



# CAPSTONE IN SOUTHERN ITALY

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# 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 Iowa 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









# B AND B MARCO & LAURA, ROME



# TRAPANI

- <http://www.belvelierotrapani.com/?lang=en>







# CATANIA HOUSE



# BAIA UNCI - LIPARI



# 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 ☹️





## 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