶ FFSC CLASSES

Fleet and Family Support Center representatives will go over Italian basics during Orientation. They also offer additional in-person Italian language classes.

▶ 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 language and the local Neapolitan dialect have many nuances 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.

Practice your Italian while you travel around Italy!



Travel to the Dolomites

CONVERSIONS & HOLIDAYS

LENGTH

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

WEATHER TEMPERATURE

°C	°F
0	32
5	
10	50
15	
20	
25	
30	
40	104
50	

ITALIAN PUBLIC HOLIDAYS

January 1 New Year's Day

> January 6 Epiphany

April 20, 2025 Easter Sunday

April 21, 2025 Easter Monday

April 25 Liberation Day

May 1 International Workers' Day

> June 2 Republic Day

August 15
Assumption Day/Ferragosto

November 1 All Saints' Day

December 8
Immaculate Conception

December 25 Christmas Day

December 26St Stephen's Day

WOMEN'S SIZES

Shoes	
US	EU
5	
5.5	36
6	
6.5	37
7	37-38
7.5	38
8	38-39
8.5	39
9	39-40
9.5	
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

US/UK	46 50 52
46 48	
40	50

Suits/Coats

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	
Shoes US	EU
Shoes US	EU
US	EU

1	32
2	33
3	34
4	36
5	37
6	38
7	39
8	40
0	41

INFANT SIZES

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

S	oes
ι	EU
0	15
1	16
2	17
3	18
4	19
5	20

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)	27

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7



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CELEBRATIONS **IN NAPLES**

By Tamala Malerk



Immerse yourself in the festivities at these local holidays that are celebrated 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, check out one of the local celebrations and firework shows, or do 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 C.E., 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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1-813
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1-813 -HELP -5116 -4989
1-813 -HELP -5116 -4989 -4722
1-813 -HELP -5116 -4989 -4722 -4395
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MEDICAL FACILITIES	
Appointments (Capodichino) Appointments (Support Site) Billing Medical Homeport WH Chaplain Dental Clinic (Capodichino) Dental Clinic (Support Site) Emergency Room (Support Site) mmunizations Information Desk (Capodichino) Information Desk (Support Site) Jab Mental Health MSU/Inpatient Ward DB/GYN Diptometry Poptometry Pharmacy Physical Therapy. Radiology.	
Fricare Admin Office	626-6951
MWR	
Auto Skills Center	

Trouble Desk....

Public Works..

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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
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Tailor Shop (Support Site)	081-502-7353
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Mini Mart (Capodichino)	626-4274
Mini Mart (Support Site)	629-6583
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Navy Exchange Main Store	081-813-5372
Navy Recruiting Office (Support Site)	629-4087
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OTHER

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\fN	629-6915
American Red Cross	626-4788
Chaplains (Capodichino)	
Chaplains (Support Site)	629-4600
MVRO (Support Site)	6876/4050/6890
ommissary	4871/4879/4872
Community Bank (Capodichino)	081-635-5301/5302/5304/5305
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mergency Management	626-5240/5057
nvironmental	626-6644

Fire Prevention (Capodichino)	626-6627/6626
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NAF Human Resources	626-5612/4164
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NCIS	626-6002
Navy Federal Credit Union	
Navy & Marine Corps Relief	626-3913
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Region Support Center Naples	626-2940
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SATO	081-599-2613
TSC	626-5825
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Security Dispatch (Support Site)/India 7	
Security (Capodichino)	626-2207
Security (SupportSite)	629-4269
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Zurich Insurance	629-6568

SCHOOLS

Naples Elementary School	0444-71-6613/646-6613
Naples Middle/High School	0444-71-6796/646-6796
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FACEBOOK PAGE 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
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Shopping Highlights in Downtown Naples

By Karen Bradbury and Kat Nickola

STREET MARKETS

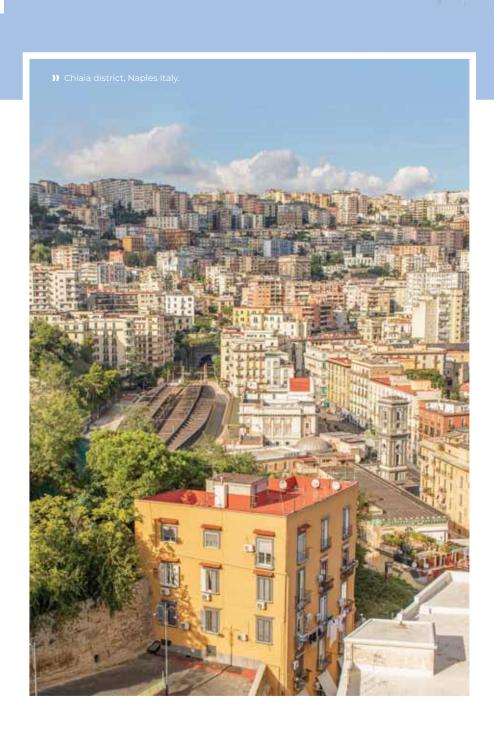
With around 60 street markets, it's easy to visit one of these loud, colorful places where deals await those skilled at bargaining.

Selling everything from fruit and vegetables to clothes and shoes, the La Pignasecca street market is open daily. Snag some local olives, cheese or pasta at one of the many stands. Local shops also line the market route along the Piazza Carita where you can find all kinds of unique things like arts and crafts, hidden treasures and electronics.

To see expert shoppers in action, visit Naples' famous **Poggioreale Market**. Open only on the weekends, this is the place to go for good deals on anything from high-end fashions to small collectibles and housewares. It is the largest market in Naples and famous for its huge shoe collection. It is a popular place so it can get crowded. Join the bustle to find a treasure of your own.

PIZZERIAS

Margherita pizza, the simple but scrumptious pie topped with tomato sauce, basil and mozzarella is Naples' gift to the world. A plaque noting its birthplace in 1889 hangs next to the **Pizzeria Brandi in the Chiaia district**.



However, the must-try old pizzerias in Naples are located along the **Via dei Tribunali**, like the **Gino e Toto Sorbillo**. Naples has more than 800 pizzerias, roughly 100 of which are certified by the Associazione Verace Pizza Napoletana (AVPN), a regulatory body tasked with assuring makers adhere to the city's traditions. Look for the AVPN logo, or better yet, look for long lines leading out the door.

DESIGNER BOUTIQUES

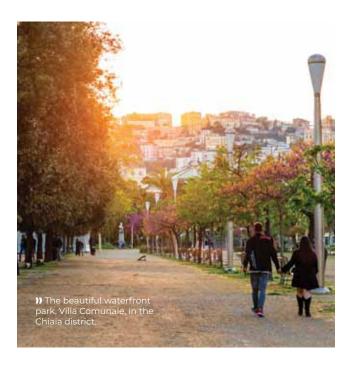
Well-heeled Neapolitans splash out in the boutiques and designer shops in the **Chiaia district** where famous fashion houses purvey their coveted labels. Shop for stiletto heels in the city of their creation or seek out silk ties and artisanal leather handbags.

This affluent area lies west of the old town and extends to the beautiful waterfront park called the **Villa Comunale**. Wander the designer brand shops that line the via Chiaia during the day or visit one of the many cocktail bars that make evenings here a mainstay of Naples nightlife.

The covered **Toretta Market** is a great option if the weather isn't cooperating. Best known for the large number of eateries and cafes, it's a great place to spend a whole day. There are farmers' market stalls selling local produce and an area with a flea-market feel where you can find just about anything. It is only closed on Sundays.

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With around
60 street
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easy to visit
one of these
loud, colorful
places where
deals await
those skilled
at bargaining.



CHRISTMAS ALLEY

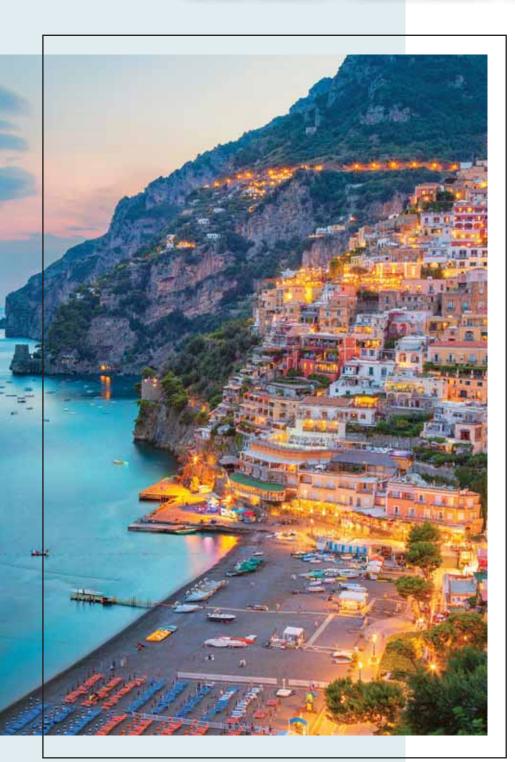
Deep in the heart of the city, on a pedestrian-only street, is **Via San Gregorio Armeno**. Dubbed "Christmas Alley," this narrow, cobblestoned street is festive all year and is filled with old storefronts with ornate window displays of "presepio" or nativity scenes. In a country where 78 percent of the population identifies as Catholic, the "presepio" is a highly coveted and revered part of the holiday season.

A "presepio" is designed to be a scene that is expanded every year. While there are plenty of pre-made sets, in Christmas Alley you can tailor the nativity to your liking. If you feel like adding a figure of King Charles or Christiano Ronaldo next to baby Jesus, you can! Many shops have been passed down through generations spanning five centuries and still make the figurines by hand.



POSITANO on the Amalfi Coast

By Mary Del Rosario



ith 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



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continued from page 48

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 livelier beaches in the area. Music on the Rocks is also located here.
- Laurtio 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.



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