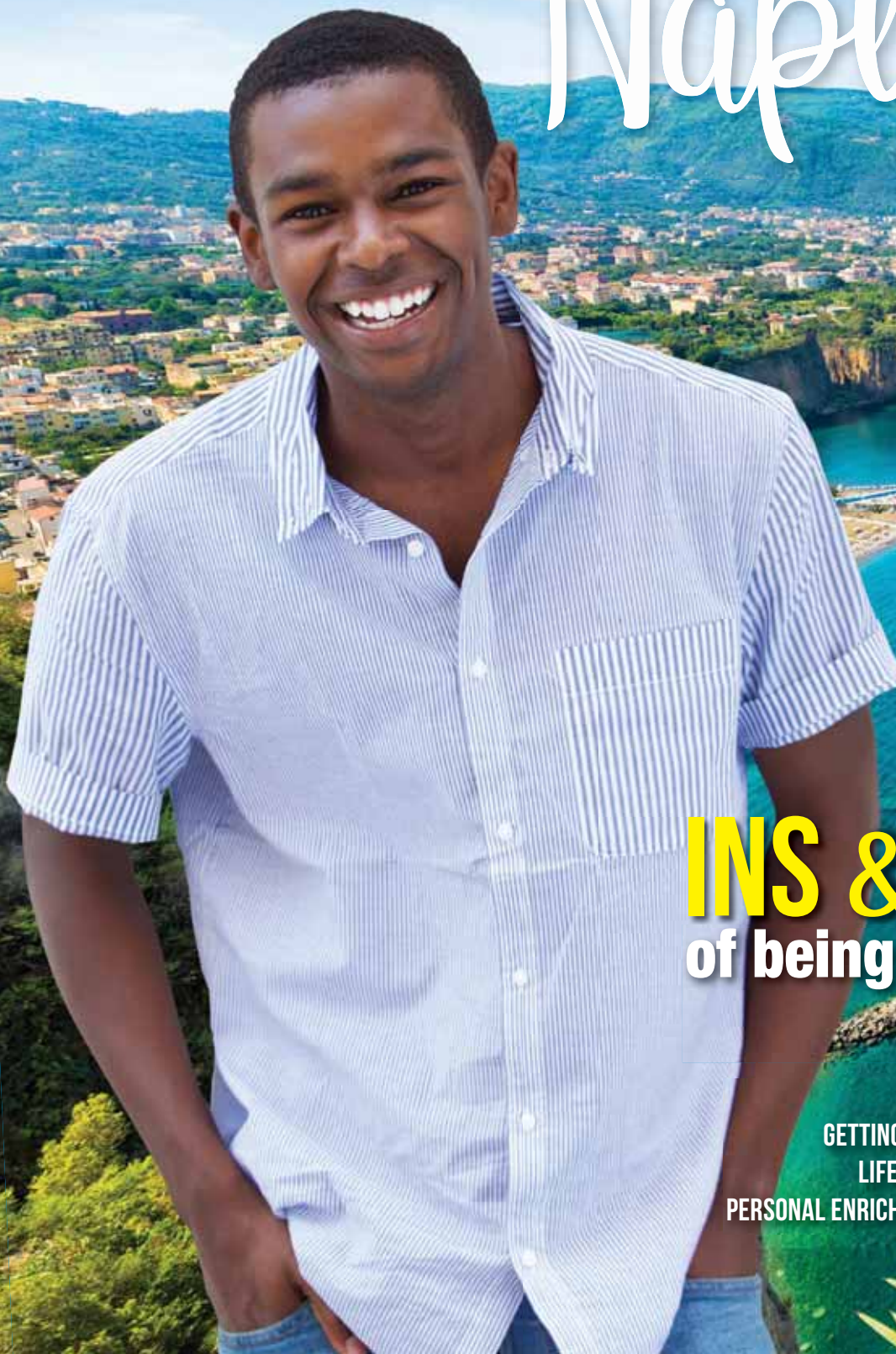


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WELCOME TO NAPLES

Your Checklist

PRE-ARRIVAL

- Read and understand your orders. Ask your chain of command if you need help.
- Connect with your sponsor.
- Obtain your tourist passport if planning to travel outside of Italy.
- Dependents: start Visa process.
- Ensure your U.S. driver's license is valid.

ARRIVAL

- Attend the installation's Area Orientation and Command Indoctrination Brief (INDOC).
- Service members/civilians: get your "codice fiscale."
- Dependents: get your "soggiorno."
- Ensure no-fee passport has SOFA stamp.
- Enroll in TRICARE Overseas and complete medical in-processing.
- Sign up for an FPO box, if your sponsor has not already done so.
- Visit Fleet and Family Support Center for their area orientation.
- Register for "AtHoc," Community Notification System.

MONEY

- Determine allowances with Transaction Service Center (or PSD).
- Withdraw euros.
- Establish bank account to handle local bills, if necessary.
- Research online bill-pay options.
- Contact U.S. banks to close accounts, as needed.

VEHICLES

- Schedule and study for driver's exam.
- Pass exam and get translated AFI license.
- Get rental car.
- When vehicle arrives or is purchased, get insurance, register and pass safety inspection.
- Establish account with NEX for receiving rationed fuel and oil card.
- Obtain international driver's license.

HOUSING

- Submit INDOC paperwork; apply for

codice fiscale.

- Submit TLA Arrival Claims every 10 days.
- Unaccompanied E1-E4 should visit the Unaccompanied Housing Office for assignment.
- Accompanied members should visit the Assignments/Facilities Office to view available units.
- Unaccompanied E-5 and above living on the economy, view and make a list of economy housing units on www.homes.mil.
- With a list of housing units, schedule a showing tour with the Housing Service Center (HSC).
- Schedule appointments with approved realtors to tour homes based on your needs and wants.
- Place a hold on the unit and sign the lease.
- Sign up for communication services with NEX Residential Services (read contracts carefully).
- Contact the HSC and utilize their loaner furniture program for household furniture while awaiting House Hold Goods (HHG) arrival.
- Contact Personal Property to arrange delivery of HHG.

MEDICAL

- Add emergency numbers to cell phone.
- Establish relationships with local medical providers.

CHILDREN

- Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available.
- Begin registration process for DODEA schools.
- Contact School Liaison Officer (SLO) for information about home schooling, referrals and transition assistance.
- Visit the Child Development Center to apply and get on waitlist.
- Ensure vaccinations are current and schedule wellness exams.

PETS

- Register your pet at the Veterinary clinic within 30 days of arrival/adoption.
- Register your pet at the ASL and get a pet passport within 6 months of arrival/adoption.
- Find Italian vet clinic for Emergency and local prescriptions.
- Maintain annual rabies vaccinations during overseas tour.
- Get updated ID tags with local contact information.
- Update your microchip contact information with your new telephone and address.
- Obtain pet passport for flying with your pet within Europe.
- Purchase pet insurance (including liability).
- Use heartworm and flea and tick preventative medication that will protect against sand flies that can transmit the Leishmaniasis disease year-round. (Only Seresto collar and K9Advantix have been proven to be effective).
- Find a boarding center or pet sitter.
- Read the NSA Naples Pet Policy.
- Understand and adhere to local Italian pet laws.

PERSONAL ENRICHMENT

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

EVERYDAY LIVING

- Log important phone numbers and program cell phone.
- Start recycling according to local requirements.
- Learn basic Italian phrases or enroll in language classes on base.
- Get to know your neighbors.
- Join spouses' clubs, Italian-American clubs or other activities.
- Consider the many opportunities MWR provides to explore Naples.
- Plan trips to explore Europe with the help of StripesEurope.com. ■



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GETTING CONNECTED



Upon arrival, getting a cell phone plan set up is vital and allows you to stay connected. The choice of service preferred by many is the pre-paid option.

► **Providers:** Tim, Vodafone, Wind, Ho, Iliad, Tre

► **Recommended option: pre-pay**

- No contract fees.
- Add credit in store, online or at retail locations such as "Tabbachi" shops.

Note: You will need to bring a passport to activate any of these services.

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

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

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



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EURO BANKING

Getting an account through an on-installation credit union or bank will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between U.S. dollars and euros.



ON-INSTALLATION BANKING OPTIONS

Banks

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• NSA Capodichino: Commercial 081 635 5301 or DSN: 626-3310/3158

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► **Navy Federal Credit Union** also provides an interactive banking service so that you can access your account anytime, anywhere.

- Call toll-free: 00-888-842-6328
- For international, call: 00-703-255-8837
- NSA Capodichino: DSN: 314-629-4887/8/9, Comm.: 39-081-811-4887/8/9

CREDIT CARDS

- Many Italian businesses, especially smaller businesses, do not take credit cards.
- Always carry euros when off base.
- There are sometimes transaction fees when using credit cards, so make sure you also have cash to avoid paying unnecessary fees.

BEWARE OF FEES

- Search on and off the installation for the best ATM exchange rate at a reputable bank. Remember that transaction fees are usually added if you are not a member of the bank. ■

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SHIPPING YOUR VEHICLE OVERSEAS

- Ship your vehicle six to eight weeks before you PCS to ensure it gets there soon after your arrival to Naples.
- Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member.
- A max of three vehicles are allowed per active duty member along with their dependents during their tour in Italy. Your reduced cost gas card is based on the primary vehicle engine size with a maximum of 400 liters per month (not carried over following months). Road taxes on second and third vehicle are based on engine size, anything over 2.0 (6 cylinder) could cost as much as 1000 euros per year.

Note: If you shipped a motorcycle or scooter, contact the base safety office. Be sure to provide a copy of a US License with MC endorsement with the year, make, model CCs and VIN to receive a letter of authorization to register. You will need the customs clearance documents from personal property once the bike has cleared customs. (YOU MUST REGISTER IMMEDIATELY UPON CUSTOM CLEARANCE OR FACE FINES AND PENALTIES. ONCE IMPORTED, THE MOTORCYCLE MUST REMAIN REGISTERED, INSURED AND TAXES MUST BE PAID ANNUALLY UNTIL SHIPPED, SCRAPPED OR SOLD TO ANOTHER AFI ELIGIBLE MEMBER).

GETTING YOUR ARMED FORCES ITALY (AFI) LICENSE

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

- [Motor Vehicle Registration Office Support Site](#)
DSN: 629-6876 Comm: 081-811-6876
Email: mvronaples@eu.navy.mil

Contact the Area Orientation Coordinator for days and times of AFI driver's license test:

- DSN: 629-6945 Comm: 081-811-6945
Email: nsanaplesao@eu.navy.mil

► What to bring to get your AFI license:

- ✓ Current U.S. driver's license. It is highly recommended that you renew your license so that it does not expire during your tour and so you do not have to return to the U.S. to renew it.
- ✓ 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)

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. Vehicles shipped at government expense cannot be registered or released for use without proof of valid insurance. On base, there are two options:

- Geico: 095-86927 within Italy, or 01139-095-86927 from the U.S.
- USAA: 800-971-707

BUYING A CAR IN ITALY

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 a second or third vehicle registered in the AFI system.

► 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 more difficult to find and tend to be more expensive.
- 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.

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.

VEHICLE INSPECTION

Each vehicle is required to be inspected periodically depending on its age, in addition to every time the title is transferred. Ensure that your vehicle always has the required equipment at all times, not just for its inspection.

► Required equipment for inspection:

- ✓ Vehicle registration
- ✓ First-aid kit, warning triangle and reflective vest

continued on page 14

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continued from page 12

REGISTERING YOUR VEHICLE

Contact the MVRO for vehicle registration days and times.

► What to bring to register your vehicle:

- ✓ POV registration/title
- ✓ AFI driver's license
- ✓ U.S. driver's license (valid)
- ✓ Military ID
- ✓ Shipping document
- ✓ Proof of ownership
- ✓ PCS orders (military members)/
DOCPER letter (contractors)/Overseas
Orders – signed and stamped by HRO
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accompanied by a Letter of Employ-
ment signed by local school Human
Resources Office (DoDEA employees)
- ✓ Funds to cover the registration fee and
applicable road tax for a second vehicle
to include motorcycles for a second
vehicle to include motorcycles
- ✓ Italian certificate of insurance for your
vehicle, starting prior to or on the day
of your registration appointment.

Note: It's always best to call the Motor Vehicle Registration Office ahead of time to ensure you're bringing all necessary documents.

FUELING YOUR 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 (tax free) vehicle's engine size, horsepower and fuel requirement determine the monthly fuel allowance.
- The NEX administers the fuel card program. You must maintain your

insurance, registration, safety inspection and road taxes to continue to receive your allowance.

- If any one of these parameters are not kept current for any of your household's vehicles, you will need to correct the issue and register for a new fuel card.

► 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. It is recommended to pre-authorize your card before filling up to ensure your fuel card will be accepted.
- 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.

DRIVING IN NAPLES

Driving habits in Italy are considerably different from those in the U.S. While at first there may seem to be no logic to traffic patterns, a closer look will show that there are distinct rules of the road. Because of the speed of traffic and different conventions, alertness while driving is of the utmost importance. It is important to exercise the same caution in driving here as you would in the U.S.

► A few notes to driving in Italy:

- While horn blowing is technically illegal in many Italian cities, it is loosely enforced. Many people blow their horn to signal their approach at an intersection or their intent to pass. Drivers also commonly use their hazard lights to signal danger, especially during slow or stopped traffic.
- 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 3 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 or the AATA, which are the two agencies 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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maps





It's important to be open-minded as you search for your new home. Italian homes are much different, smaller and older than what you may be used to. Although the outside of an Italian home may seem a bit run down or small, always go in and take a look inside. More often than not, people are surprised with the layout and newer interior of the home.

From House Hunting to Finding a Home



TYPES OF HOUSING

MILITARY FAMILY HOUSING

- ▶ Located on Support Site, Military Family Housing (MFH) serves families of U.S. military personnel assigned to the Naples and Gaeta area, Department of Defense (DoD) civilian employees, North Atlantic Treaty Organization (NATO) military personnel, as well as contractor personnel.
- ▶ Assignment is based on waitlist category (pay grade and family composition.) Example: two bedrooms for Enlisted, four bedrooms for Enlisted, three bedrooms for Officer, etc.
- ▶ Members will be assigned to MFH immediately upon arrival, if available.
- ▶ If fewer than five units are available for your waitlist category, then a Certificate of Non-Availability (CNA) will be issued, and you may reside on the local economy.
- ▶ All arriving military personnel to the Naples area on accompanied orders are under the Direct Assignment Policy to MFH.
- ▶ Exceptions to the Direct Assignment Policy will be considered on a case-by-case basis and will only be approved in rare cases.
- ▶ All requests for exception to policy must be initiated by you and addressed to the CO, NAVSUPPACT Naples via your command and the Housing Director.
- ▶ Rent and utilities are covered while in MFH and you will not receive Overseas Housing Allowance (OHA).

UNACCOMPANIED HOUSING FACILITIES

- ▶ E-1 to E-4 and frocked E-5 service members on unaccompanied PCS orders will reside in Unaccompanied Housing on Support Site at either the BEQ located at building 2087, next to the hospital or the "triangle"- an arrangement of buildings located on the western side of the base.
- ▶ Consideration for requests to live on the economy will be given if occupancy levels reach 95%. All members under consideration for this category must submit a special request to NAVSUPPACT Naples CO via service member's chain of command, UH Director and Housing Director.
- ▶ E-4 and below without dependents who have previously received Basic Allowance for Housing (BAH) or OHA may request to reside off-base and to receive OHA, without the need for occupancy levels to reach 95%. All members under this consideration for this category must submit a special request to NAVSUPPACT Naples CO via service member's chain of command, UH Director and Housing Director.
- ▶ Service members will be assigned to their building based on duty location and room availability.
- ▶ Whenever possible, residents will be housed with other members of their command.

ECONOMY HOUSING

- ▶ Unaccompanied and Geographical Bachelors E-5 and above, civilians/contractors and foreign national service members are referred to the local economy.
- ▶ Private homes and landlords are vetted according to

continued on page 18



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Located in a strategic area between Naples and Caserta, The Building Hotel is easy to reach through SS7 BIS at Teverola Exit, in the Asi Industrial Area of Carinaro.

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established standards by the HSC.

- ▶ You are responsible for rent and utilities using your OHA or Living Quarters Allowance (LQA).
- ▶ In all instances of a monthly rent expense in excess of the service member's OHA, the service member will sign an acknowledgement form vetted through their command that 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. The Basics

All housing INDOC paperwork must be received in order to create your profile with the HSC (includes DD1746 form, Sex Offender Disclosure, copy of orders, photocopy of passport and codice fiscale application). Paperwork can be submitted via email or in person.

Note: Passports are required to apply for a codice fiscale – the equivalent of the U.S. social security number in Italy. A codice fiscale is mandatory for any transactions involving housing, utilities, furniture, large purchases, most hotel reservations and more. It is required to sign a lease for economy housing. Ensure that you report the Naples areas with your passport to avoid undue delays moving into your house.

Step 2. The Home Search

Searching online

- ▶ Visit www.homes.mil. The official DoD search database for off-base housing.
- ▶ Make a list of homes that you are interested in based on the premises ID.

Showing tour

- ▶ Schedule a tour with the HSC based on your list. Or 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. Reserves the unit for 48 hours, extension requests allowed. Used if you're still deciding or searching.
 - ✓ Permanent hold. Begins the lease preparation process. Used if 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, and one copy will be retained by the Housing Office.
- ▶ Neither the Housing Office nor the U.S. Navy is a party to the lease contract.
- ▶ 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 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 meter readings to establish a baseline.

Loaner Furniture and Partial Full-Tour Furnishings Program

- ▶ While awaiting delivery of HHGs, the HSC will loan furniture and appliances for up to 90 days. Loaner furniture includes items such as a dining room table and chairs, love seat, coffee table, bed, chest of drawers and more.

- ▶ Appliances such as stoves, washers, dryers, refrigerators, AFN decoders, carbon monoxide detectors, dehumidifiers and microwaves are all part of the Partial Full Tour Furnishing Program.

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.

HOUSING ALLOWANCES

SERVICE MEMBERS:

- ▶ Temporary Lodging Allowance (TLA) – reimbursed while searching for a home or waiting for government housing.
- ▶ Overseas Housing Allowance (OHA) – funds for excess housing costs incurred when assigned to an overseas duty station. 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.
- ▶ Utility/Recurring Maintenance Allowance – provided to help defray expenses paid to utility companies.

CIVILIANS:

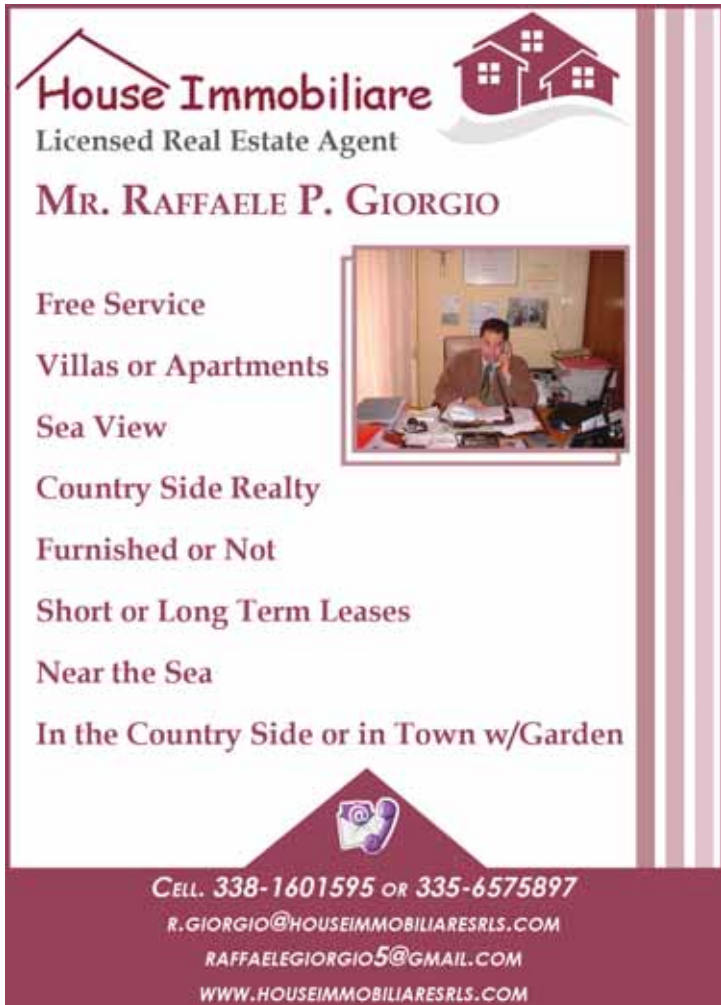
- ▶ Temporary Quarters Subsistence Allowance (TQSA) – reimbursed while searching for a home or waiting for government housing.
- ▶ Living Quarters Allowance (LQA) – covers the cost of privately-rented housing to include rent, electricity, gas, fuel and water. ■



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HEALTH & DENTAL CARE IN ITALY

During your time in Italy, you're going to 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. For information about the naval hospital and the services provided, visit the official website: www.Naples.Tricare.mil.

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.

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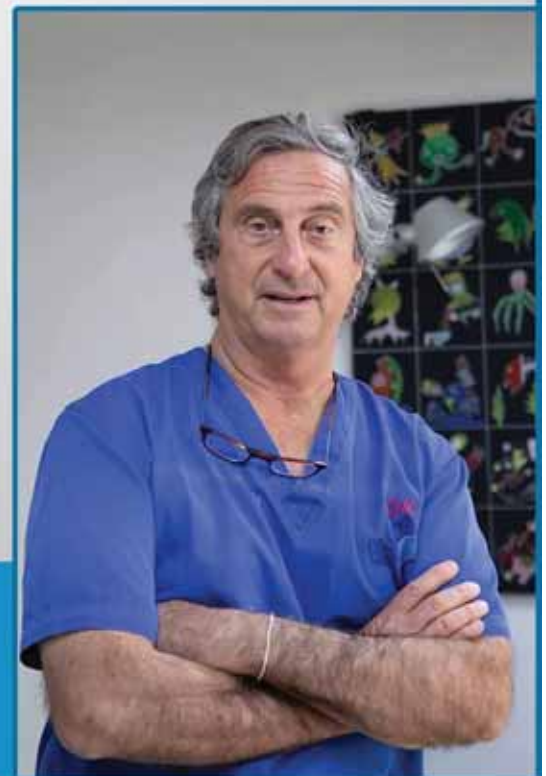


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continued from page 20

EMERGENCY CARE

Be prepared

Anticipate any health care emergency you may have and learn the location of local clinics and hospitals both in close proximity and in the general area. Have a bag packed of key items you would need in an emergency, including a list of medications, local currency and toiletries. Host-nation hospitals do not provide personal effects or toiletries, but if you forget or are unable to bring those, the hospital will generally have a store where you can purchase them.

- 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-base health emergencies will be treated at an Italian local hospital with translation services provided by dispatch.
- Always carry a list of your current medications, known allergies, as well as your insurance card, ID card and local currency.

What to bring with you to the hospital:

- ✓ Photo ID card
- ✓ Bilingual dictionary
- ✓ List of current medications
- ✓ Local currency
- ✓ Bottled water
- ✓ Notebook and pen

- ✓ Towel/washcloths
- ✓ Pajamas, slippers, robe
- ✓ Personal hygiene items/lipbalm
- ✓ Reading materials
- ✓ Snacks/hard candy
- ✓ Clothing for discharge
- ✓ Tablet device or laptop with earphones

U.S. NAVAL HOSPITAL NAPLES

The hospital, located in Gricignano, provides medical care to active-duty members, their command-sponsored dependents, NATO personnel and retired U.S. military personnel. Be advised that some care is available on a space-available basis depending on one's patient category. For a full list of services available, visit the hospital website at www.Naples.Tricare.mil.

DENTAL CARE

The Capodichino Clinic sees active-duty service members who are assigned to the Support Site. The dental clinic at the hospital can see dependents, civilians and their family members on a space-available basis.

For information about TDP enrollment, claims or covered benefits, visit the TDP website, www.metdental.com. ■

EMERGENCY NUMBERS IN ITALY

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(DSN 9-1-1)**

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Ambulance	118
Carabinieri (Italian Police)	112
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Life for your PETS

→ in Italy



If you've brought your furry friend to Italy, you must register them at the installation's veterinary clinic within the first 10 days of arriving.

REQUIRED VACCINATIONS AND MEDICINE

✓ **Leptospirosis:** If you haven't already, you need to get your pet a Leptospirosis vaccination as soon as possible. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failures in pets.

✓ **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tags at all times to serve as a visual marker of vaccination status.

✓ **Heartworm, flea and tick:** Ensure your pets are on heartworm preventative medicine as well as flea and tick control medicine year-round. Flea/tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.

VETERINARY CLINIC

Though the veterinary clinic provides comprehensive veterinary service support to Department of Defense installations, forces and missions in the European Command and African Command area of operations, they do perform limited veterinary services for NSA Naples personnel.

DSN: 314-629-7913

ITALIAN VETERINARY CLINICS

Taking your pet to an Italian veterinary clinic is recommended for emergency and specialty needs for your pet. Italian veterinary clinics are important to be registered with for health issues that go beyond what the base vet clinic can treat. Contact the veterinary clinic for a list of local Italian vet clinics.

ITALIAN PET REGULATIONS

- ▶ Animals must never be left tied up and unattended to.
- ▶ Your pet must be leashed every time you walk them throughout the installation except for the dog park.
- ▶ Shelter must always be provided for your pet.
- ▶ Cats must be kept indoors at all times.
- ▶ Food and water must always be easily accessible for your pet.

▶ Every pet must have the international microchip. This is also a form of identification if they are ever lost and brought into a vet clinic.

▶ "Choke chain" or pinch collars are illegal in Italy and use of these types of collars is subject to a fine.

TRAVELING WITH YOUR PET

Requirements:

- ✓ All pets must have their 15-digit international microchip.
- ✓ Rabies vaccination must be up-to-date and given after the international microchip was implanted.
- ✓ EU Pet Passport must be with you and your pet at all times when traveling.
- ✓ Muzzles must be carried (not worn) for all dogs when in public.
- ✓ Animals must be contained while riding in vehicles (carrier or harness).

TRAVELING WITHOUT YOUR PET

If you plan on getting traveling done while in Italy, there may be some trips where your furry friend can't tag along. Once you register your pet at the installation's vet clinic, they can provide a list of local boarding facilities. ■



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Adjusting your KIDS → to Italy



Moving to Italy is a big change for the entire family. Children certainly feel this impact as they leave behind familiar schedules, classrooms, friends and neighborhoods. Here are ways to make the transition as smooth as possible for your kiddos.

ESTABLISH ROUTINES

The importance of routines in child development should not be overlooked. Establishing routines will help children handle the additional emotional and environmental changes as you get settled.

- ▶ Set sleeping schedules right away.
- ▶ Rehearse school or daycare routines.
- ▶ If possible, take your children to their daycare or school to meet caregivers or teachers in advance.
- ▶ Make sure your routine includes time for your children's favorite activities.

INVOLVE YOUR KIDS

Include your children throughout the transition. Even for toddlers, give them tasks and roles to instill a sense of responsibility and increase self-confidence.

- ▶ Let them help unpack and give them freedom to organize their living space.
- ▶ Schedule social time with classmates and new neighbors.
- ▶ Sign your children up for after-school activities.

- ▶ Contact the School Liaison Officer (SLO) to request student sponsors.

EXPLORE ITALY

- ▶ Maintain an enthusiastic outlook about your arrival in Italy, even if you are having doubts. Your children will look to you a great deal during this transition. If you're upset, they will be too.
- ▶ Eat meals on the economy, attend local fests and learn about Italian traditions. Address the differences between life in Italy versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- ▶ Enroll your children in Italian lessons, schools or day care.
- ▶ Explore the best of Europe by letting your children assist in trip planning, researching and selecting sites or activities they would enjoy. Take photos and work together to create scrapbooks, photo albums, calendars, collages and other creative projects.

continued on page 28

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REMAIN IN TOUCH WITH LIFE BACK HOME

While adjusting to everything new, don't forget about life back home. Set regular video chat or phone call dates with family and friends. If your children are allowed online, encourage them to utilize social media and email to stay in touch with friends or have them send postcards from the destinations they visit. Continue the traditions that are important in your family, while creating new ones during your time in Italy.

EXPECT AN ADJUSTMENT PERIOD

Give your children time to process all of the changes, both good and bad, that come with their new environment. Be aware

of expat child syndrome, a psychological condition that typically occurs in children ages 10 to 15 and can lead to isolative or unruly behavior.

Resources

- ▶ Family Life Counselors (MFLCs) - Free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
- ▶ School Liaison Officer (SLO)
- ▶ Military OneSource - 12 free sessions may occur in individual, couple, family or group settings



CHILD EDUCATION

A Department of Defense Education Activity (DoDEA) school is located at the Support Site and educates children from the ages of pre-K through high school. The Sure Start pre-K 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 or the SLO to begin the enrollment process for your school-aged children.

DODEA SOUTH

- ▶ Enrollment requirements: www.dodea.edu/registration-process.cfm
- ▶ Documentation needed:
 - ✓ PCS orders
 - ✓ Page 13 from PSD to show child's command sponsorship
 - ✓ Certificate or passport for each child
 - ✓ Immunization records
 - ✓ Records from previous school
 - ✓ Valid ID card from parent

- ▶ Visit www.DODEA.edu/DORS for online registration
- ▶ School Liaison Officer (SLO): invaluable resource during transition; www.dodea.edu/Europe/resources/slo.cfm

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.

CHILD CARE

Many programs are available through Morale, Welfare and Recreation (MWR) services. Contact MWR to enroll. Note that waitlists are probable, so get started early!

- ▶ Child Development Center (CDC) – These centers offer weekday childcare

for children ages 6 weeks to 5 years or pre-school.

- ▶ School-Age Care (SAC), Youth Programs, Teen Programs – recreational and educational program that provides youth with age-appropriate before and after school activities as well as holiday and summer day camps for youth ages 5 years (and enrolled in kindergarten) - 12 years of age.

- ▶ Check with MWR for specific registration information.

CDC: 626-5116 (Capodichino), 629-4989 (Gricignano)
SAC: 629-4722

PARENT SUPPORT

Being a parent isn't always easy, especially when placed in a new environment. Many on-installation and private resources are available for you, such as Fleet and Family Support Center, Morale, Welfare and Recreation or spouses' clubs. Also, look for community websites and social media resources to find support and friendship. ■

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Personal

» ENRICHMENT

Understanding the SOFA agreement between the U.S. and Italy will set realistic expectations for career opportunities during your time in Naples. The only job opportunities for dependents can be found on the installation, as dictated by the SOFA. Job openings are fairly limited, so it is important to start looking for job opportunities before PCSing and soon after you arrive.

CAREER OPPORTUNITIES ON-INSTALLATION

- ▶ **Civilian GS Positions:** Full-time, appropriated fund positions periodically become available at various commands on the installation. It is suggested to regularly search www.usajobs.gov for new openings.
- ▶ **NAF Positions: Non-appropriated fund (NAF):** Positions support installations through services in Morale, Welfare and Recreation (MWR) and Fleet and Family Service Center (FFSC). Hours range from regular, full-time to flexible part-time with varying employment benefits. Search www.usajobs.gov and <https://www.navywmrnaples.com/jobs/mwr-jobs> for new openings.
- ▶ **DoDEA-Europe:** These schools offer full-time positions, substitute teachers, administrative staff and educational aids. Visit www.dodea.edu/Europe/offices/hr
- ▶ **Navy Exchange (NEX):**
Apply at <https://www.mynavyexchange.com/nex/work-for-us>
- ▶ **Defense Commissary Agency (DECA):** Visit <https://www.commissaries.com/our-agency/careers-with-deca> for jobs at commissaries.
- ▶ **Non-profit organizations:** The USO, Navy Marine Corps Relief Society and American Red Cross all have offices on base. They periodically hire full- and part-time employees.

continued on page 32



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► **Defense Contractors:** Job opportunities in technology, management, accounting and administration are available with contracting firms. Contact the Contracting Department for more information.

Note: Check websites and offices for new openings frequently – a job can be posted one day and stay posted for as little as three business days. Contact the Fleet and Family Support Center’s Employment Specialist for Naples employment assistance.



VOLUNTEERING

With limited employment options for dependents at Naples, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes. Volunteering can even help you gain experience and network to land a paid position in the future.

Start making connections

- Visit FFSC, MWR, the American Red Cross and the USO.
- Reach out to various offices on the installation that align with the career field you’re interested in. It’s possible that they need volunteers or are willing to let people shadow them.



With limited employment options for dependents at Naples, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes.

EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities on the installation come with a variety of programs at universities partnered with the DoD.

- **University of Maryland Global Campus:**
<https://www.europe.umgc.edu/>
Offers a variety of undergraduate and graduate degrees as well as associate, bachelor’s, master’s and doctoral programs. Online, face-to-face and hybrid courses.
- **Central Texas College Europe:**
www.ctcd.edu/locations/Europe
Offers primarily associate degrees and practical training. The Advanced Skills Education Program develops leadership qualities within noncommissioned and junior officers. Face-to-face and online classes.
- **Embry-Riddle Aeronautical University:**
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OTHER PERSONAL ENRICHMENT AVENUES

- Take Italian classes and explore Naples to enjoy the culture.
- Start DIY projects you’ve always wanted to do.
- Spend time in the gym and establish healthy habits.
- Travel, travel, travel! Living in Italy means traveling between other European countries is easier than ever.
- Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles to www.europe.stripes.com for a chance to get published online and in various magazines.

Find what works for your goals and dreams - whether you land a great job, volunteer with an amazing organization, further your education or find other ways for personal enrichment. What matters is utilizing your time in Italy to benefit your future to the best of your ability. ■



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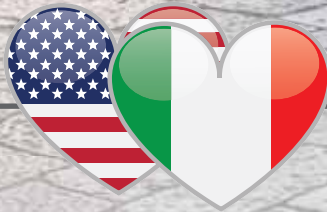
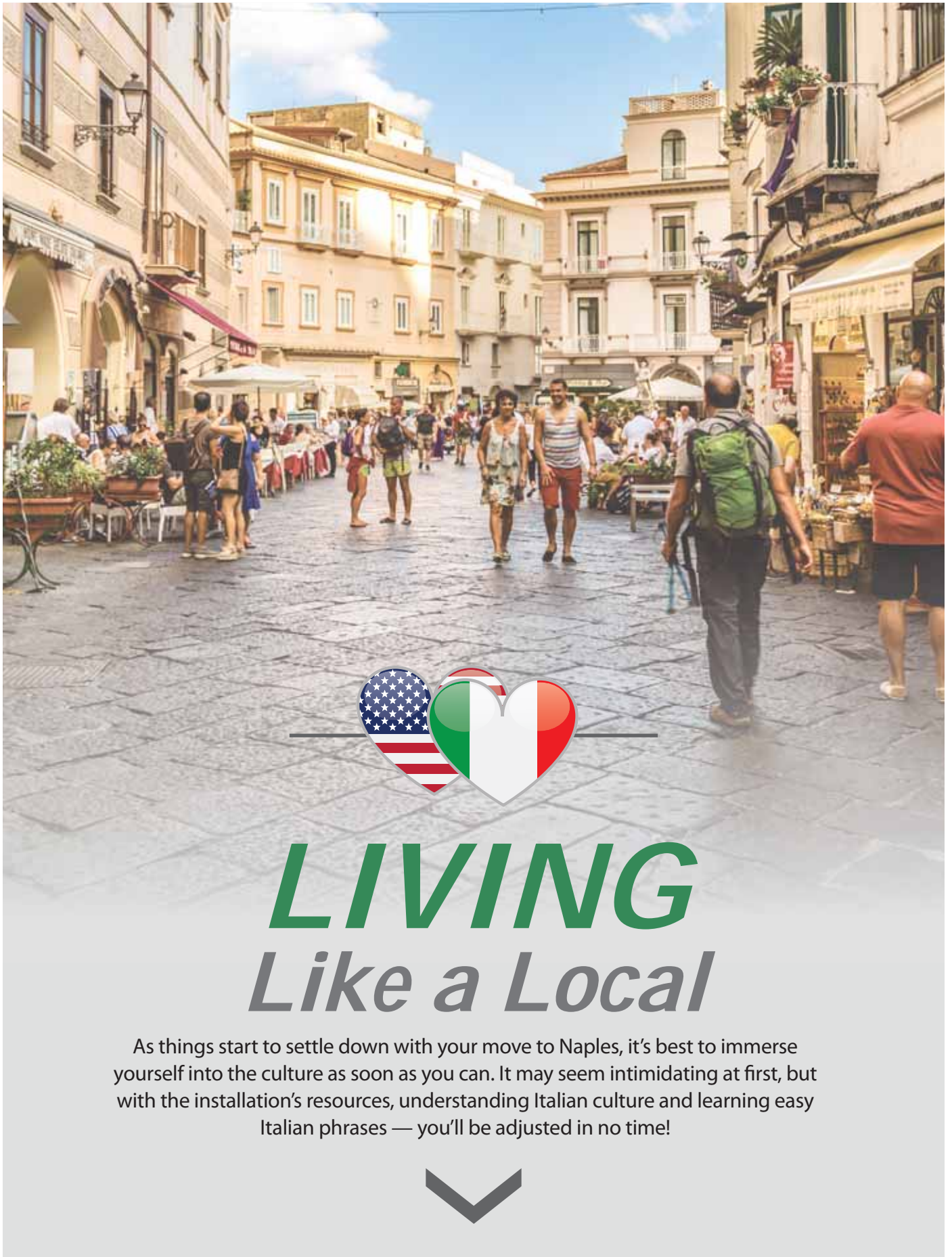


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LIVING ***Like a Local***

As things start to settle down with your move to Naples, it's best to immerse yourself into the culture as soon as you can. It may seem intimidating at first, but with the installation's resources, understanding Italian culture and learning easy Italian phrases — you'll be adjusted in no time!



continued on page 36



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SCAN ME

WELCOME ORIENTATION

During base indoctrination, the FFSC will take you on an intercultural relations trips to the city of 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 the Italian culture overall. Consult with FFSC about other area orientation classes.

EVERYDAY LIFE IN ITALY

► Dining

- Water is served in bottles only: still or sparkling.
- Expect meals to last at least two hours.
- Lunch times are around noon to 2:30 p.m.
- Dinner times start around 7 p.m. and may stay open until midnight.
- Restaurants close between lunch and dinner.
- Be sure to ask for the check.
- Most times, you pay at the register.

► Shopping

- You'll need a 50 cent or 1 euro coin to insert into shopping carts for use.
- Weigh your produce before checking out.
- Bring reusable bags for your groceries.
- If you forget a bag, you'll need to pay for one at the register.
- Many shops close for "riposo" which tends to take place between 1 p.m. and 4 p.m.

► Driving

- Italians tend to drive faster and more aggressively than what U.S. drivers are used to.
- Don't attempt to drive like the Italians to keep up with their pace.
- Italians do not consider it rude to tailgate. Don't get upset when they're tailgating you – however, don't form a habit of trying to tailgate them back.



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RECYCLING IN ITALY

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 Service Center (HSC) for information.

► Here's a clear list of what to recycle:

Paper

- Boxes (from cereal boxes to shoe boxes)
- Cardboard
- Envelopes
- Paper
- Paper bags
- Reading materials (paperback books, newspapers, magazines, catalogs, mail)
- Wrapping paper

Non-paper Packing Material

- Aluminum foil
- Bottle tops
- Jar lids
- Metal cans/packaging
- Net bags for produce
- Plastic bags (storage bags, bags that

- food comes in, grocery bags)
- Plastic bottles/cartons
- Styrofoam

Biodegradables/Compost

- Branches
- Bread
- Egg shells
- Flowers/plants
- Fruit
- Hay and straw shavings
- Nutshells
- Paper towels
- Tea bags
- Untreated wood
- Vegetables
- Wood chips

Residual

- Ashes
- Cat litter
- Diapers
- Feminine products
- Kleenex
- Meat (including bones)
- Mirrors
- Non-packaging metals/plastics

- Seafood (including shells)
- Soiled paper products
- Vacuum cleaner bags

Glass

- White, clear, green, brown, blue and other colored glass
- Drinking glasses
- Non-returnable glass jars/bottles
- Other glass packaging
- *No ceramics, porcelain, or metal/plastic lids

Bulk and Hazardous Waste

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

restaurant - pizzeria - tavern for tasting

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Restaurant | Pizzeria | Tavern for tasting

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Useful ITALIAN Phrases

Ready to learn Italian? Local nationals appreciate your attempt to speak their language. Many of them speak little or no English, so learning basic Italian will go a long way toward making life easier and more comfortable. Remember, practice makes perfect!

SALUTATIONS

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

POLITE EXPRESSIONS

Please	Per favore
Thank you	Grazie
You're welcome	Prego
Yes	Sì
No	No
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 aiutarmi per favore?
Pardon me?/Excuse me?	Mi scusi?
I understand	Capisco
That sounds good/All is good	Va tutto bene
Exactly	Esattamente
I don't understand	Non capisco
I don't know	Non lo so
I speak English	Parlo inglese
I don't speak Italian	Non parlo Italiano
I speak a little Italian	Parlo un po di italiano
My Italian is bad	Il mio italiano non e' buono
What's that called in Italian?	Come si chiama in italiano?
How do you say " _____ " in Italian?	Come si dice " _____ " in italiano?
What does " _____ " mean in English?	Cosa significa " _____ " in inglese?

Do you speak English?Parli inglese?
Please write it down Per favore puoi scriverlo

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 _____ Vorrei
I would like to pay, please Vorrei pagare, per favore
Check, please Controlli, per favore
Keep the change Tenga il resto
Waiter/waitress Cameriere/cameriera

SHOPPING

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

TRAVEL

Hotel Hotel
Room Camera
Train station Stazione ferroviaria
Main train station Stazione ferroviaria principale
Subway Metropolitana
Airport Aeroporto
ATM ATM
Gas station Stazione di servizio
When is the next train to _____? Quando è il prossimo treno per _____?
When does the train leave? Quando parte il treno
Where is _____? Dov'è _____?
North Nord
South Sud
East Est
West Ovest
Left Sinistra
Right Destra
Straight ahead Sempre dritto

LEARNING THE LANGUAGE

Although the basics are great – nothing beats hearing the language spoken well. Make the most of your tour in Italy by trying to learn the language.

► Google Translate App

This app allows you to “say” the word in Italian and hear how it is pronounced. You can also turn on the image feature and hover your phone over the Italian text to translate in real-time to English without typing each word.

► Italian Language Classes

FFSC goes over Italian language basics during Family Orientation and ICR Follow Up.

► Online Programs

Through Army MWR or USAFE Libraries’ websites, you can access Mango Languages or Rosetta Stone to learn Italian for free on your computer or mobile device.

► Corsi Gratuiti Di Lingua E Cultura Italiana

These free Italian language courses are organized in all provinces by the “*Centri Provinciali per Istruzione degli Adulti*” (CPIA). These courses occur twice a week and last for 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. ■



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.....41
 10.....50
 15.....59
 20.....68
 25.....77
 30.....86
 40.....104
 50.....122

ITALY PUBLIC HOLIDAYS 2022

- 1 January**
New Year's Day
- 6 January**
Epiphany
- 17 April**
Easter Sunday
- 18 April**
Easter Monday
- 25 April**
Liberation Day
- 1 May**
International Workers' Day
- 2 June**
Republic Day
- 15 August**
Assumption Day/Ferragosto
- 1 November**
All Saints' Day
- 8 December**
Immaculate Conception
- 25 December**
Christmas Day
- 26 December**
St Stephen's Day

WOMEN'S SIZES

Shoes		Dresses/Shirts/Pants		Bras (Cups AA-E)	
US.....	EU	US.....	EU	US.....	EU
5.....	35-36	2 (XS).....	32	32.....	70
5.5.....	36	4 (XS/S).....	34	34.....	75
6.....	36-37	6 (S).....	36	36.....	80
6.5.....	37	8 (M).....	38	38.....	85
7.....	37-38	10 (M).....	40	40.....	90
7.5.....	38	12 (L).....	42	42.....	95
8.....	38-39	14 (L-XL).....	44	44.....	100
8.5.....	39	16 (XL/1X).....	46	46.....	105
9.....	39-40	18 (1X-2X).....	48-50		
9.5.....	40	20 (2X).....	50-52		
10.....	40-41				
10.5.....	41				

MEN'S SIZES

Shoes		Suits/Coats		Pants	
US.....	EU	US/UK.....	EU	Inches.....	CM
8.....	41	36.....	46	28.....	71
8.5.....	42	38.....	48	30.....	76
9.....	43	40.....	50	32.....	81
10.5.....	44	42.....	52	34.....	86
11.5.....	45	44.....	54	36.....	91
12.....	46	46.....	56	38.....	97
13.....	47	48.....	58	40.....	102
14.....	48				

CHILDREN'S SIZES

Clothing		Shoes	
US.....	EU/UK	8.....	134
2T.....	92	9.....	140
3T.....	98	10.....	146
4.....	104	11.....	152
5.....	110	EU.....	US
6.....	116	11.....	28
6X.....	122	12.....	30
7.....	128	13.....	31
		1.....	32
		2.....	33
		3.....	34
		4.....	36
		5.....	37
		6.....	38
		7.....	39
		8.....	40
		9.....	41

INFANT SIZES

Clothing		Shoes	
US.....	EU/UK	6.....	22
NB.....	56	7.....	23
3 MO.....	62	8.....	24
6 MO.....	68	9.....	25
9 MO.....	74	10.....	27
12 MO.....	80		
18 MO.....	86		



*Passione per
la tradizione*



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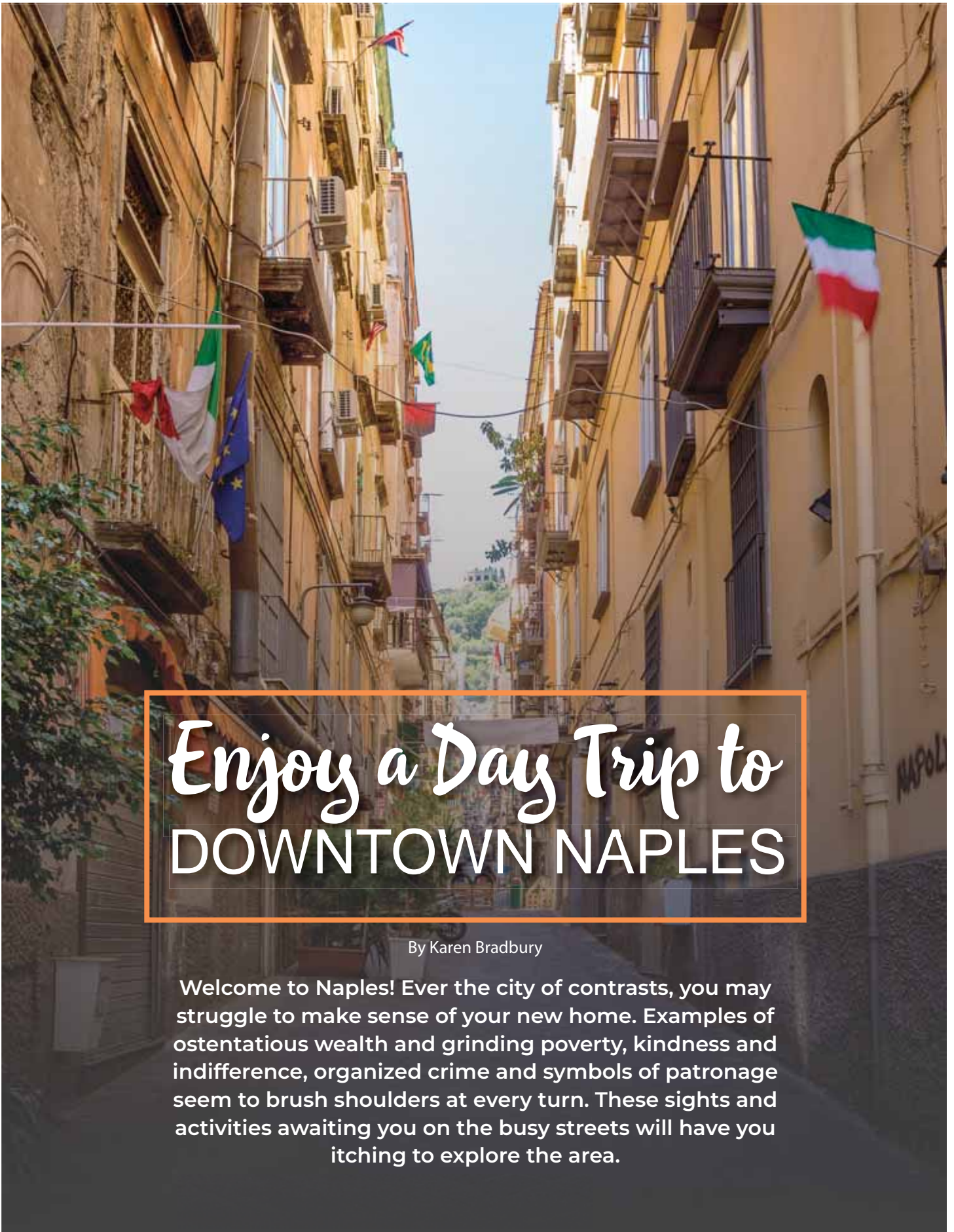
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Enjoy a Day Trip to DOWNTOWN NAPLES

By Karen Bradbury

Welcome to Naples! Ever the city of contrasts, you may struggle to make sense of your new home. Examples of ostentatious wealth and grinding poverty, kindness and indifference, organized crime and symbols of patronage seem to brush shoulders at every turn. These sights and activities awaiting you on the busy streets will have you itching to explore the area.



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STREET EATS

Margherita pizza is culinary greatness and Naples' gift to the world. A plaque noting the birthplace of the simple but scrumptious pie topped with tomato sauce, basil and mozzarella in 1889 hangs next to the Pizzeria Brandi at Salita S. Anna di Palazzo, 1/2. Naples has more than 800 pizzerias, some of which are certified by the Associazione Verace Pizza Napoletana, a regulatory body tasked with assuring makers adhere to the city's traditions. Look for the AVPN logo, or better yet, long lines leading out the door. The must-try pizzerias of Naples include Sorbillo or L'Antica Pizzeria da Michele. Fried pizza is also a thing in Naples.

Napoli natives have another traditional dish: "muso di porco," or pig's snout. Butchers specializing in offal are known as "carnacuttari," places to pick up a dish of udder, tripe, pig's feet and other spare animal parts that are boiled and served with salt and lemon. The few that remain in the city are found around via Pignasecca; the most famous, Tripperia Zendraglie, is at number 14.



MUSICAL TRADITIONS

The Teatro di San Carlo, founded in 1737, is the world's oldest still-functioning opera house. The works of Italy's greatest composers have echoed through this sumptuous neoclassical structure with its gold stucco and red-velvet interior. Note the statue atop the building. The topmost figure is Parthenope, a siren who washed up on the Naples shoreline following her unsuccessful attempt to lure Odysseus into the sea. The best way to gain access is by attending a performance, but guided tours are offered too.

The people's music is the tarantella, upbeat songs played on the mandolin, guitar, accordion and tambourine and is accompanied by a dance inspired by the delirium caused by a spider's bite. The Neapolitan concert venue on Piazza Museo 11 allows audiences to hear tarantella for themselves. Hour-long performances showcasing dances and melodies are performed by a revolving cast of performers, meaning each visit is unique. The immersive experience climaxes with the entire room singing "O sole mio" in chorus.



SHOPPING FOR ALL BUDGETS

Well-heeled Neapolitans splash out in the boutiques and designer shops along via Chiaia and via Calabritto, where famous fashion houses purvey their coveted labels. Shop for stiletto heels in the city of their creation, or seek out silk ties or artisanal leather handbags. For a sweet pick-me-up amidst a shopping frenzy, head to Gay Odin, an artisanal chocolate shop. Their gigantic chocolate replica of Mt. Vesuvius makes a thoughtful gift for the folks back home.

With around 60 permanent markets, it's easy to visit to one of these loud, colorful places where deals await those skilled at bargaining. For a slice of real life, visit the Mercato Sant'Antonio Abate, also known as O' Buvero, where everything from salami to socks to seafood is sold. Should you visit this neighborhood on the evening of Jan. 17, you'll see toys, furniture and household bric-a-brac (objects that can be made into collectibles) being set alight in a purification process honoring Saint Anthony the Abbot, patron saint of pizza makers and firefighters. ■





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DAY TRIP FROM NAPLES



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Amazing Sights at Mount Vesuvius, Herculaneum, Pompeii & Sorrento

By Stacy Roman

You've unpacked your last box, hung pictures on the walls and are ready to start exploring your new neighborhood. Lucky for you, the area surrounding Naples is nothing short of spectacular. Full of fascinating history, ancient ruins and some of the most breathtaking coastlines in Europe, you can easily make a day trip of these stunning spots. Grab your camera and head out the door for these fantastic Italian adventures.

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Mount Vesuvius

(approximately 35 minutes southeast)

At first glance, the mountains resembling a camel's back residing quietly at the foot of the Gulf of Naples seem rather ordinary. However, the eruptions dating back centuries from them are anything but. A mere 40 kilometers southeast of NSA Naples is the legendary Mount Vesuvius. Comprised of two volcanoes, the peak of Vesuvius was actually formed within Mount Somma during a previous eruption. The most famous and catastrophic eruption was in 79 AD, when Pompeii, Herculaneum and other surrounding cities were destroyed.

Now a national park, Mount Vesuvius offers many hiking trails, including "Il Gran Cono" — a guided hike around the crater's rim, which boasts stunning views of the surrounding Campania and Lazio regions. Self-guided treks include following the Matrone Road, the Rack Railway or discovering the stark landscape of the most recent 1944 lava flow. Tickets to the park can be purchased online at parconazionaledelvesuvio.it.

Herculaneum

(approximately 30 minutes south)

Just 13 kilometers west of Mount Vesuvius, Herculaneum was once a busy trading port. During the initial eruption in 79 AD, the city escaped with minimal damage. Residents began evacuating the area, fearing the worst was yet to come. In the continuing eruption, the subsequent pyroclastic flow buried the near-empty village in 16 meters of suffocating ash and gases almost instantaneously. It remained hidden and sealed off until the early 18th century, discovered only by accident when a well was being dug.

While not as grand in scale as Pompeii (only 25% of Herculaneum has been excavated), the ruins are impeccably preserved. Ornate frescos, hand-carved furniture, wood-framed houses and even carbonized morsels of food have been discovered. The combination of ash, soil and humidity created the perfect way to preserve a moment in history. Visitors can step back in time and walk along the cobbled streets, discovering striking architecture that remains. Admission information can be found at ercolano.beniculturali.it.



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Pompeii

(approximately 40 minutes southeast)

Sitting in the southern shadow of mighty Mount Vesuvius is Pompeii. Like its northern neighbor, Pompeii was a bustling port city full of vibrant markets, an amphitheater and hundreds of homes and villas. In the blink of an eye, the wrath of the volcano buried the town beneath meters of ash, soot and rock. It lay undisturbed until the early 1700s. As excavations began, pictures of that fateful day emerged. Plaster casts were created in the hollow chambers left behind when bodies of residents were vaporized and disintegrated. This jarring sight encompasses the enormity of the human toll and the importance of preserving archeological remains.

Measuring more than 440,000-square meters, Pompeii covers a much larger area than Herculaneum. Visitors can explore the meticulously preserved amphitheater, as well as the large theater and Odeon complex. Remnants of Roman villas, baths and the basilica are also on display. Due to the sheer size of the site, you may want to dedicate an entire day to fully appreciate the sheer scale of Pompeii.



Sorrento

(approximately 90 minutes south)

If you're wanting dramatic cliffs with sweeping vistas of the crystal waters of the Mediterranean, head 90 minutes south to the iconic seaport of Sorrento. Hugging the southern tip of the Gulf of Naples, this quintessential Italian resort city is one of the gateways to the alluring Amalfi Coast. Take a day and wander your way through town. If you haven't had enough history, be sure to stop by Basilica of Sant'Antonino. Built in the 11th century, this beautiful cathedral is the oldest in the city. Enjoy an afternoon espresso, locally sourced limoncello or refreshing gelato in one of the charming cafes lining the Piazza Tasso.

Trek down the treacherously steep roads and meander along the water's edge. While there aren't many sandy beaches in Sorrento, Marina Grande is a fantastic spot to enjoy the scenery. The quiet fishing hub offers delicious food, friendly locals and a kick-back atmosphere. It's also a great spot for hopping on a 20-minute ferry to the nearby uber-glamorous island of Capri.

With so many fantastic places nearby, choosing your next adventure from Naples is guaranteed to be amazing. ■



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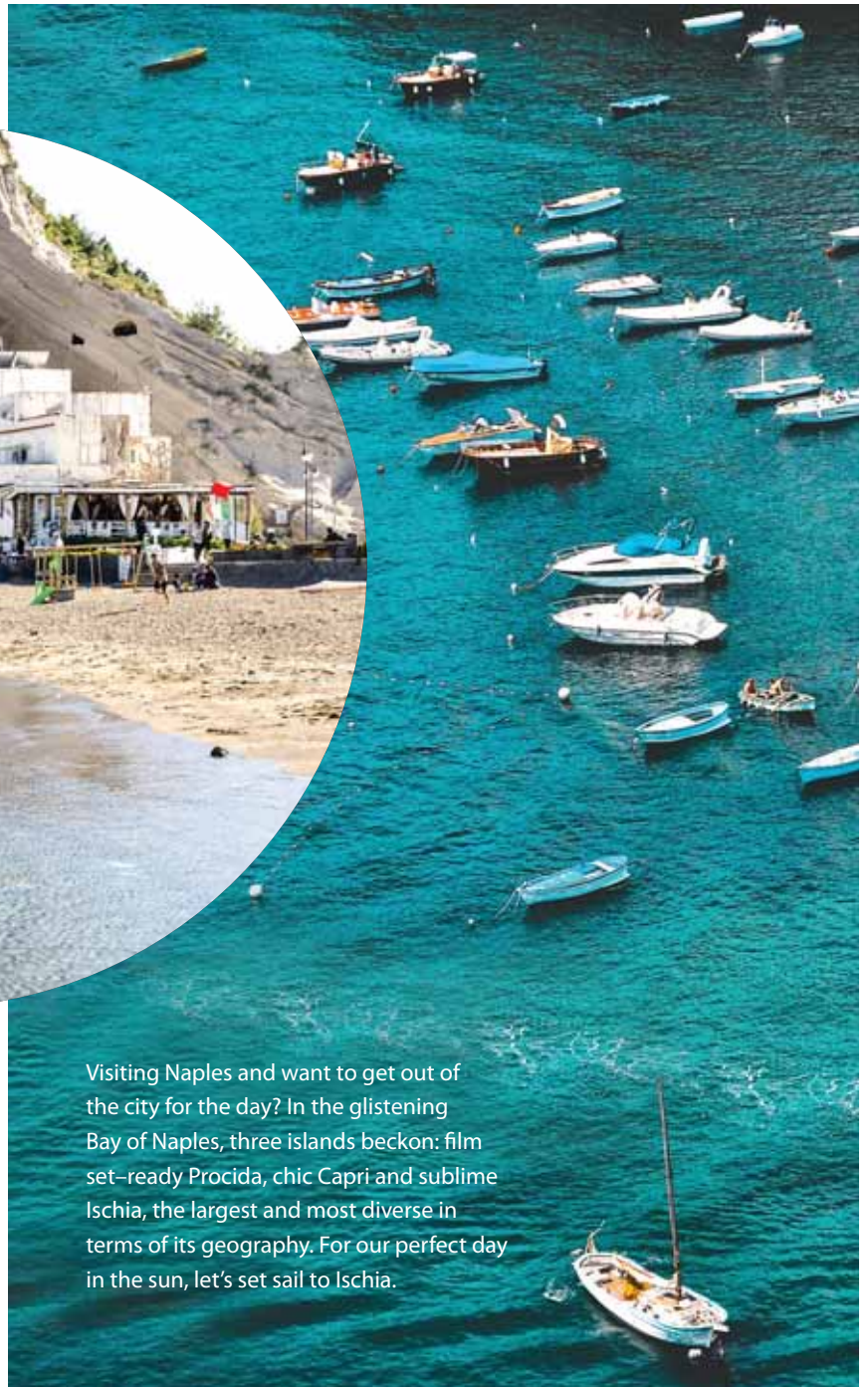
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ISCHIA

A PARADISE-LIKE DAY TRIP FROM NAPLES

By Karen Bradbury



Visiting Naples and want to get out of the city for the day? In the glistening Bay of Naples, three islands beckon: film set-ready Procida, chic Capri and sublime Ischia, the largest and most diverse in terms of its geography. For our perfect day in the sun, let's set sail to Ischia.

continued on page 58

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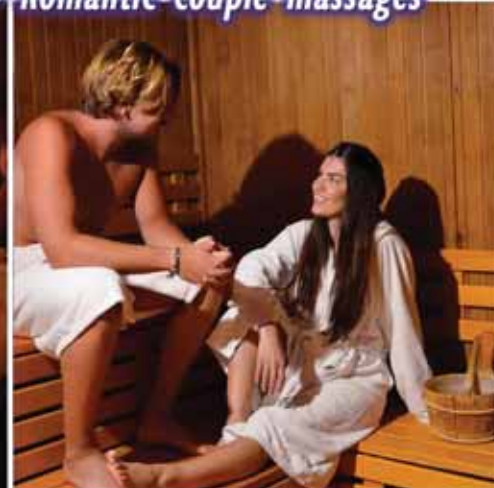


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Getting There

Ferries depart Naples and Pozzuoli year-round, and a one-way journey takes about an hour and a quarter. Leave the car at home—from Easter until September, only residents are allowed to transport their vehicles. Plan to leave at the crack of dawn, for the day awaiting you is a busy one! Riding the ferry as opposed to the hydrofoil takes longer by a few minutes but offers substantial savings. For times and tickets, visit the websites of the companies Medmar, Alilauro or Caremar.

An Introduction to the Green Island

Ischia has gone by many names throughout its history. The ancient Greeks knew it as “Pithecusae,” or monkey island. Classical poets referred to it as Arime or Inarime, the land of fire. The name Ischia was first recorded in 813 AD, when Pope Leone III petitioned Charlemagne for assistance in repelling an enemy set on invading the island. This volcanic island offers some truly unique landscapes: a horse-shoe-shaped harbor, thermal pools, steaming fumaroles, natural springs and the Fungo, a mushroom-shaped outcropping just off the coast. The work of human hands can be seen in the ancient defensive towers called *turritas*, several unique parks and the terraced vineyards dotting

the slopes of Mount Epemeo. With such diversity and beauty, it's a small wonder the island welcomes some six million visitors annually.

Get Your Bearings

While Ischia has enough sights to keep a visitor content over for days on end, today's journey is meant to be an introduction to the best of the island. For travel between major landmarks, rent a bicycle, plan to do your fair share of walking or simply ride the frequent local buses operated by EAVBUS. A ticket valid to ride the island's buses throughout the day will set you back about 4.50 euros.

Must-See Sights

Disembarking from your ferry at Ischia Porto, make way to Bar Calise for your morning coffee and croissant. Suitably fueled, walk or board bus number 7 to Ischia Ponte. Here the Castello Aragonese, a 2,500-year-old medieval castle and fortress, seems to rise up from the sea. The stone bridge linking the awe-inspiring structure to the mainland dates back to 1441. For the cost of your 10-euro entry ticket, you can see a nun's cemetery, chapel, church, wine cellar, torture museum and a crypt that serves as the final resting place of nobility.

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After all that walking, it's time for a soothing soak. Ischia has two paid-entry thermal spas to choose from, both of which operate from April through October. Negombo, near Lacco Ameno, offers mineral pools of varying temperatures set in verdant gardens that retain a wild feel about them. Giardini Poseidon, the larger facility, offers 20 pools, a steam grotto, Japanese soaking tub, beach access and more. Children under the age of 12 cannot enter the thermal area.

Fans of freebies might prefer to indulge in the naturally occurring hot springs. The most famous of these are those found in the Sorgeto, just outside the town of Forio. Find your happy (and warm) place alongside a vent from which mineral waters rise up and mingle with the sea. In the summer months, a nearby cafe serves drinks to patrons as they laze in the pools—a particularly indulgent experience under the full moon!

With any daylight hours to spare, a trip to the La Mortella (Myrtle) gardens should not be missed. The site represents a labor of love by English composer Sir William Walton and his Argentinian-born wife, Lady Susana Walton. What was once a stone quarry was transformed into a tropical garden paradise brimming with vividly colored flowers,

lush plants and fragrant herbs. Classical music concerts are staged here regularly throughout the warm months of the year.

A Fond Farewell to Paradise

Before returning to the port from which you'll catch the ferry back to the mainland, take advantage of La Mortella's location on the island's west coast with a stroll through Forio. Ischia's largest town is full of artists' studios and quirky boutiques, the perfect place for upscale souvenir shopping. Just before the sun dips below the horizon, make way to the Chiesa del Soccorso to catch one of the island's most gorgeous sunsets. There, make a vow to return to this beautiful, tranquil island as soon as fate should favor you to do so. ■



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10 REASONS to Love Capri

By Mary Del Rosario

1. Any dish you eat will be finger-licking good, from pasta to seafood.
2. The views you capture from Mount Solaro will be the star of your Instagram feed.
3. Piazza Umberto, the main square in Capri, is always buzzing and is peppered with bars and restaurants.
4. It's the perfect backdrop to enjoy a nice limoncello after dinner.
5. You can feel glamorous by taking a boat tour to see the breathtaking Faraglioni Cliffs.
6. The Grotta Azzura, or the Blue Grotto, is any adventure seeker's dream.
7. Though pebbly, the Marina Grande Beach provides crystal-clear water.
8. Via Krupp, a paved footpath, should not be missed to see gorgeous views of the island.
9. Villa Jovis, a Roman palace, is rich in history.
10. Gelato. That is all.

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Italy's third-largest city is undeniably a bit tatty around its edges. With its chaotic traffic and untidy streets peopled with rough-looking characters, it's the kind of place one feels the need to constantly keep one's guard up. Perhaps in part because of this, one of the most characteristic purchases a visitor to Naples is bound to make is weightier than your average souvenir, at least in a metaphysical sense.



Cornicello:

THE SYMBOL OF NAPLES

By Karen Bradbury

On a walk through the cavern-like historical core of one of Europe's most ancient cities, shopkeepers and street vendors sell all the magnets, T-shirts and soccer team gear one would expect to see anywhere. Carved wooden figurines, cameo brooches and bottles of limoncello liqueur appear within their mix as slightly more inspired and site-specific choices. But it soon becomes apparent that one item, in particular, is the purchase di rigore, the must-have from any trip to Bella Napoli.

An Ancient Talisman with Enduring Power

Bright red, elongated, twisted and conical, the hornlike object known as a cornicello in Italian, or curniciello in the local dialect, is ubiquitous. This immediately recognizable talisman is used to channel good fortune and repel the curse of the evil eye. Even people who aren't particularly superstitious have a healthy respect toward its purported efficacy. And it's been working its magic for a long, long time. Numerous sources trace the origins of Naples' trademark amulet as far back as 3500 BC, when hunters would hang the horns of their prey upon their doors to scare and repel enemies and evil forces. Its red color, symbolic of blood, represents life, strength and good

fortune. Its similarity to a hot chili pepper is not coincidental. Believed to work as an aphrodisiac, red peppers symbolize fertility, an idea closely intertwined with survival of the species and perpetuation of the family line.

To be effective, the cornicello's essential attributes are dictated by age-old rules. The horn is optimally hollow inside, which allows it to be filled with salt, said to increase its powers. It should be crafted by hand, allowing its maker to pass on strength and positive influences to its new owner. A particularly auspicious material from which it can be made is coral, a revered substance believed to endow energy and confidence, as well as offer protection to pregnant women.

The amulet may be worn as a pendant around one's neck, carried in the form of a keychain, hung from a vehicle's rearview mirror or placed above the entrance to a home or business. No harm is associated with harnessing the power of several horns within a number of different settings.

The most important rule in connection with the cornicello is that it can only be purchased for another, as buying a horn for oneself negates all of its mystical, protective powers. When presenting the gift to its intended, a certain ritual should be followed. The

recipient is asked to open the palm of his left hand, which should be pricked with the tip of the horn.

If ever the tip of the horn should break off, one should not panic. The breakage indicates the horn has performed its intended task, accumulating negative energy within its tip until it could hold no more.

Reason enough, perhaps, to inspire the recipient of this sacred gift to embark upon a trip to Naples to buy more horns for all those he or she holds dear.

Where to Buy the Naples Horn

There's no need to search far and wide for the most simplistic examples of the Naples horn. Casual souvenir shoppers will likely make their purchases in and around Via San Gregorio Armeno, a bustling shopping street known for the sale of hand-carved nativity sets. Cosmos-Artigianato Napoletano, located at number 5 on this famous street, has garnered rave reviews on both Google and TripAdvisor. Many other handicraft and jewelry stores throughout the city sell hand-crafted versions of the curniciello, many of which come with certificates of authenticity and instruction manuals. ■



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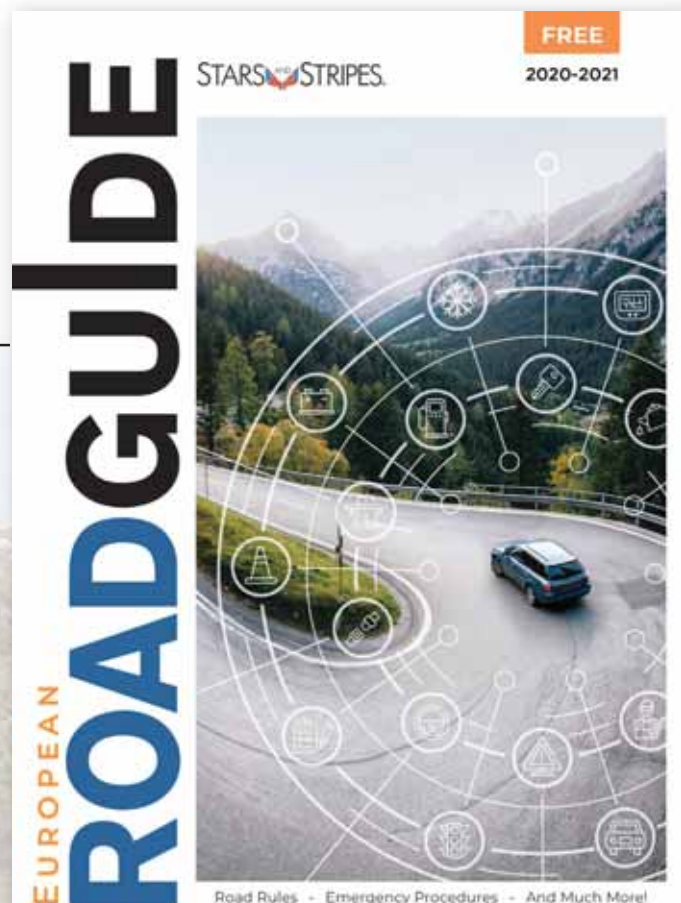


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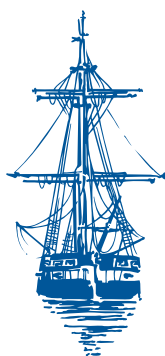
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