CAPSTONE IN SOUTHERN ITALY

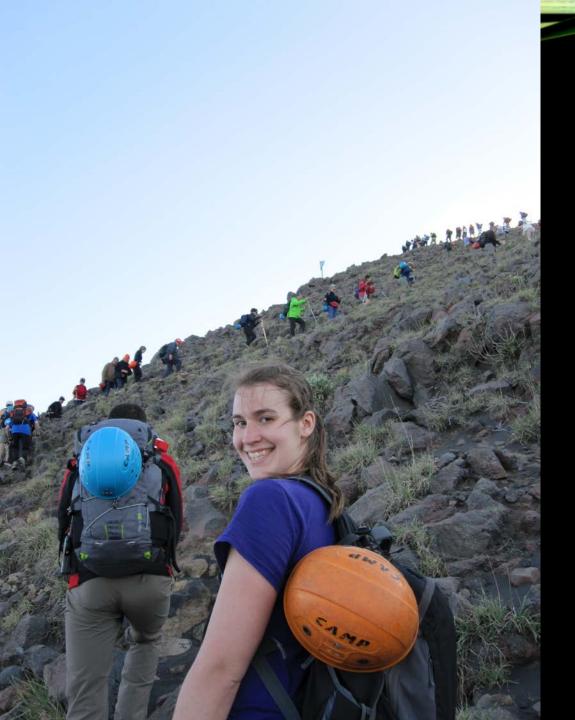
Dr. Chad Heinzel - Earth and Environmental Science

GETTING READY

Our team

PASSPORT

- Have it?
- Know where it is?
- Have a plan to keep it safe while traveling?



EXERCISE





BICYCLES



PACKING

- See suggesting packing list
- Try to pack light, but bring what you need to enjoy the trip. (We will be able to sink wash and line dry)
- Make sure to bring your own medicine... Motion sickness, allergies, and prescriptions...
- SUN SCREEN, Batteries, rain jacket/umbrella, swim gear

 Much like lowa in May / June

 Cool 50s and rainy to warm (70s and sunny)

WEATHER



FLYING OUT

- Share purchased flight info. With Study
 Office
- Arrival in Rome around 9:30 am
- •It takes about one hour to exit the plane, go through customs and pick up your bag.

FLYING TO ROME

- Takes about 9 hours, more if you have connections
- Stay Hydrated
- Bring a hoodie, it can be cool
- Bring some a good book, music, things to help pass the time
- Dramamine if you get motion sickness



MEETING @ THE AIRPORT

- Exit the luggage claim, look for the meeting point and me...
- Plan is to leave the airport as a group at 11:00 am

TRANSPORTATION TO B & B

- We will break up into small groups to fit in the 3 to 4 vans
- Big city driving, buckle up, stay calm, we are all going to the same place







TRAPANI

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MONEY

Best option – Using ATMs

- Informing your bank (in writing BEFORE you leave!!!)
- I like to bring a back up ATM card with a different bank

Difficult (not advised)

- Exchanging USD for Euros
- Travelers checks (3)

MONEY – PART 2

- Do not carry more than 50 Euros on our walks.
- ONE safe hiding spot for cash reserves and Passport

SAFETY IN S. ITALY

- Always be aware
- Stay in groups/Buddy system
- If you lose the group
 - Stay calm, Stay put, try to communicate
 - More than 1hr head to the nearest meeting point

 Do NOT share your social media identity with people abroad