



Fleet & Family Support Center

Inter-Cultural Relations

Mr. Giuseppe Del Giacco
Giuseppe.DelGiacc.IT@eu.navy.mil

Ms. Tiziana Cirillo
Tiziana.Cirillo.IT@eu.navy.mil

FFSC is located on the first (1st) floor of the Navy Lodge
DSN: 629-6372 or COM: 081-811-6372





INTERCULTURAL RELATIONS FOR NEWCOMERS (ICR)

Field Trip:

- Muster at the Support Site bus stop C by the fire station @ 07:45 a.m.
- The cost of public transportation and meals during the ICR field trip is at the attendee's expense; at least **20 Euros** per participant is recommended.
- The ICR field trip attendees should be able to participate in a rigorous uphill walk.
No children under 13 years of age are permitted on the trip.

The FFSC will organize a separate family trip to accommodate our younger clients.

- Casual attire, comfortable shoes, and a water bottle are highly recommended.

Antiterrorism measures will be observed at all times.

+39 335 778 7393 (Ms. Tiziana)

+39 335 741 8277 (Mr. Giuseppe)

For trip purposes; please add numbers to your cell phone

CASUAL

Casual is basically a non-dress code, and you can wear comfortable clothing.

FOR HIM:

Think Homer Simpson. Tee shirt, jeans and sneakers are appropriate. You may also opt to step it up a notch with khakis, cargos, a polo shirt or henley and still fit in just fine.

Tip: Avoid inflammatory or otherwise offensive graphic tees!



FOR HER:

Pull out your favorite jeans! You can opt for a comfortable tee or dress things up a bit with a stylish top, jewelry or even a blazer. Depending on the nature of the event, your footwear can range safely from sneakers to heels to boots.

Tip: For outdoor events, sneakers are better as heels can sink into soft ground!



Culture Shock = stress, frustration, disorientation

- INCUBATION STAGE (Honeymoon): Everything is new and exciting!
- SECOND STAGE: (2 to 4 months fm arrival) Culture Shock!
Difficult times and crises in daily life.



Symptoms of Culture Shock:

- a feeling of sadness and loneliness
- headaches and pains
- insomnia or sleeping too much
- feeling of anger and depression
- idealizing your own culture
- becoming obsessed with new culture
- feeling lost or confused
- feeling shy and insecure
- overwhelming sense of homesickness



- THIRD STAGE: Gaining understanding of the new culture. A feeling of pleasure and/or sense of humor may be experienced
- FOURTH STAGE: *Adaptation and appreciation.* This integration is accompanied by a stronger feeling of belonging.

Tips to Overcome Culture Shock

- REALIZE THAT ADJUSTMENT TAKES TIME
- FOCUS ON THE POSITIVE
- GET INVOLVED WITH THE LOCAL COMMUNITY, MAKE FRIENDS
- MAKE AN EFFORT TO LEARN THE LOCAL LANGUAGE
- TALK TO OTHERS ABOUT HOW YOU FEEL
- STAY IN TOUCH WITH FRIENDS, AND FAMILY BACK HOME
- GO OUT, EXPLORE, ATTEND LOCAL FESTIVALS, AND EVENTS



The Italian Culture is commonly associated with Art, Music, Food and Wine. It is the homeland of the Roman Empire, the Roman Catholic Church and the main center of the Renaissance.

- **Basic Etiquette:**
- It is common for Italian friends and families to kiss on both cheeks when they meet, irrespective of their gender.
- It is important to dress neatly and respectfully.
- No shorts or flip flops downtown.
- Punctuality is not tight in social situations. In Italy, ‘on time’ can mean 10, 15 or, in the worst scenario, even 30 minutes late.



ITALIA

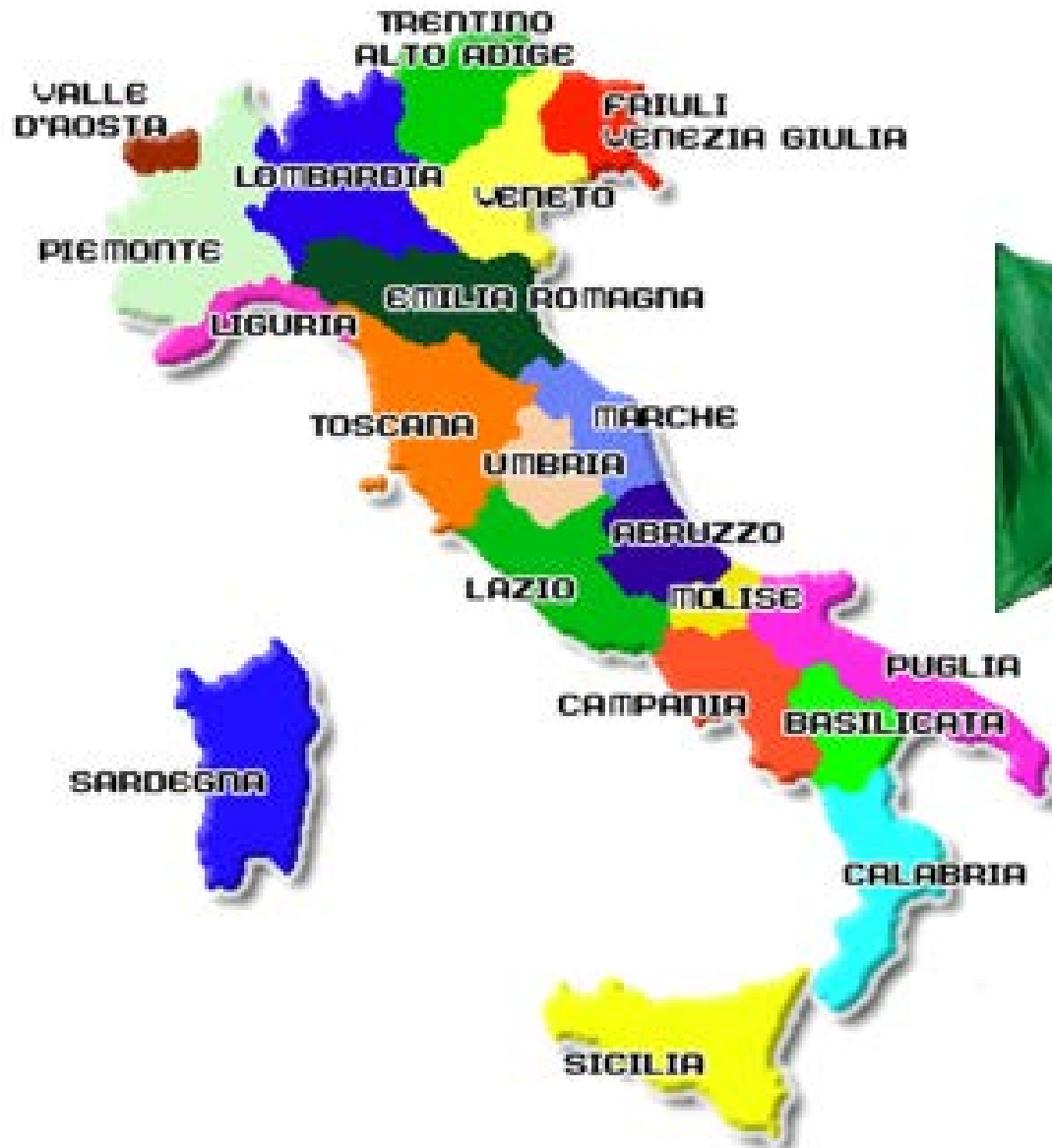
EUROPA



Covering about 10,180,000 square km
(3,930,000 sq. mi)



ITALIA





Sergio Mattarella, President of Italy



Mario Draghi, Prime Minister



Papa Francesco

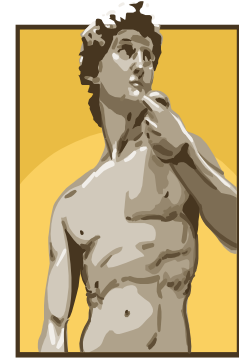
ROMA







ITALIAN ECONOMY



Main industries:

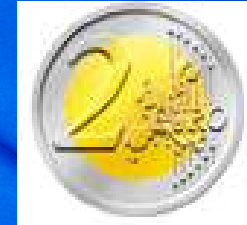
Tourism, Commerce, Communications, Machinery, Iron and Steel, Chemicals, Food processing, Textiles, Automobiles, Home appliances, Clothing, Footwear, Ceramics.

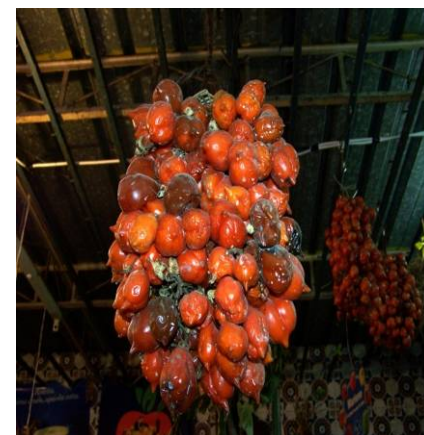
Italy has one of the most significant productions of **wine** in the world.

Italy has 70% of the **UNESCO ART** patrimony in the world.

One of the leading countries in **marble, olive oil, flowers, fruit and vegetables.**

EURO CURRENCY



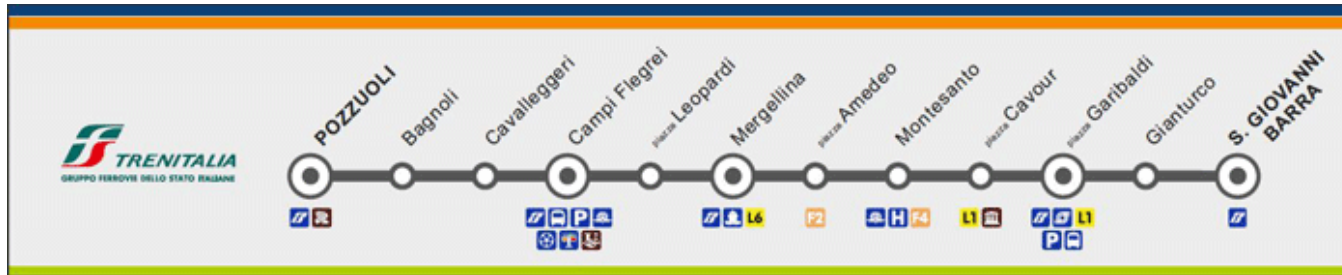


Transportation



- Autobus (buses)
- Metropolitana (subway)
- Funicolare/i (cable cars)
- Treni (trains)





0600 – 2230



BUSES (Autobus)

from 06:00 to 24:00, every 20/30 min
from 24:00 to 06:00, every hour



ALIBUS

From Capo Airport to:

Central Station (Stazione Centrale)
& Fleet Landing (close to city center)

(0630 – 2315)

NAPOLI Tickets (biglietti)

Tickets allow passengers to Travel
within Naples city



Single ride
(1,10 euro)



90 min
(1,60 euro)



Giornaliero
(all day)
(4,50 euro)

Where do you buy tickets?



Ticket validation
on buses and/or
inside stations



Parcheggio



IT NATIONAL TRAINS (FS)

www.trenitalia.com



Locale (LOC)

Diretto or Regionale (DIR or REG)

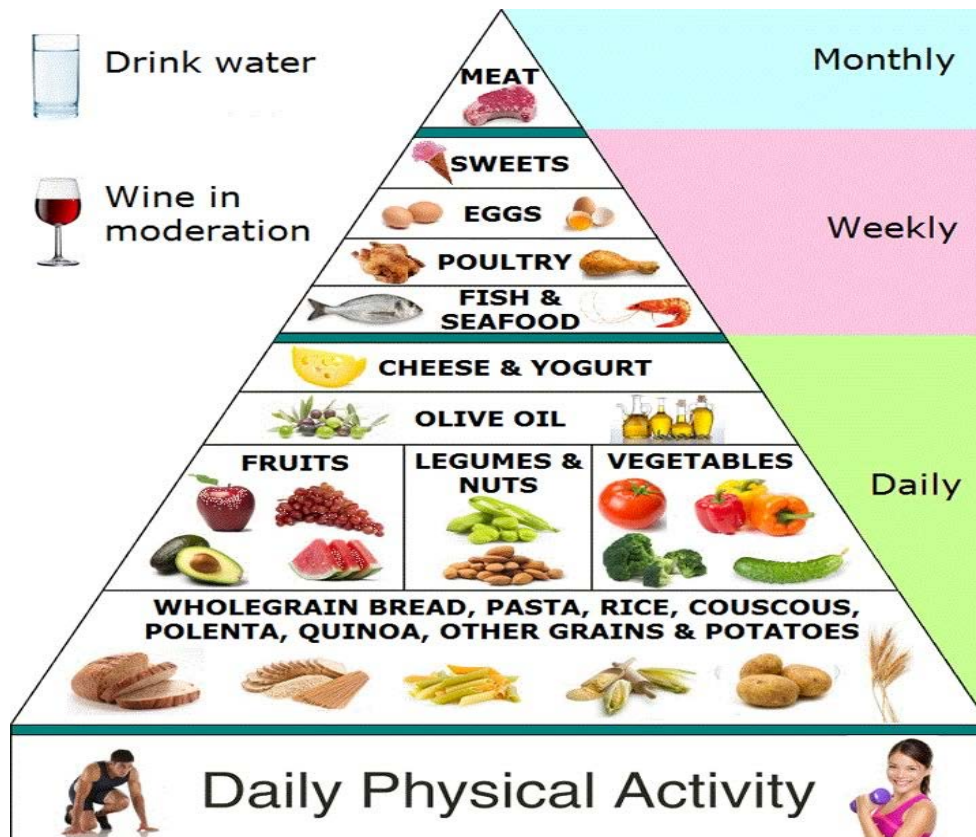
Intercity (IC) from Aversa & Naples

Frecciarossa (AV) and/or Italo from Naples or Afragola St.



Mediterranean Diet

The Mediterranean diet varies by country and region. Usually, it's high in **vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats** such as olive oil.



Colazione (Breakfast)

Pranzo (Lunch: 1300/ 1330)

Cena (Dinner: 20:00/20:30)



Cappuccino



Caffe`espresso



5/16/2022

cornetto



graffa



brioche

Italian Culture



- **Visiting**
- Dinner guests often bring a gift of wine, chocolates or flowers (no chrysanthemums).
- If you are visiting somebody's house just before dinner time, you will most likely be invited to stay.
- Make sure to compliment the landlady for her food, and home. Italian women often take great pride in the appearance of their houses.

Italian Culture



Eating

- Resting one's elbows on the table is also considered to be poor manners.
- Do not leave the table until everyone has finished eating.
- Drinking beverages other than water or wine with a meal is quite uncommon.
- It is generally impolite to eat while walking.
- Guests are not expected to help the host clean up after a meal unless they are good friends.

Ristorante

Lunch: 1200/1230 to 1430

Dinner: 1900/1930 to 2300





Italian Eating Facilities

Ristorante: Restaurant

Trattoria: Family run restaurant

Pizzeria: Pizza only

Tavola Calda: Sort of Cafeteria

Rosticceria: Take away food



Dati identificativi del Cliente

QUANT.	DESCRIZIONE	IMPORTI
	COPERTI	
	VINO - BIRRA	
	ACQUA MINERALE	
	PIZZA	
	ANTIPASTI	
	PRIMI PIATTI	
	SECONDI PIATTI	
	CONTORNI	
	FORMAGGI	
	FRUTTA	
	DOLCI - DESSERT	
	CAFFE' - LIQUORI	
	MENÙ A PREZZO FISSO	
	Arrivederci e Grazie	

Coperto

CONTO

n.	Servizio _____ %	
	Corrispettivo pagato	
data	Corrispettivo non pagato	
	TOTALE €	

Servizio

Total

Tip is not included

Bar or Caffetteria



Al Banco





Al Tavolo



Galleria Umberto

San Carlo Opera House



Castel dell'Ovo



Maschio Angioino (Castel Nuovo)



NAPLES UNDERGROUND





Capodimonte Palace & Park



Reggia di Caserta





Ischia Island



Capri Island



Vesuvio



Pompei

Amalfi Coast





Limoncello



Cost: 43euro

Admittance to 60 museums and archaeological sites in Campania

www.campaniaartecard.it

3 Days Artec card

NAPLES & CAMPI FLEGREI



Cost: 21euro

Free admittance to 3 museums or archaeological sites of your choice

50% discount on the others

Free use of transportation in Naples and Campi Flegrei

Family Member Orientation Day

"Where Family Readiness Always Comes First"

Area Orientation Thursday 0830-1130

Fleet and Family Support Naples Center presents:

Family Member Orientation Day

"where family readiness always comes first"



Fleet and Family Support Center
First Floor Navy Lodge,
Support Site, Village Forum



LOCAL RESOURCES



MEET NEW FAMILIES



LEARN ABOUT ITALY

Family Member Orientation day is an opportunity for families to connect with other families, engage with community resources, and begin the transition into the NSA Naples and local Italian community.

- Employment, Educational, & Volunteer Opportunities
- Financial Goals, Spending, & Retirement
- Entrepreneurship and Career Exploration
- Basic Italian Words, Phrases, Hand Gestures, & Going to the Café
- Traveling in Italy & Cultural Assimilation
- Ombudsman Program

TO REGISTER: call or email
FFSC: 081.811.6372, DSN 629.6372
FFSCNSANaplesItaly@eu.navy.mil



Please,

Remember to sign up for the ICR Field Trip with your AO Coordinator



**How do you wish to spend
your time in Italy?**



Like this?



Enjoy Naples...
Enjoy Italy...
Enjoy life!!!