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PCS GUIDE 2021-2022

# WELCOME TO Naples



## INS & OUTS of being stationed in Naples

- ▶ FINDING A HOME
- ▶ GETTING YOUR KIDS ADJUSTED
- ▶ LIFE WITH PETS IN NAPLES
- ▶ PERSONAL ENRICHMENT OPPORTUNITIES



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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 Base Wide 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.

### MONEY

- Determine allowances with Personal Support Detachment.
- 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.

### CARS

- Schedule and study for driver's exam.
- Pass exam and get translated AFI license.
- Get rental car.
- When car 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](http://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

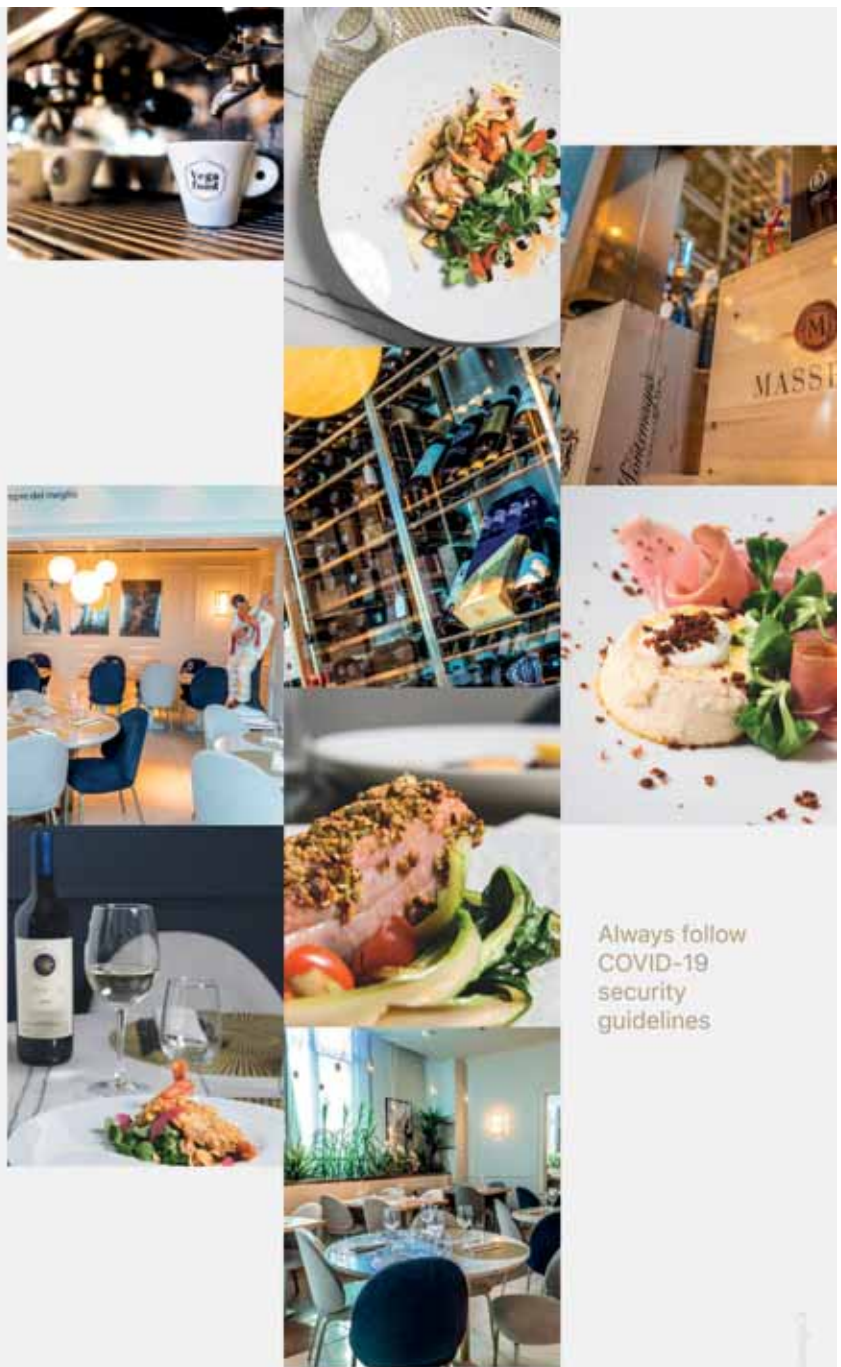
- Register pet at the Veterinary Treatment Facility.
- Find Italian vet clinic that provides emergency care.
- Maintain annual rabies vaccinations during overseas tour.
- Get updated ID tags with local contact information.
- Obtain pet passport for flying with your pet within Europe.
- Purchase pet insurance (including liability).
- Purchase flea/tick preventative medication that protects against sand flies that can transmit the Leishmaniasis disease. Use either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.
- Find a boarding center or pet sitter.
- Understand and adhere to local Italian pet laws.

### PERSONAL ENRICHMENT

- Update resume and research job/volunteer opportunities.
- Visit Navy College 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](http://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

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

► **Recommended option: pre-pay**

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

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

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

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



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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

### Credit Unions

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### Banks

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- NSA Capodichino: DSN: 626-3310/3158

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

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- 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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# Getting A RIDE



## 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.

## GETTING YOUR ARMED FORCES ITALY (AFI) LICENSE

Call the Motor Vehicle Registration Office (MVRO) for driver's testing. Be sure to ask about test days and times.

- Capodichino DSN number: 626-283/2832/4454  
Comm: 081-568-2831/32, 4454
- Email: [mvronaples@eu.navy.mil](mailto:mvronaples@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.
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical Support Letter (DoD civilians)

## 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 011 39-095-86927 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 dealers and private sellers in Italy. There is no tax when buying a vehicle from another military member.

### ► 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

## REGISTERING YOUR VEHICLE

Contact the MVRO for vehicle registration days and times.

### ► What to bring to register your vehicle:

- ✓ POV registration application
- ✓ AFI driver's license
- ✓ U.S. license
- ✓ Military ID
- ✓ Shipping document
- ✓ Proof of ownership
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical support letter (DoD civilians)
- ✓ Funds to cover the registration fee and applicable road tax for a second vehicle to include motorcycles
- ✓ Automobile insurance policy

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

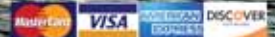
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*continued from page 10*

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

## 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 vehicle's engine size, engine base, 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:

- When a car behind you flashes its lights, move to the right lane as soon as it is safe to do so.

- 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.
- The Italian law allows you to overtake traffic to pass.
- Many intersections have no stoplights 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. You will need to get 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. ■

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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, NAVSUPACT 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 in the economy will be given if occupancy levels reach 95%. All members under consideration for this category must submit a special request to NAVSUPACT 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 NAVSUPACT 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

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](http://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. ■



# 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](http://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.

*continued on page 18*







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continued from page 16

## 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 911/011-(39)-081-568-4911.
- 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](http://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](http://www.metdental.com). ■

## Emergency Numbers in Italy

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Ambulance	118
Carabinieri (Italian Police)	112
Police	113

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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.
- ▶ Pets must be leashed every time you walk them.
- ▶ 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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
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# Adjusting your KIDS → to Italy



**M**oving 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 24*

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

**U**nderstanding 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](http://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](http://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](http://www.dodea.edu/Europe/offices/hr)
- ▶ **Navy Exchange (NEX):**  
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- ▶ **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.

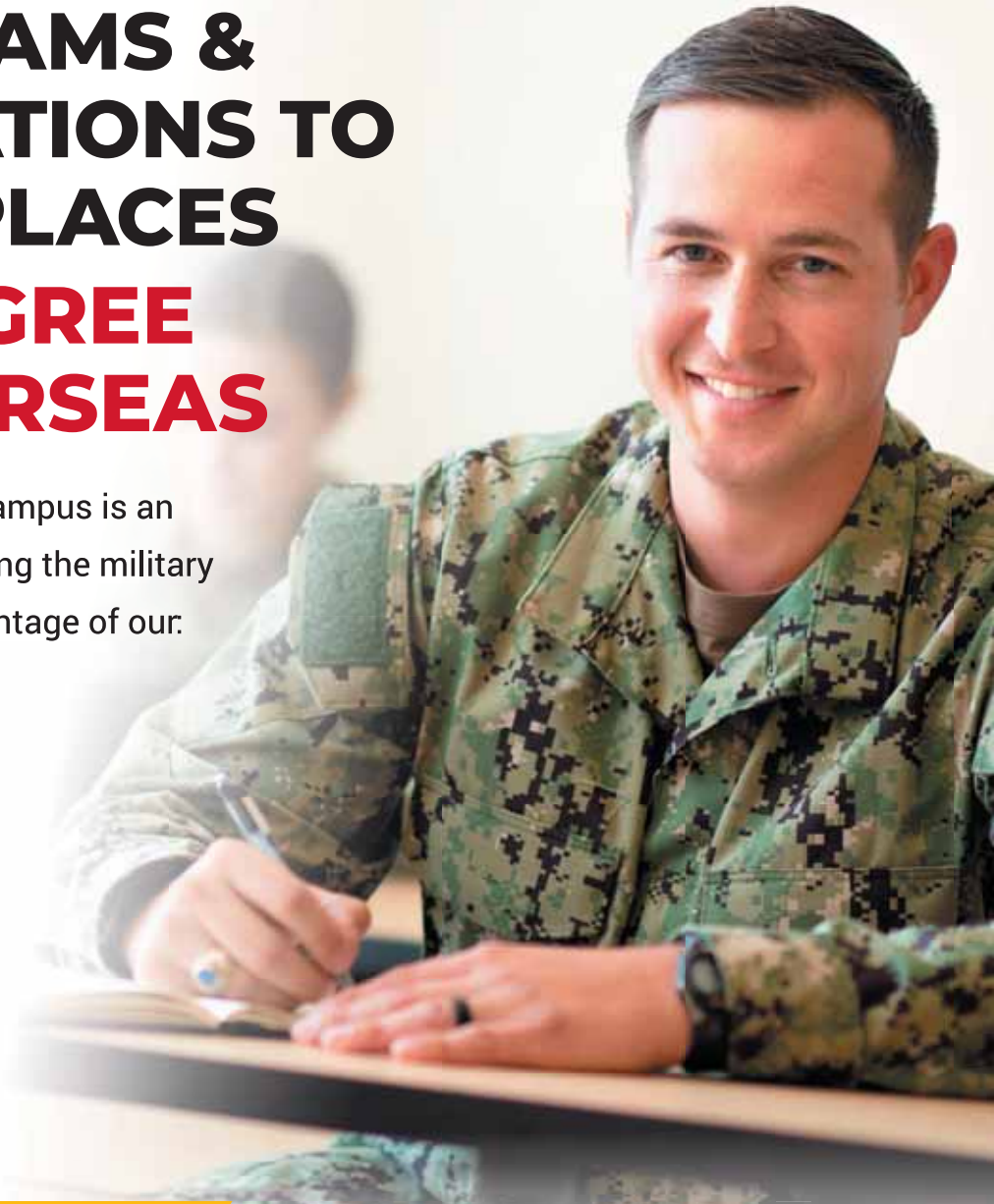
*continued on page 28*



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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 only 48 hours. 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](http://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:**  
<https://europe.erau.edu>  
Offers certifications, undergraduate and graduate degrees. Face-to-face and online courses.

## 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](http://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. ■

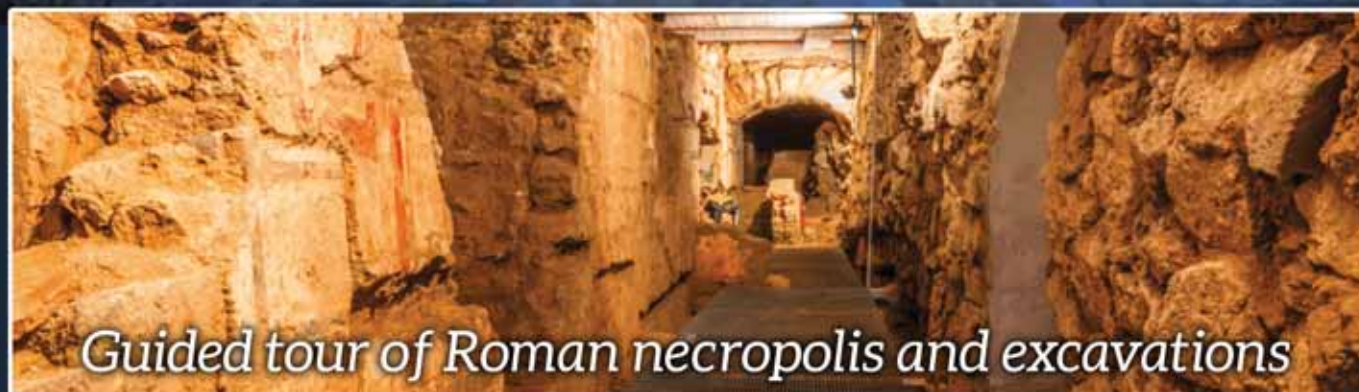
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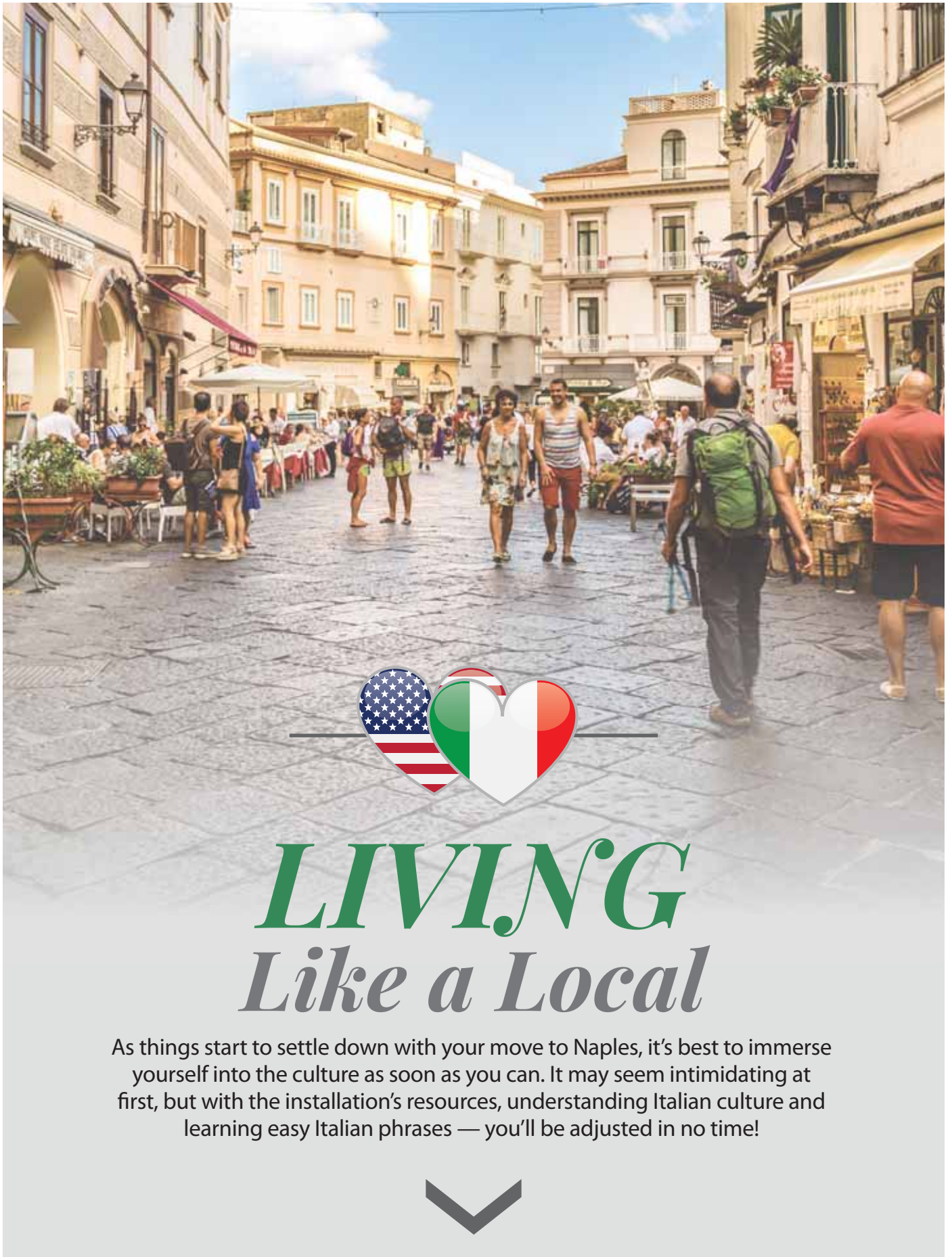


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# *LIVING* *Like a Local*

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!



## 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



# Useful ITALIAN Phrases

*Ready to learn Italian? Local nationals will appreciate that you are attempting to speak their native language. 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 per favore aiutarmi?
Pardon me?/Excuse me? .....	Scusami?
I understand .....	Capisco
That sounds good/All is good .....	Suona bene / Tutto va bene
Exactly .....	Esattamente
I don't understand .....	Non capisco
I don't know .....	Non lo so
I speak English .....	Io 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 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 down .....er favore scrivilo

## DINING

I'd like to reserve a table .....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, please .....Vorrei pagare, per favore  
 Check, please .....Controlli, per favore  
 Keep the change .....Tieni 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.

### ► 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 2021

- 1 January**  
New Year's Day
- 6 January**  
Epiphany
- 4 April**  
Easter Sunday
- 5 April**  
Easter Monday
- 25 April**  
Liberation Day
- 1 May**  
International Workers' Day
- 2 June**  
Republic Day
- 15 August**  
Assumption Day
- 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

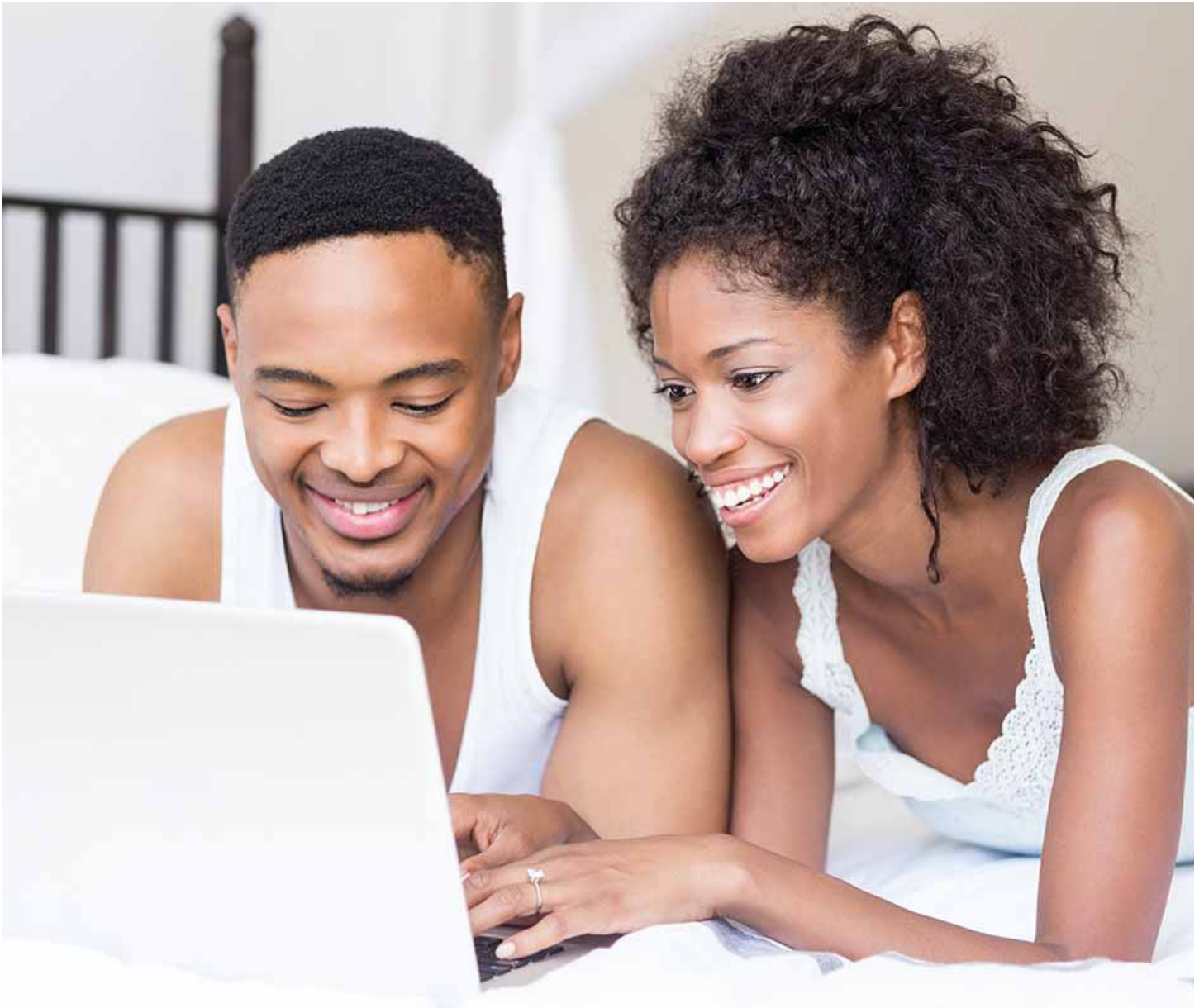
Shoes		Suits/Coats		Pants	
US.....	EU	US/UK.....	EU	Inches.....	CM
8.....	41	36.....	46	28.....	71
8.5.....	42	38.....	48	30.....	76
9.....	43	40.....	50	32.....	81
10.5.....	44	42.....	52	34.....	86
11.5.....	45	44.....	54	36.....	91
12.....	46	46.....	56	38.....	97
13.....	47	48.....	58	40.....	102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



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---

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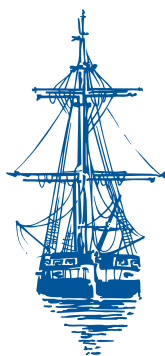
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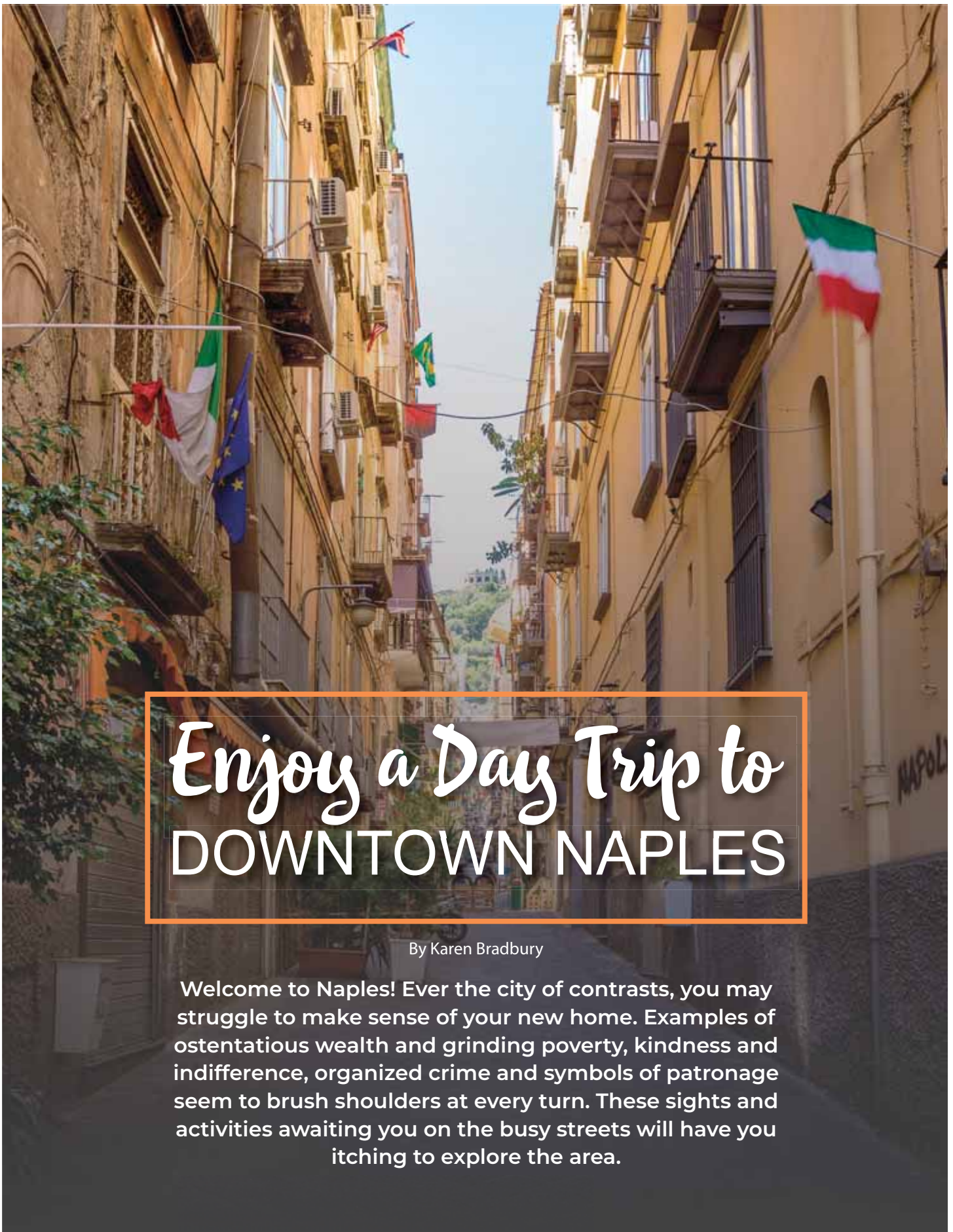
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# Enjoy a Day Trip to DOWNTOWN NAPLES

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

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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](http://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](http://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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<b>Ital. Ambulance</b> .....	<b>118</b>
<b>NSA Qrtd.</b> .....	<b>626-5547</b>
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## COMMERCIAL PREFIXES

JFCN .....	081-721
Capodichino DSN 626 .....	081-568
Carney Park NO DSN .....	081-526
Gricignano(S.Site) DSN 629 .....	081-811
Gricignano(S.Site) NO DSN .....	081-813
Help Desk one net .....	626-HELP

## CHILD & YOUTH PROGRAMS

CDC Capodichino .....	626-5116
CDC Gricignano .....	629-4989
Youth Center/SAC .....	629-4722
Teen Center .....	629-4395

## FLEET & FAMILY SUPPORT

Front Desk .....	629-6372
Class Sign-ups .....	629-6372/4896
VA Representative .....	629-6997/6550
School Liaison Officer .....	629-6549

## HOUSING

Housing Front Desk On Base .....	629-4930/4464
After-hours trouble Calls On Base .....	626-4981
After-hours trouble On Base Duty .....	337-129-9348
Assignments .....	629-4468
Housing Front Desk On Economy .....	629-4466/4396
Gricignano Warehouse .....	629-4242
Housing Maintenance .....	629-4246
Trouble Desk .....	629-4285/428681

## LODGING

Navy GatewayInn Suites Capo .....	626-5250
Navy Lodge Naples (S. Site) .....	081-813-3443
Navy Lodge Naple (S. Site) DSN .....	629-6289
Bambusa Restaurant .....	629-6587
BEQ (S. Site) .....	629-4123

## MEDICAL FACILITIES

Appointments (S.S.) .....	629-6000
Appointments (Capo) .....	626-4786
Medical Homeport .....	629-6271
USNH Chaplain .....	629-6451
Dental Clinic (Capo) .....	626-4644
Dental Clinic (S.Site) .....	629-6007
EDIS Clinic .....	629-4676
Emergency Room .....	629-6150
Information Desk .....	629-6155
Capo Information Desk .....	626-5311
Mental Health .....	629-6306
MSU/Inpatient Ward .....	629-6471
OB/GYN .....	629-6404
Physical Therapy .....	629-6183
Radiology .....	629-6168
Tricare Admin Office .....	629-6330
Lab .....	629-6190
EFMP Coordinator .....	626-6951

## MWR

Auto Hobby Shop .....	629-4971
Bowling Alley .....	629-6976
Carney Park Pool .....	081-526-2140
Support Site Pool .....	629-6513
Carney Fitness .....	081-526-1579
Fit Zone (Capo) .....	626-4266
Fit Forum (S.Site) .....	629-6604
Golf Course .....	081-526-4296
Library (Capo) .....	626-3666
Library (S.Site) .....	629-4361
Liberty Program (S. Site) .....	629-4192
Liberty Program (Capo) .....	626-4896
MWR ITT (Capo) .....	626-4330
MWR ITT S.S. .....	629-7907
Theater (S.Site) .....	629-4358

## NAVY EXCHANGE MALL

Customer Service (S.Site) .....	629-4717
Vodafone (S. Site) .....	081-979-9137
Navy Exchange Income Tax Office .....	629-4090
Auto Port (S. Site) .....	629-4957
Barber/Beauty Shop (Capo) .....	626-4280
Barber/Beauty Shop (SS) .....	081-502-7349
Europcar (S. Site) .....	629-4172
Electronics (S. Site) .....	081-813-5353
Flower Shop (S. Site) .....	081-813-2104
Frame Shop (S. Site) .....	349-61-68117
Europcar Capo (S. Site) .....	626-5298
Optical Shop (S. Site) .....	081-502-7113
Pack & Wrap (S. Site) .....	081-502-7751
Residential Services (S. Site) .....	081-813-5321
Tailor Shop (Capo) .....	626-4279
Tailor Shop (SS) .....	081-502-7353



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Mini Mart (S.Site).....	629-6583
Mini Mart (Capo).....	626-4274

Personal Property.....	629-6778
PSD (Capo).....	626-5825
Post Office (Capo).....	626-5371
Post Office (S. Site).....	629-4336
POV Lot.....	629-6522
Region Legal Services.....	626-4576
SARP (Capo).....	626-5500
SATO (Capo).....	081-599-2613
Security Dispatch (Capo).....	626-5638/5639
USO Capo.....	626-5713
USO (S. Site).....	629-4903
Veterinary clinic (S. Site).....	629-7913
WIC Overseas (S. Site).....	629-4962

**OTHER**

Air Terminal.....	626-5369
AFN (S.S).....	629-6915
American Red Cross.....	626-4788
Chaplains (Capo).....	626-3539
Chaplains (S. Site).....	629-4600
CMVRO (S. Site).....	629-6876
Commissary.....	629-4871
Community Bank (Capo).....	081-635-5301
GEICO Insurance.....	629-6568
HRO (Human Resources) Capo.....	626-5409
NAF HRO Office (Capo).....	626-5612/4164
ID Card Office (Capo).....	626-4390
NCIS (Capo).....	626-6002
Navy Federal Credit Union.....	629-4887/8/9/
Navy & Marine Corps Relief.....	626-3913
Passport Office.....	626-4155



FOR MORE INFORMATION CONTACT:

[https://www.cnic.navy.mil/regions/cnreurfswa/installations/nsa\\_naples/about/installation\\_guide/phone\\_directory.html](https://www.cnic.navy.mil/regions/cnreurfswa/installations/nsa_naples/about/installation_guide/phone_directory.html)

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