

Overseas Adventure Travel®

THE LEADER IN CUSTOMIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide®



Amalfi Coast: Naples, Sorrento & Pompeii
2026

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will enjoy the thrill of off-the-beaten-path discovery coupled with the convenience of unpacking just once. Aboard our privately owned small ship, you will visit lesser-known ports that larger vessels cannot access—and enjoy intimate interactions with local people in your small group of no more than 25 travelers. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation.

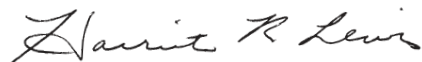
But your personal connections are not limited to your time on land—while onboard, you will enjoy the warm hospitality provided by our friendly, English-speaking crew, as well as the camaraderie of your fellow American travelers. Whether you travel with a partner, sister, friend, or independently, you will feel welcomed and included throughout your journey. And if you do choose to travel solo, you will enjoy an unmatched value, with our FREE or low-cost Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the, like the **87% of our travelers who customize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis

Chair

Overseas Adventure Travel

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Amalfi, Italy

New! Amalfi Coast: Naples, Sorrento & Pompeii Small Ship Adventure

Italy: Naples, Sorrento, Pozzuoli, Salerno, Amalfi

Small groups of no more than 25 travelers, guaranteed

11 days starting from \$5,895

including international airfare

Single Supplement: **FREE or \$995**

For departure dates & prices, visit www.oattravel.com/csi2026pricing

Along the southern coast of Italy awaits the Amalfi Coast—a region of natural and manmade beauty where dramatic cliffs adorned with colorful buildings rise beside the turquoise waters of the Tyrrhenian Sea. On this small ship voyage, you'll unpack just once and spend **all 9 nights aboard our privately-owned, 89-passenger M/V Clio**. Visit iconic Amalfi and walk in the footsteps of ancient history at Pompeii, and enjoy intimate connections with local people when you spend **A Day in the Life** of a farm in Pozzuoli, join a Sorrento family for a **Home-Hosted meal**, and more.

IT'S INCLUDED

- 9 nights accommodation aboard our privately owned, 89-passenger M/V *Clio*
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements
- 26 meals: 9 breakfasts, 8 lunches (including 1 Home-Hosted Lunch), and 9 dinners, plus all onboard house beer, wine, and soft drinks
- 10 guided tours and cultural experiences
- Gratuities for local guides and motorcoach drivers
- All port charges
- Baggage handling for 1 piece of luggage per person, including tips
- 5% Frequent Traveler Credit toward your next trip

Prices are accurate as of the date of this publishing and are subject to change.

Amalfi Coast: Naples, Sorrento & Pompeii



WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Pacing: 11 days, with 9 nights aboard an 89-passenger small ship

Physical Requirements: Walk 3-5 miles unassisted and participate in 6-8 hours of physical activities each day, including stairs. Good agility, balance, and strength are needed for boarding motorboats and possible rough seas.

Flight Time: Travel time will be 8-20 hours and will most likely have one connection

View all physical requirements at www.oattravel.com/csi

AMALFI COAST: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Join a local family for a **Home-Hosted Lunch** in Sorrento to learn what it's like to live and work in this seaside locale.

O.A.T. Exclusives: See a side of Italy that's only possible to experience by small ship, as you dock in small ports and villages along the country's southern coast. Along the way, engage in the **Controversial Topic** of the Cammora crime syndicate with a local expert. We'll also spend **A Day in the Life** at a family-owned farm in the countryside of Pozzuoli.

ITINERARY SUMMARY

DAYS	DESTINATION
1	Depart U.S.
2-5	Naples
6-7	Pozzuoli
8-9	Salerno
10	Naples
11	Return to U.S.

CUSTOMIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Rome: Highlights of the Eternal City

PRE-TRIP: 4 nights from **\$1,395**

Florence: Cradle of the Renaissance

POST-TRIP: 4 nights from **\$1,395**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Rome** before your Rome pre-trip extension from **\$320** per room, per night
- Arrive early in **Naples** before your main adventure from **\$350** per room, per night

Amalfi Coast: Naples, Sorrento & Pompeii

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

4 nights in *Rome: Highlights of the Eternal City*

Day 1 Depart U.S.

Day 2 Arrive in Rome, Italy

Day 3 Explore Rome

Day 4 Rome • Optional pizza & gelato making lesson

Day 5 Rome • Optional Roman Ghetto & Trastevere tour

Day 6 Rome • Visit village of Sperlonga • Transfer to main trip

Day 1 Depart U.S.

Depart today on your flight to Naples, Italy.

Day 2 Arrive in Naples, Italy

- Destination: Naples
- Included Meals: Dinner
- Accommodations: M/V *Clio*

Afternoon: Arrive in Naples, where an O.A.T. representative will meet you at the airport and assist you with the transfer to the dock where you'll embark our small ship. If you began your explorations early with our optional *Rome: Highlights of the Eternal City* pre-trip extension, you will join the main group today.

For the next nine nights, our privately owned 89-passenger vessel will be your home. The ship is staffed by a friendly, English-speaking crew who will be eager to welcome you aboard and show you to your room. As your fellow travelers arrive throughout the day, your Trip Experience Leader will offer an orientation walk of the area. After settling in, your Captain will

conduct a safety briefing. At the conclusion, you'll have time to get acquainted with the ship's inviting common areas. Before dinner, gather with your Trip Experience Leader and fellow travelers for a Welcome Briefing and the first of our nightly Port Talks.

Dinner: In the ship's dining room. As with all the dinners during your cruise, the dress code is relaxed and smart casual, and you are free to sit at whichever table you please. You'll be offered a choice of appetizer, soup, entrée, and dessert—including regional options—and complimentary house beer, house wine, and soft drinks.

Evening: The rest of the evening is free. You may wish to visit the ship's lounge.

Day 3 Explore Naples • Archaeological Museum visit

- Destination: Naples
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Activity Note: If today falls on a Tuesday, the Archaeological Museum will be closed. In that case, the afternoon activities of Day 3 and Day 4 will be swapped. Travelers who wish to visit *Cristo Velato* (the Veiled Christ) statue at Sansevero Chapel during their free time should be aware that tickets must be reserved at least two weeks in advance to guarantee entry. The Sansevero Chapel is also closed on Tuesdays.

Breakfast: Onboard the ship.

Morning: This morning we'll drive to the city center and explore Naples on foot with a local guide. Settled by the Greeks and conquered by the Romans, Naples boasts a millennia-old history that is evident in every aspect of local culture: an abundance of artistic masterpieces, celebrated culinary traditions, frescoed baroque architecture, and more.

Then, we'll visit the UNESCO-listed *Museo Archeologico Nazionale* (National Archaeological Museum). Here, a local guide will lead us as we discover the world's finest collection of Pompeian frescoes and mosaics.

After our tour, we'll return to the ship for lunch. Or travelers who wish to remain in Naples can continue exploring with lunch on their own and return to the ship later in the afternoon.

Lunch: Onboard the ship.

Afternoon: This afternoon is free to relax onboard or return to Naples to explore independently. Later, we'll gather in the lounge for our nightly Port Talk.

Dinner: Enjoy a Captain's Welcome Dinner onboard the ship.

Evening: Free to spend onboard as you wish.

Day 4 Naples • Optional Herculaneum tour

- Destination: Naples
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: This morning you are free to continue exploring Naples on your own.

Or, you may choose to discover one of the region's most impressive archaeological sites during an optional tour of Herculaneum. A UNESCO World Heritage Site, Herculaneum is an ancient Roman town buried by Vesuvian ash in the same eruption that destroyed Pompeii in AD 79. It wasn't found again until 1709 when it was accidentally discovered by local workers. With the help of a local guide, we'll explore Herculaneum's well-preserved ruins, which some claim are even more impressive than those of Pompeii.

This wealthy Roman village was buried three days after Pompeii, and the ruins that were left behind were hidden beneath 50 feet of ash and mud, preserving a treasure trove of architecture, mosaics, and even papyrus scripts that would allow scholars to shed new light on Roman life. Although Herculaneum's residents had more time to flee than the unlucky souls of Pompeii, the first intact Roman skeletons in history were excavated here. The majority of the remains that were found are believed to have belonged to laborers and slaves.

We'll have time to further explore the ruins independently after our tour, after which we'll return to the ship.

Lunch: Onboard the ship.

Afternoon: We will begin cruising towards Pozzuoli after lunch. Relax in the lounge or, weather permitting, on the Sun Deck and take in the azure water, colorful cliffside villages, and rugged landscapes as we sail.

Before dinner, gather in the lounge for our nightly Port Talk.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening onboard as you wish—perhaps you'll head to the lounge for a nightcap.

Day 5 Explore Pozzuoli • Controversial Topic: *Italy & the Camorra* with a local expert

- Destination: Pozzuoli
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Activity Note: The Flavian Amphitheater is closed on Tuesdays; when this site is unavailable, we will arrange an alternate activity.

Breakfast: Onboard the ship.

Morning: Our small ship will dock in Pozzuoli—a once important port of the Roman Empire. The city was so influential to the ancient Romans that two amphitheaters were constructed here. We'll explore the greater of the two today, the Flavian Amphitheater.

Upon arrival, we'll take a walking tour of this structure, which is the third largest amphitheater in Italy. The Flavian Amphitheater was likely built by the same architects who constructed the Roman Colosseum. Behold subterranean corridors and underground chambers that once housed gladiators and beasts for a deeper look into the past.

After our guided tour concludes, enjoy some free time to continue exploring on your own.

Lunch: Onboard the ship.

Afternoon: After lunch, a local expert will join us onboard and offer a glimpse into a darker aspect of local culture as we discuss the **Controversial Topic** of *Italy & the Camorra*. We'll learn about this infamous crime syndicate and their impact on Campania from our expert's first-hand experience with the mafia's influence on the region, and about how the organization has changed in modern times.

After our talk, we have a few hours for independent exploration of Pozzuoli. You also may choose to relax onboard.

Later, reconvene with your fellow travelers for a Port Talk before dinner.

Dinner: Onboard the ship.

Evening: Free for you to spend as you wish, perhaps opting to join your fellow travelers in the lounge.

Day 6 Pozzuoli • *A Day in the Life* of a Pozzuoli farm

- Destination: Pozzuoli
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Today, we'll drive inland to experience what ***A Day in the Life*** of a family-owned farm is like in the countryside of Pozzuoli. A member of the family will greet us upon arrival, show us around the grounds, and chat with us about their daily activities. Then we'll roll up our sleeves and help out with a few morning chores. Afterwards, we'll walk back to the family's home.

Lunch: At the farm.

Afternoon: Bid our friendly hosts *arrivederci* and drive back to the ship. We'll then settle back onboard and enjoy an afternoon of scenic sailing as we cruise towards Sorrento.

Before dinner, join us in the lounge for our Port Talk.

Dinner: Onboard the ship.

Evening: Tonight, local musicians will join us onboard and treat us to a live performance of traditional music.

Day 7 Explore Sorrento • Home-Hosted Lunch

- Destination: Sorrento
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Our ship will anchor outside Sorrento today. We'll disembark by tender to the pier, then transfer by private motorcoach to this scenic cliff-side town.

With its romantic location on the cliffs over the Bay of Naples, Sorrento has long served as the subject of songs and legends. It was here that mythical sirens, with the beauty of their sweet singing, were believed to lure sailors to shipwreck on the rocks. Ulysses greatly desired to hear these songs for himself but knew of the potentially catastrophic results—so he ordered his crew to block their own ears, and then secure him to his ship's mast, so that he could hear without risk to his vessel.

Sorrento is a town made for strolling, with remarkable architecture and commanding ocean views around each bend. A discovery walk with our Trip Experience Leader will give us ample opportunity to see the cathedral, Piazza Sant'Antonino, Public Gardens, and the Piazza

Tasso main square. But we'll also have time to delight in its quaint little alleys, each lovely and unique.

After free time on your own, we'll reconvene and split up into small groups to experience one of the highlights of our adventure:

a **Home-Hosted Lunch**.

Lunch: We'll enjoy a behind-the-scenes look at the true spirit of Sorrento when we join a family for lunch in their private home.

Afternoon: After lunch, we'll return to our ship. Enjoy scenic views of the coast (weather permitting) as we make our way to Salerno, our next destination.

Dinner: Onboard the ship.

Evening: Free to spend as you wish.

Day 8 Explore Salerno • Optional Vietri sul Mare visit

- Destination: Salerno
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Disembark this morning for a guided walking tour of Salerno with our Trip Experience Leader. Known for its palm tree-lined boulevards that stretch out before craggy mountain backdrops and sun-drenched piazzas, Salerno invites visitors to uncover its beauty at a leisurely pace. During our explorations, we'll stop at a local pastry shop to indulge in a sweet treat: *Pastiera*, a Neapolitan tart filled with rich ricotta cheese and lightly flavored with orange flower.

Afterwards, you are free to discover more of Salerno on your own.

Lunch: Onboard the ship.

Afternoon: The remainder of the afternoon is at your leisure.

Or, you may wish to join our optional visit to Vietri sul Mare. We'll drive along the stunning Amalfi Coast until we reach Vietri sul Mare, a small coastal town and UNESCO World Heritage Site. Known as "the first pearl" of the Amalfi Coast, the colorful cliffside town is famous not only for its scenic beauty, but for its vibrant and intricate ceramics. Typically painted in bright yellows and blues, these ceramics are synonymous with the art and culture of the Amalfi Coast. Take a discovery walk here with our Trip Experience Leader. Afterwards, explore on your own before driving back to our ship.

Dinner: Onboard the ship.

Evening: Tonight, enjoy a live performance as a group of local musicians joins us onboard.

Day 9 Explore Amalfi

- Destination: Amalfi
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Today we'll disembark and head to Amalfi like a local—aboard the ferry (weather permitting; we may take a bus if the ferry is unavailable). Upon arrival we'll set off on a walking tour with a local guide. Discover this iconic town situated on what is perhaps Italy's most beautiful coast—a UNESCO World Heritage Site richly imbued with centuries-old charm. As we explore, admire Amalfi's stunning shoreline, decorated by colorful fishing boats, distinctive rock formations, and colorful buildings that cling to the cliffs and seemingly tumble toward the sea.

After our guided tour, enjoy some free time to continue your discoveries in Amalfi. Later, we'll return to the ship, this time via motorcoach, as we enjoy a scenic drive along Amalfi's stunning coastline.

Lunch: Onboard the ship.

Afternoon: We'll begin sailing towards Naples after lunch, cruising along more of the Amalfi Coast's beautiful landscapes (weather permitting). Enjoy the passing scenery at your leisure, joining us for a Port Talk in the lounge before dinner.

Dinner: Onboard the ship.

Evening: The rest of the evening is free to spend however you wish.

Day 10 Naples • Explore Pompeii

- Destination: Pompeii
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Today we'll experience one of the world's most famous archaeological sites: Pompeii.

Early on an August afternoon in the year 79 CE, Mount Vesuvius erupted, unleashing a massive debris cloud followed by deadly pyroclastic flows. In Pompeii, ash began to fall from the sky at a rate of up to six inches an hour. A cloud of gas and debris followed the next day. The city was buried until it was re-discovered in the 17th century in eerily perfect condition. The World Monuments Fund, to which Grand Circle Foundation has contributed \$150,000 for preservation efforts across Europe, cites Pompeii as one of the world's 100 most-endangered sites. We'll set off on a guided walking tour here with our Trip Experience Leader, followed by free time.

Lunch: Onboard the ship.

Afternoon: Free to relax onboard before our disembarkation tomorrow. Later this afternoon, gather in the lounge for a Farewell Briefing with our Trip Experience Leader, and chat about what we've learned about it throughout our adventure.

Dinner: Enjoy a Farewell Dinner onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 11 Return to U.S.

• Included Meals: Breakfast

Activity Note: Today's disembarkation will take place between 9am and 11am.

Breakfast: Onboard the ship.

Morning: Disembark our ship from the port in Naples this morning, and transfer to the airport for your return home. Or, begin your *Florence: Cradle of the Renaissance* post-trip extension.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

4 nights in *Florence: Cradle of the Renaissance*

Day 1 Naples • Overland to Florence

Day 2 Explore Florence

Day 3 Florence • Optional Siena tour

Day 4 Florence

Day 5 Florence • Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.

Herculaneum

(Day 4 \$100 per person)

Discover one of the region's most impressive archaeological sites during our optional tour of Herculaneum. A UNESCO World Heritage Site, Herculaneum is an ancient Roman town buried by Vesuvian ash in the same eruption that destroyed Pompeii in AD 79. It wasn't found again until 1709 when it was accidentally discovered by local workers. With the help of a local guide, we'll explore Herculaneum's well-preserved ruins, which some claim are even more impressive than those of Pompeii.

This wealthy Roman village was buried three days after Pompeii, and the ruins that were left behind were hidden beneath 50 feet of ash and mud, preserving a treasure trove of architecture, mosaics, and even papyrus scripts that would allow scholars to shed new light on Roman life. Although Herculaneum's residents had more time to flee than the unlucky souls of Pompeii, the first intact Roman skeletons in history were excavated here. The majority of the remains that were found are believed to have belonged to laborers and slaves.

You'll have time to further explore the ruins independently after our tour, after which you'll return to the ship.

Vietri sul Mare

(Day 8 \$100 per person)

Drive along the stunning Amalfi Coast until you reach Vietri sul Mare, a small coastal town and UNESCO World Heritage Site. Known as "the first pearl" of the Amalfi Coast, the colorful cliff-side town is famous not only for its scenic beauty, but for its vibrant and intricate ceramics. Typically painted in bright yellows and blues, these ceramics are synonymous with the art and culture of the Amalfi Coast. Take a discovery walk here with your Trip Experience Leader. Afterwards, continue to explore Vietri sul Mare independently before driving back to the ship.

PRE-TRIP

Rome: Highlights of the Eternal City

INCLUDED IN YOUR PRICE

- » 4 nights accommodation
- » 6 meals: Daily breakfasts, 1 lunch, and 1 dinner
- » 2 included tours (with personal headsets): Rome & Sperlonga
- » Gratuities for local guides and motorcoach drivers on your extension and all optional tours
- » Exclusive services of a local Trip Experience Leader
- » All transfers

PRE-TRIP EXTENSION ITINERARY

From its marbled piazzas and ancient ruins, to the countless masterpieces displayed in museums, there may be no other city that has as many legendary expressions of beauty and history as Rome. We think you'll agree with us that, when you travel to Italy, a visit to the "Eternal City" is an opportunity not to be missed.

Day 1 Depart U.S.

Depart the U.S. this evening for Rome, Italy.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for suggestions.

Day 2 Arrive in Rome, Italy

- Destination: Rome
- Accommodations: Hotel Delle Nazioni or similar

Morning/Afternoon: Arrive in Rome today where you'll be met at the airport and assisted to your hotel. Then embark on an orientation walk with our Trip Experience Leader to get acquainted with your new neighborhood.

Lunch: On your own—ask your Trip Experience Leader for local restaurant recommendations.

Dinner: On your own. Perhaps you'll try a classic Roman pasta dish like *spaghetti alla carbonara*.

Day 3 Explore Rome

- Destination: Rome
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Delle Nazioni or similar

Activity Note: 2025 will be a Holy Year in Rome, as the city celebrates the 2025 Jubilee from December 24, 2024, through January 6, 2026. This event, which occurs only once every 25 years, draws millions of pilgrims to this holy city. While this affords travelers a rare opportunity to witness a special celebration, you should also be prepared for larger than usual crowds that may affect your included activities. We also strongly recommend that you reserve any independent visits to museums or attractions in advance.

Breakfast: At the hotel.

Morning: After a welcome briefing with your fellow travelers and Trip Experience Leader, we will discover the city of Rome, whose historic center is a UNESCO World Heritage Site and museum *en plein air*, on a walking tour. First you'll trace back one of the oldest families tied to the Papacy through its gardens, and see how popes changed the layout of the city in the 15th and 16th centuries—from Piazza del Popolo to the Spanish Steps.

Discover the glamour of the world's best fashion designers as we stroll Via Condotti and Via Frattina, then walk to the best-preserved Roman temple through the alleys of the old city. Our walking tour will conclude at the Piazza Navona where you will experience quintessential Baroque artists. Once the stadium of Emperor Domitian, Piazza Navona was where Romans came to watch *agones* (games).

Today, it is common to see street performers here, providing entertainment for the many visitors from around the world. The piazza is one of Rome's most impressive Baroque squares, featuring architecture by Borromini and sculptures by Bernini, including the impressive Fountain of the Four Rivers.

Lunch: On your own—ask your Trip Experience Leader for recommendations.

Afternoon: Free for your own discoveries—ask your Trip Experience Leader for suggestions. You may wish to toss a coin in *Fontana di Trevi* (the Trevi Fountain) to ensure you return to the Eternal City someday.

Dinner: At a local restaurant.

Evening: The rest of the evening is at your leisure.

Day 4 Rome • Optional pizza & gelato making lesson

- Destination: Rome
- Included Meals: Breakfast
- Accommodations: Hotel Delle Nazioni or similar

Breakfast: At the hotel.

Morning: Explore Rome on your own today.

Lunch: On your own. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: Continue making independent discoveries in Rome. Or, join an optional tour to a local cooking school for an introductory lesson to creating two classic Italian dishes: pizza and gelato. In the company of a master *pizzaiolo*, you'll learn the secrets behind preparing Roman-style pizza, typified by its smaller, crunchier crust, and topped with your preferred selection of fresh ingredients.

While your creation is in the oven, you'll gain insight into the process of making gelato, and learn about its similarities to—and important differences from—traditional ice cream.

Dinner: Travelers on today's optional tour will conclude their cooking lesson by sharing dinner together, with your handmade dishes at the center of your meal. Otherwise, dinner is on your own—ask your Trip Experience Leader for local restaurant recommendations.

Evening: The remainder of the evening is free to spend as you wish.

Day 5 Rome • Optional Roman Ghetto & Trastevere tour

- Destination: Rome
- Included Meals: Breakfast
- Accommodations: Hotel Delle Nazioni or similar

Breakfast: At the hotel.

Morning: Enjoy another day in Rome to make your own discoveries.

Lunch: On your own—ask your Trip Experience Leader for recommendations.

Afternoon: Spend the afternoon at leisure, or join an optional tour of the Ghetto and Trastevere, taking in the sites of these unique neighborhoods this afternoon.

First, explore the Roman Ghetto, which has been home to Rome's Jewish community for nearly 2,000 years. Then cross the Tiber River over an ancient Roman bridge to discover Trastevere—a charming neighborhood favored by modern-day and ancient artists alike.

Dinner: Dinner is on your own. You may wish to seek out *Cacio e Pepe*, Rome's deviously simple pasta dish of black pepper and *Pecorino Romano* cheese.

Or, if you've taken our optional tour, dinner is included in Trastevere.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for suggestions.

Day 6 Rome • Visit village of Sperlonga • Transfer to main trip

- Destination: Sorrento
- Included Meals: Breakfast, Lunch

Breakfast: At the hotel.

Morning: Begin the ride to the Naples this morning. On the way, we'll stop to visit the fairytale village of Sperlonga. Situated along the clear waters of the Mediterranean, Sperlonga boasts a dramatic landscape of steep cliffs, white sand beaches, and lush vegetation. During our walking tour of the village, we'll admire its whitewashed buildings, medieval towers, and panoramic views of the sparkling harbor.

Lunch: In a local *trattoria*.

Afternoon: Continue traveling to Naples, arriving late this afternoon, where you'll embark your ship and begin your main adventure.

OPTIONAL TOURS

Pizza & gelato making lesson

(Day 4 \$190 per person)

Drive to a local cooking school for an introductory lesson to creating two classic Italian dishes: pizza and gelato. In the company of a master *pizzaiolo*, you'll learn the secrets behind preparing Roman-style pizza, typified by its smaller, crunchier crust, and topped with your preferred selection of fresh ingredients.

While your creation is in the oven, you'll gain insight into the process of making gelato, and learn about its similarities to—and important differences from—traditional ice cream. Conclude your lesson by sharing dinner together, with your handmade dishes at the center of your meal.

Roman Ghetto & Trastevere

(Day 5 \$150 per person)

Spend half a day exploring two Roman neighborhoods this afternoon: the Roman Ghetto, a Jewish ghetto established in 1555 by Papal bull, and Trastevere. The Jewish Roman community has lived in this area for almost 2,000 years, and a strong sense of pride, solidarity, and cultural tradition is evident throughout the neighborhood. Then head to Tiber Island to visit the oldest working hospital in Rome, crossing over two different bridges that date back to ancient Rome. Walk to the other side of the Tiber River over an ancient Roman bridge to discover Trastevere—with its charming, narrow cobbled streets. Enjoy free time to explore on your own before dinner at a local restaurant—included in the cost of your optional tour.

POST-TRIP

Florence: Cradle of the Renaissance

INCLUDED IN YOUR PRICE

- | | |
|--|--|
| » 4 nights accommodation | » Dedicated services of our local Trip Experience Leader |
| » 7 meals: Daily breakfasts, 1 lunch, and 2 dinners | » Gratuities for local guides and motorcoach drivers |
| » 2 guided tours (with personal headsets) and cultural experiences: Florence • Florence local experience | » All transfers |

POST-TRIP EXTENSION ITINERARY

Trace history's footsteps back to the birth of the Renaissance, as the world's most influential dreamers—artistic, philosophical, and political—descended upon what we now know as Florence. Behold this iconic Tuscan city's artistic treasures, from the Ponte Vecchio to the Duomo, to cap your Italian sojourn in style.

Day 1 Naples • Overland to Florence

- Destination: Florence
- Included Meals: Lunch
- Accommodations: Hotel Albani Firenze or similar

Morning: Depart Naples for Florence.

Lunch: We'll stop along the way for lunch at a local restaurant.

Afternoon: You'll arrive in Florence this afternoon. After checking in to your hotel, set off on an orientation walk with your Trip Experience Leader. The rest of your day is at leisure.

Dinner: On your own—ask your Trip Experience Leader for recommendations.

Evening: Free for your own discoveries.

Day 2 Explore Florence

- Destination: Florence
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Albani Firenze or similar

Activity Note: Travelers who wish to visit the Academia Gallery or the Uffizi should reserve in advance before departing the U.S.

Breakfast: At the hotel.

Morning: Embark on a walking tour of Florence with a local guide, and marvel at the birthplace of the Renaissance.

A former Roman city, Florence grew in size, significance, and power during medieval times—becoming one of Europe's most important cities along the way. Between the 14th and 16th centuries, many of Europe's biggest names—in literature, art, architecture, finance, and more—had ties to Florence, and

when that city began to demonstrate renewed interests in the Classical Era, much of Europe followed suit. Today, historians note the Renaissance as the period of transition between the Medieval Era and Early Modern Europe.

Your walking tour will introduce you to some of the highlights of this city, including one of its most recognizable features—the beautiful Cattedrale di Santa Maria del Fiore, known more commonly as the Duomo. When you witness this cathedral’s exterior, you’ll see why it’s regarded as one of the most magnificent structures in the city: Engineer Filippo Brunelleschi crowned the building with the world’s largest brick dome, an architectural marvel still celebrated for its beauty and innovation today.

Continue your tour with a stroll through Piazza Signoria, the busy square that was the ancient center of city life during the days of the Medici. It’s here where Michaelangelo’s famous statue of *David* first stood, casting a stern glare toward Rome. While you’ll see a statue here today, note that it’s a replica, placed in 1910—the original sculpture was relocated to an interior location within the Accademia Gallery in 1873.

Lunch: On your own—ask your Trip Experience Leader for local restaurant recommendations.

Afternoon: Free for your own discoveries—ask your Trip Experience Leader for recommendations. Perhaps you’ll seek out the original *David* to see Michelangelo’s work firsthand, or walk among Leonardo Da Vinci’s inventions and designs in his namesake museum.

Dinner: At a local restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

Day 3 Florence • Optional Siena tour

- Destination: Florence
- Included Meals: Breakfast
- Accommodations: Hotel Albani Firenze or similar

Breakfast: At the hotel.

Morning: Today, explore Florence at your leisure.

Or, discover the city of Siena during a full-day optional tour. We’ll meet after breakfast and drive to Siena, where we’ll enjoy a walking tour of its Old Town, a UNESCO World Heritage Site. A rich and powerful city during the medieval ages, Siena’s banking activities and trade in wool and textiles placed it in direct competition with Florence. While Florence continued to thrive, however, Siena’s influence decreased after the 16th century, as it spent much of its energies in defense against foreign conquerors.

Today’s Siena still retains the air of the Tuscan Middle Ages, with some of the most splendid examples of Gothic architecture in Italy. The 334-foot slender Italianate tower of the Town Hall soars from the rim of the Piazza del Campo, an inclined, central square that is one of the most beautiful in all of Italy. And with automobiles banned from the city center, you’ll be free to explore by foot during your morning tour walking tour.

Lunch: On your own in Florence.

Or, if you’ve opted to take our optional tour, enjoy lunch at a local trattoria in Siena.

Afternoon: Free for independent explorations, whether you’ve stayed in Florence or joined us in Siena. Those on our optional tour will depart for Florence mid-afternoon, where the remainder of the day will be at your leisure.

Dinner: On your own. Ask your Trip Experience Leader for restaurant recommendations.

Evening: Free to do as you'd like, whether that's exploring the local nightlife or retiring early.

Day 4 Florence

- Destination: Florence
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Albani Firenze or similar

Breakfast: At the hotel.

Morning: Today, in the company of your Trip Experience Leader, you'll uncover a side of Florence most tourists miss. Explore the city off the beaten path, experiencing what life is like as a local here. We'll even stop to enjoy a pre-lunch *aperitivo*, a ritual observed by most Italians.

Lunch: On your own. Perhaps you'll sit down to savor a traditional *antipasto Toscano*—a sampling of cured meats, cheeses, and other local produce.

Afternoon: The balance of the day is free for your own discoveries in Florence.

Dinner: At a local restaurant.

Evening: Free to make independent discoveries this evening.

Day 5 Florence • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

OPTIONAL TOUR

Siena

(Day 3 \$150 per person)

Discover the city of Siena during a full-day optional tour. We'll meet after breakfast and drive to Siena, where we'll enjoy a walking tour of its Old Town, a UNESCO World Heritage Site. A rich and powerful city during the medieval ages, Siena's banking activities and trade in wool and textiles placed it in direct competition with Florence. While Florence continued to thrive, however, Siena's influence decreased after the 16th century, as it spent much of its energies in defense against foreign conquerors.

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334-foot slender Italianate tower of the Town Hall soars from the rim of the Piazza del Campo, an inclined, central square that is one of the most beautiful in all of Italy. And with automobiles banned from the city center, you'll be free to explore by foot during your morning tour walking tour. Lunch is included at a local trattoria.

YOUR M/V CLIO SMALL SHIP

Explore aboard our privately owned, 89-passenger small ship

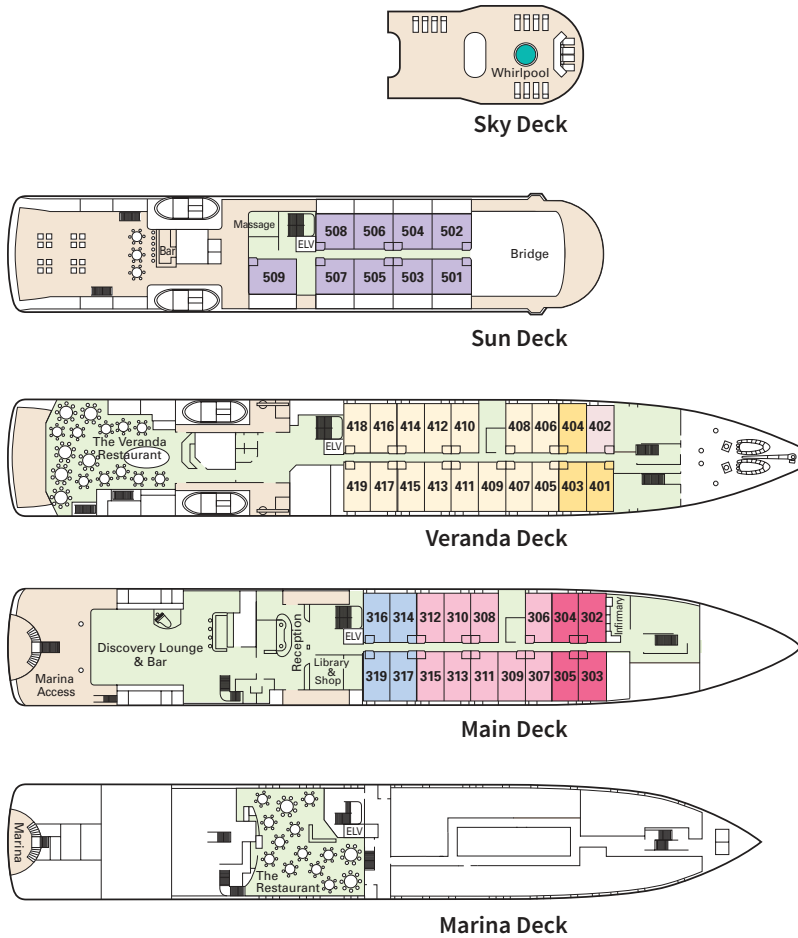
Cruise the world's legendary waterways aboard our 89-passenger small ship, the M/V *Clio*, rated excellent by 96% of travelers. Built in 1998, the *Clio* was purchased and refurbished in 2016, prior to its first departure. The ship holds four groups of 20–25 travelers (with an average of 22), each with its own local Trip Experience Leader, dedicated to bringing culture to life in the Baltics, Portugal, Spain, the Red Sea, and beyond.



SHIPBOARD FEATURES

- **Two dining areas with single, open seating:** Savor regionally-inspired dishes or American favorites during all buffets and table-service meals in the ship's dining room or indoor/outdoor veranda.
- **Comfortable lounge:** Relax with old friends and new, and participate in onboard discussions and lectures.
- **Complimentary beverages:** Enjoy house beer and house wine—as well as soft drinks—at any time of day while onboard.
- **Complimentary wireless Internet access:** Connect online in cabins and common areas. *Please note: Connectivity may be limited at certain points throughout your cruise.*
- **Outdoor common areas:** Relish coastal views from your seat in the indoor/outdoor veranda, Sun Deck, or whirlpool on the Sky Deck.
- **English-speaking crew:** Enjoy dedicated attention from our international staff throughout your voyage. Plus, all shipboard announcements are made in English for your convenience.
- **Zodiac crafts & tenders:** These onboard crafts are available to take you to shore in the most remote ports.
- **Elevator service:** An elevator serves the first four passenger decks (must use stairs to access the Sky Deck).

M/V CLIO



CABIN CATEGORIES

VS	Cabin with balcony – 205 sq. ft.
A	Cabin with window – 194 sq. ft.
B	Cabin with window – 194 sq. ft.
C	Cabin with window – 194 sq. ft.
D	Cabin with window – 194 sq. ft.
E	Cabin with window – 194 sq. ft.
S	Single cabin with window – 161 sq. ft.

Registry: Malta

Length: 328 ft.

Beam: 46 ft.

Draft: 11 ft.

Cabin Size: 194-205 sq. ft., with a single cabin of 161 sq. ft.

Number of Cabins: 45

Passenger Capacity: 89

Entered Service: 1998

Refurbished in: 2016

International crew: 60

Passenger Decks: 5

Group Size: 25 travelers, maximum, with 1 Trip Experience Leader per group

Elevator service to first four passenger decks

This ship complies with the latest international and U.S. Coast Guard safety regulations and is outfitted with the most current navigational and communications technology. It has retractable fin stabilizers to help reduce discomfort during rough seas.

CABIN FEATURES

- 44 double-occupancy cabins between 194–205 sq. ft.; one single-occupancy cabin is 161 sq. ft.
- All outside-facing with a window or a balcony
- Queen-size bed (convertible to two twins)
- Complimentary wireless Internet access, closet, flat-screen TV, DVD/CD player, telephone, mini-refrigerator, safe
- Private bath with shower, hair dryer, and toiletries



Cabin on the Veranda Deck

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip only:** You will need 1 blank passport page.
- **Optional extension to Florence:** No additional pages needed.
- **Optional extension to Rome:** No additional pages needed.

Visa Required

We’ll be sending you information with detailed instructions, application forms, and fees about 100 days prior to your departure. In the meantime, we’re providing the information below as a guideline on what to expect. This info is for U.S. citizens only. All visas and fees are subject to change.

- **Europe (Italy):** U.S. citizens will require an online visa-waiver to enter countries in the European Union. There is no set timeline for when this requirement will start – O.A.T. will contact all impacted travelers before their departure once the start date is confirmed.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency).

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

GROUP SIZE

- This adventure has a maximum group size of 25 travelers with a local Trip Experience Leader exclusive to O.A.T.

PACING

- 11 days, with 9 nights aboard an 89-passenger small ship

PHYSICAL REQUIREMENTS

- Walk 3–5 miles unassisted and participate in 6–8 hours of physical activities each day, including stairs
- Good agility, balance, and strength needed for boarding motorboats and possible rough seas
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids will not be able to board the *Clio*
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

TERRAIN & TRANSPORTATION

- Uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestones, which can be slick in wet or colder conditions
- Travel by 89-passenger small ship, 30-seat coach, and local tender

CLIMATE

- Daytime temperatures range from 48°–58°F during cruising season

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at **www.cdc.gov/travel** or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Medications for This Trip

When you visit your doctor, we suggest that you get a prescription for an antibiotic medication for gastrointestinal illness. Our staff do not carry prescription medications of any kind, and a written prescription is required to obtain an antibiotic or cortisone in Europe.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to "Find International Travel Information", select "Country Information", then enter the country into the search bar; if you don't see any medications specifically mentioned under the "Health" section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.

- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water aboard ship and in the countries you visit is perfectly safe for drinking.
- Bottled water is usually for sale in hotels, cafés, food shops, and restaurants.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.
- **You will not be able to pay with U.S. dollars on this trip;** you will need euros instead.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Euro Countries: European Euro (€)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead—but it might be helpful to arrive with some local currency in case you run into a bank holiday or an “out of order” ATM.

On your trip, the easiest way is to withdraw funds from a local ATM. The ATM will give you local money and your bank at home will convert that into U.S. dollars.

You can also exchange cash at some hotels, large post offices, and money exchange offices. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). New bills (post 2014) are best.

Please note that many banks in Europe will only exchange money for their own customers. Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card. Many banks will charge a set fee or a percentage fee each time you use a foreign ATM. We recommend that you check with your bank before you depart. Don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM. If you are visiting a country that has different expectation for ATMs, they will be listed below.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, as not all are accepted around the world. If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Italy: Credit and debit cards are widely accepted in Italy. Occasionally a small “Mom and Pop” restaurant will be cash only, and street vendors or taxis usually are cash only, but most other businesses will take cards.

ilb

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don’t assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don’t work outside of the U.S.!

On Board Ship: Two Separate Bills Will be Issued

- **Shipboard account:** This bill is for any on board purchases (drinks, souvenirs, etc.). You can pay this bill by cash or credit/debit card only. For cash, we accept U.S. dollars or Euros (on itineraries in Europe). For credit/debit cards, we accept MasterCard and Visa. Other forms of payment, such as checks, Discover, or American Express are not accepted.
- **Optional tour account:** This bill is for any optional tours taken during the trip and is calculated in U.S. dollars. This bill is paid with your Trip Experience Leader (they will have you fill out a form) by credit/debit card only; other forms of payments such as cash and checks are not accepted. For more information on optional tours—including which cards we accept for payment—see the “Preparing for Your Trip” chapter.

Please note: Payments made by credit card may take up to three months to process. We ask that you use a credit card that will not expire until three months after your trip ends. Because our headquarters are in Boston, the charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$10–\$14 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Shipboard Crew:** We recommend a flat tip of \$16–\$18 U.S. per traveler, per day. You’ll give this tip once—at the end of your cruise—and it will be pooled among the entire crew. **Policy Update:** *Due to international banking laws, we are no longer able to process crew tips on a credit card; crew tips can only be in the form of cash.*
- **Housekeeping Staff at Hotels:** We recommend \$1–\$2 per traveler, per day. (This is for hotels only; on the ship Housekeeping are part of crew, so you don’t need to tip them separately.)
- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and all optional tours.

Time at Leisure

When you are exploring on your own, it’s useful to know when to tip and how much, because local customs often differ from the U.S. Here are a few helpful guidelines for the most common services a traveler might use:

- **Taxis:** In Italy, tipping is not customary, but many locals will round up the fare and let the driver keep the change. But a 10% tip for helping you with heavy luggage is appreciated
- **Restaurants, cafes, and bars:** In Italy you may see *servizio incluso* and *coperto* on the bill which refers to a cover charge for use of the table, not an included tip for the server. It is customary to leave a tip of 5% to 10% for the server, depending on the quality of service. A tip of 5% can be appropriate in a café or a family-run trattoria, while 10% is more suitable at a restaurant. In Malta, a tip of about 10% is customary.
- **Public Restrooms:** Most public restrooms in Europe have attendants that take care of cleaning and supplies. It is customary to leave a small tip for them in local currency—so hold on to those coins! Some restrooms are pay-toilets; you pay the staff at the entrance to the restroom or drop the appropriate coin into the slot on the stall door. Many restaurants, cafes, and shops offer only pay-toilets or reserve their restrooms for patrons only.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Customized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Customization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Customization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our customization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Customization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45-30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Trip Experience Leader will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Communicating with Home from Abroad

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone can accept one.

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. We recommend you use WhatsApp to communicate with home while abroad and with your Trip Experience Leader while onsite. You will need a Wi-Fi connection if you do not have international coverage. Other calling options include smartphone apps such as Skype or FaceTime. You will need a Wi-Fi connection for these apps and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Italy: +39

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person.
Weight restrictions	Varies by airline. The current standard is 50 lbs for checked bags and 15 lbs for carry-on bags .
Size Restrictions	Varies by airline. Measured in linear inches (length+width+depth). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights. If you bring more than one carry-on bag and one checked bag, you will be charged onsite for additional transport and portage services at hotels. The price will be calculated by the local office. Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.	

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.

- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

Your Luggage

Checked Luggage

Consider a duffel bag or soft-sided suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Due to space limitations on our motorcoaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

Carry-on Bag

You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities.

Locks

For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions: Functional Tips

- **Travel light:** A good rule of thumb is to gather together everything you want to bring; then take half of that. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.
- **Consider clothing designed for travel, sports, or camping:** With modern fabrics, lightweight packing for comfort and protection through a wide range of weather is easy.
- **Bring rain gear:** Regardless of your month of travel, rainfall is certainly a possibility. We suggest you bring a folding umbrella and waterproof shell. Water-resistant walking shoes are advantageous in case heavy downpours pass through.
- **Good shoes are critical:** Why? Because you'll be doing a lot of walking on this trip—between 3 to 5 miles a day—on a variety of surfaces: over uneven cobblestones, on rocky Mt Etna, up and down steep village streets, and on a moving ship (to name a few). We strongly recommend bringing at least **2 pairs of comfortable athletic-type shoes with good traction**, such as sneakers, trekking shoes, hiking shoes, or sport sandals (i.e. Tevas, Merrells, Keens, etc.). Trekking shoes are required for the Mt Etna visit as the gravel and loose rock surface can be very slippery; if you have difficulties with balance you may even want to bring a folding trekking pole.

Style Hints

- **Pack casual clothes:** Comfortable, informal apparel is acceptable at each of your destinations. At dinner, you will not need to wear “dressy” clothing; men do not need jackets or ties and women do not need fancy dresses. You may want one or two “smart casual” outfits for the Welcome Reception or Farewell Dinner, but it’s completely up to you.
- **Proper attire in churches:** To satisfy dress codes for Italian churches, men and women are requested to cover their arms and legs. No shorts above the knees or sleeveless garments please. Women wearing sleeveless blouses can cover their bare arms with a scarf. It’s no longer necessary for women to cover their heads. Pantsuits are now acceptable in churches.

Recommended Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. Each travelers packing list may be different depending on the climate you are used to. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

And don’t forget a reusable water bottle—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ At least 2 pairs of comfortable athletic-type shoes with good traction
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A jacket or sweater, depending on the time of year

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- ☐ Spare eyeglasses/contact lenses and your prescription
- ☐ Sunglasses with a neck strap

- ☐ Compact umbrella
- ☐ Wide-brim sun hat or visor
- ☐ Pocket-size tissues
- ☐ Photocopies of passport, air ticket, credit cards
- ☐ Rubber or waterproof shoes

Medicines

- ☐ Your own prescription medicines
- ☐ Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, antibiotic cream, or allergy medication.
- ☐ Vitamins

Home-Hosted Visits

It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all of our adventures include a home-hosted visit; please check your final itinerary before you depart.

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity at hotels in Italy is 220–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner's guide first to confirm this before you plug it in. Plugging a 110V U.S. appliance into 220/240V 50/60Hz service will ruin the motor. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Aboard the ship, cabins are equipped with both 110-volt and 220-volt outlets.

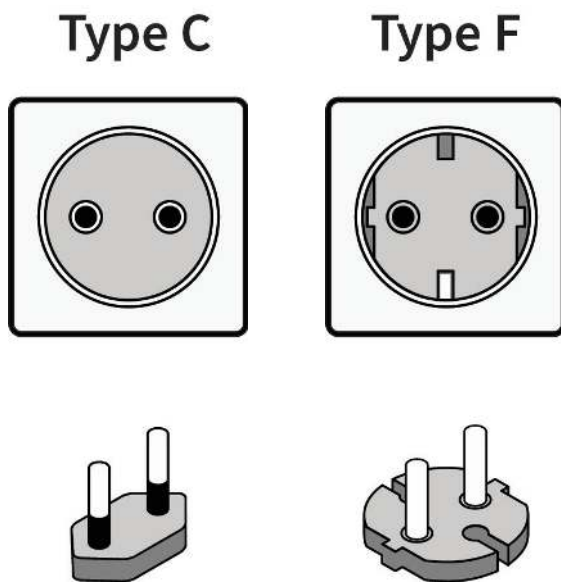
Plugs

Aboard ship, there are both standard American plugs and Western European Type C plugs.

In hotels, the shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. Because you'll be visiting multiple countries on this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

Italy: C, L, or F



CLIMATE & AVERAGE TEMPERATURES

Amalfi Coast: Situated in the Campania region, the Amalfi Coast is a picturesque collection of coastline towns on the Tyrrhenian Sea. Summers are long and hot, extending as far as into early October before the temperatures tend to cool. During the hot summer months, the coastline breeze from the sea is refreshing under the blistering sun while relaxing on one of the Amalfi Coasts lauded beaches. As typical of a Mediterranean location, the winters are mild and warm, if known to be windy and rainy.

Rome, Italy: The city of Rome has a climate similar to that of Tuscany, with temperatures averaging in the 40s and 50s during peak winter months, and the 60s and 70s in spring and autumn. Winter rains can be heavy, but periods of sunshine are also common. Summer can be very hot and humid with average temperatures ranging from 65–110 degrees, but potentially reaching into the 90s, especially during July–August.

Florence, Italy: In Tuscany, the weather is very unpredictable in autumn and spring, in marked contrast to the settled sunny and hot weather of summer. Winter weather is generally moderate and wet. There are also possible cold spells with snow in December and January.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	NAPLES, ITALY			SORRENTO, ITALY		
	Temp. High-Low	% Relative Humidity	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity	Average # of Days with Rainfall
JAN	70 to 40	75	9	55 to 38	--	14
FEB	73 to 40	73	9	60 to 39	--	13
MAR	82 to 43	71	9	65 to 43	--	14
APR	81 to 47	70	9	75 to 55	--	13
MAY	95 to 50	7	6	80 to 54	--	9
JUN	99 to 55	72	3	85 to 62	--	7
JUL	100 to 65	72	2	90 to 66	--	4
AUG	100 to 65	69	4	90 to 68	--	6
SEP	99 to 60	73	6	80 to 64	--	9
OCT	88 to 53	74	9	75 to 52	--	12
NOV	78 to 50	76	10	62 to 45	--	15
DEC	75 to 45	75	10	55 to 41	--	15

MONTH	RAVELLO, ITALY			ROME, ITALY		
	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity	Average # of Days with Rainfall
JAN	51 to 42	86	0.53	69 to 38	76	7
FEB	52 to 44	83	0.54	73 to 38	72	7
MAR	57 to 49	78	0.47	80 to 43	71	7
APR	63 to 54	73	0.78	86 to 48	70	7
MAY	68 to 60	70	0.35	94 to 55	70	6
JUN	76 to 68	64	0.31	103 to 62	65	3
JUL	80 to 72	60	0.15	110 to 80	63	2
AUG	82 to 72	60	0.08	110 to 80	64	2
SEP	76 to 65	72	0.40	104 to 61	70	6
OCT	68 to 57	77	0.42	90 to 54	74	7
NOV	61 to 52	84	0.69	80 to 47	78	9
DEC	54 to 44	86	0.65	70 to 41	77	9

MONTH	FLORENCE, ITALY		
	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall
JAN	49 to 35	76	6
FEB	53 to 36	75	7
MAR	60 to 40	72	7
APR	68 to 46	72	7
MAY	75 to 53	72	7
JUN	84 to 58	71	7
JUL	89 to 63	64	4
AUG	88 to 62	66	5
SEP	81 to 58	71	8
OCT	69 to 51	76	9
NOV	58 to 42	81	9
DEC	50 to 37	81	8

ABOARD YOUR SHIP: CABIN FEATURES, DINING & SERVICES ON BOARD

M/V Clio

Cabin Amenities

Your cabin amenities include a private bathroom with shower, hairdryer, TV, in room heating, internal telephones and a mini-refrigerator. Each cabin is appointed with a sitting area, plus the decks and dining rooms are spacious and attractively decorated, providing welcoming locations for relaxing with your traveling companions.

Cabin Assignments

You will receive confirmation of your deck and/or cabin category upfront in writing; it will be on your invoice and online in My Planner at **www.oattravel.com/myplanner**. However, your cabin number may not be assigned until you arrive onboard the ship. (This is normal procedure for many small ships.) If there's no cabin number on your invoice or online, you can presume it will be assigned later and communicated to you when you board.

Dining

All meals are taken in the onboard restaurant, which acts as the ship's dining room. Meals will be a mix of regional specialties and familiar American standards, and will feature a variety of entrée options including vegetarian. Complimentary beer, wine and soft drinks are served with lunch and dinner. A selection of fine wines is also available for purchase, starting at approximately \$20-30 per bottle (prices vary according to vintage). Travelers may also bring a bottle of their own favorite wine to dinner to enjoy at their table. Should you care to avail yourself of this service, there will be a corkage fee of approximately \$10 per bottle, charged to your cabin account.

If you require a special diet, such as vegetarian, low-cholesterol, or gluten-free, please request this in advance, you may do so by contacting one of our Travel Counselors. Dining times will vary according to the scheduled daily activities. In keeping with regional custom, dinner may be served at a later hour (around 7:00 pm) than Americans may be accustomed to.

Electricity

Cabins are equipped with 110-volt outlets that are designed to fit American plugs. In your bathroom you will find a dual 110/220-volt outlet, for use with electric shavers. While your bathroom does come equipped with a hairdryer, please do not use any other appliances that heat up, such as hair irons or curlers—they tend to short out.

Getting Ashore

Getting from ship to shore during an ocean-going voyage is not the same experience as on a river cruise—it requires more balance and agility, plus there are more formalities.

- **Balance and agility are needed:** You'll either walk down a gangway—which can be steep, wet, and slippery—or be shuttled to land in a small boat (a process known as “tendering”). We'll use the gangway most of the time, but tenders will be used when the ship cannot dock closely enough for the gangway to reach the shore. Tenders can differ in size, and some of them maybe open with no covering. From time to time we will use the ship's own fleet of Zodiacs—which are small but sturdy open-air boats holding 8-10 people each—as tenders. To get into one of the Zodiacs, you'll need to go down a steep staircase, and then crew members will assist you as you step from the M/V Clio into the Zodiac.
- **Clothing note:** Since tenders in general (and the Zodiacs in particular) are small open-air boats, they are more susceptible to being splashed by water. You might want to bring a rain jacket or waterproof cover (like a poncho) to protect your clothing while transferring from ship to shore.
- **Expect formalities on arrival in port:** When the M/V Clio arrives in a new port, she'll need to be cleared by the local port authorities before you can leave the ship. In some cases, the wait will be as short as 30 minutes, but other times it may take up to 2 hours. Your crew will do all they can to make the wait as short as possible and to minimize the inconvenience to you. (For example, you will be asked to leave your passport with the front desk when you first embark on the ship. That way, it is on hand if the port authorities ask to see it.) However, the procedure can be complex and may take a while to complete. Typically the authorities work directly with the crew, but they do retain the right to speak with you as well.

Internet Access and Email

Limited WiFi service is available for free in some of the public spaces, but not in individual cabins. If you want to use the WiFi connection you'll need to bring your own device—a laptop, tablet, smartphone, etc.—because the ship does not rent or loan these devices. Instructions on how to connect will be available at Reception. Please keep in mind that our WiFi access onboard is subject to the challenges of travel: ship location, signal availability, and usage volume onboard will affect connectivity and speed. You should expect that there will be times when the WiFi is either slow or not available, and that these disruptions can be brief or longer lasting.

Laundry Services

There is laundry service available on board, but no dry cleaning. Prices are per piece of clothing and will be provided to you onboard.

Medical Services

There is always a doctor onboard, as well as all of the basic First Aid supplies. All physician's fees will be payable directly to the doctor. All specific medicines are the responsibility of each traveler.

Recreational Facilities

Our ship features a library, a lounge with a bar, a dining room, and a sun deck. The bar is open from approximately 11 am to 11 pm, and features both complimentary drinks (soft drinks, house beer, house wine, and non-alcoholic cocktails/beer) and drinks for purchase (spirits, alcoholic cocktails, bottled beers, and a selection of wines).

Shipboard Payments

Payment for shipboard expenses can be made using major credit cards such as Visa, MasterCard, or Discover. You will not need a PIN to use your credit card onboard. Personal checks and American Express are not accepted onboard.

Ship-to-Shore Communications

The ship has satellite telephone connections which allows you to call anywhere in accordance with the current local tariffs. You can purchase phone cards at the reception desk for \$10, which will give you 15-30 minutes' worth call time to the U.S. (depending on which state you are calling).

Smoking Policy

Smoking is prohibited on board, with the exception a designated outdoor deck area reserved for smokers.

Wheelchairs

The ship is not built to accommodate wheelchairs.

Water

Tap water onboard ship is filtered and safe to drink. As part of our sustainability commitment, we offer filtered tap water at meals rather than bottled water, which creates waste. If you prefer bottled water, it will be available onboard for a charge.

Lost & Found

Any lost or forgotten items found on board the ship will be held for 90 days from disembarkation. After 90 days, all unclaimed items will be discarded or donated.

Ship Specifications: M/V Clio

- **Year built:** 1998
- **Year purchased:** 2015
- **Length and width** 328' by 46'
- **Passenger capacity:** 89

- **Crew members:** 60
- **Decks:** 5
- **Cabins:** 45
- **Elevator:** Yes

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

Italian Culture

Encompassing landscapes as varied as the snow-capped mountains of the Alps to the sunbaked vineyards of Sicily, it stands to reason that Italian culture would vary by region. But there are also many cultural influences shared by Italians everywhere, of course. And two of them are food and family. Italians place a great importance on *la famiglia*, and extended family members gather regularly for meals and celebrations. Lots of businesses in Italy are both family owned and family run, especially the numerous *trattorias* and *enotecas* (wine bars). And never underestimate an Italian's love of food. Many recipes are passed down through generations and they are deeply proud of their cuisine—just as they are of their country.

With vibrant villas etched into seaside cliffs and craggy mountains plunging into a cobalt sea, the Amalfi Coast is a string of romantic towns and cliff-top resorts. At the gateway to this coastal paradise lies Sorrento. It was the obligatory stop on the 19th-century "Grand Tour" of aristocratic young men and became a popular vacation spot for literary geniuses, such as Byron, Dickens, and Tolstoy. The region overall is home to some of Italy's finest hotels and restaurants.

Like all of its neighbors, the Amalfi Coast is renowned for its ancient architecture and artistic history. One of the biggest draws of the region is its abundance of ancient ruins, like Pompeii and Herculaneum, two Roman towns that were buried by Vesuvian ash during the same eruption in AD 79. Over the past two centuries, the culture of this area has been influenced by an influx of artists, writers, and composers from all over the world—from Sophia Loren, Brigitte Bardot, and Liz Taylor to Norman Douglas, Graham Greene, and Gore Vidal. Further back in time, the Amalfi Coast has drawn writers like Swede Axel Munthe, Henrik Ibsen, Goethe, and composer Richard Wagner to its shores.

Hotel Courtesy in Italy

Italian hotels do not allow food and beverages to be taken from their breakfast rooms, nor is it courteous to eat or drink food or beverages purchased elsewhere in hotel common rooms. In conformity with municipal laws to promote urban decorum, hotels do not allow hanging laundry on room balconies. Travel clotheslines, used in your bathroom, are a more private and effective solution.

Taking Photographs

When taking photos of people in most countries, be polite and ask permission to take a close-up. In many countries, you should not be taking photos of children or older women without permission. Do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

Please obey any signs regarding photos at museum or sites; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room – use a room safe as needed. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt.

Italian Cuisine

Italy may have been unified as a nation in 1861, but its cuisine is another story—and a glorious one at that. Here, gastronomy has always been a matter of regionalism and seasonality. The country is divided up in to 20 distinct regions, each with its own specialties. The good news is that there is certainly culinary overlap, and since Italians are famously passionate about food, you can enjoy many beloved regional dishes all over Italy.

The structure of a typical Italian meal is designed to stimulate your appetite, and promote moderation—along with variety. So it will begin with dishes like the following:

- **Aperitivo:** A glass of sparkling prosecco or spumante white wine.
- **Antipasto all'Italiana:** Raw vegetables served with various cheeses and salami
- **Fritto Misto:** A lightly fried seafood mix, usually with calamari, shrimp, and fish such as sardines or anchovies.
- **Crostini:** Chicken liver pate or fresh cut tomatoes served on a thin piece of toasted bread
- **Caprese Salad:** Thick slices of tomato and mozzarella flavored with fresh basil leaves, olive oil.

The first course, called Primo, comes next. Here is where you may enjoy your carbohydrates with a small dish such as:

- **Tagliatelle al Tartufo:** Long ribbons of delicate tagliatelle pasta, swirled with warm melted butter, garlic, and decadently topped with black truffle shavings and parmesan cheese
- **Ribollita:** A bean and kale soup served with toasted bread. On the second day, the soup is cooked again in a pan with olive oil, hence the meaning “boiled twice”.

- **Gnocchi alla Sorrentina:** Potato gnocchi baked in a rich and delicious tomato sauce with bubbling mozzarella cheese and fresh basil.

The main course is called Il secondo. This is usually a small, simply prepared dish of chicken, meat, or fish including:

- **Bistecca alla Fiorentina:** A T-Bone steak from a local breed of cow, the Chianina cattle
- **Lampredotto:** A panino stuffed with the fourth stomach of a cow and soaked in broth, with salsa Verde and black pepper from Florence
- **Polpette:** Savory and seasoned Italian meatballs.

Your meal will conclude with a Dolce (sweet) such as:

- **Tiramisu:** A layered confection of sponge cake, mascarpone cheese, coffee and liqueur.
- **Delizia al Limone:** Sponge cakes filled and coated with lemon custard from Amalfi Coast
- **Buccellato:** A dessert made of a sweet and soft pasty with lots of raisins and aniseed. It can be shaped like a donut or oval, per the original recipe from Lucca

Dolci may be served with coffee or an alcoholic digestivo such as herbal amaro or limoncello. It is meant to aid your digestion of a memorable meal, one that will certainly have been toast-worthy

Florence in Brief

Capital of Tuscany

From the Etruscans to the Romans to the Renaissance, the region of Tuscany is possibly the world's greatest repository of art, ranging from extraordinary paintings and sculpture to frescoes and architectural masterpieces. The region is a blend of rugged hills, fertile valleys, and long stretches of sandy beaches that arc along the west coast of central Italy and fringe the pine-forested coastal plain of the Maremma. Visitors come in search of fine art, to explore the extraordinary countryside, to savor the simple yet tasty cuisine and wine, or enjoy the seacoast and islands. The cities and towns of Tuscany house a centuries-old heritage of culture and art that produced magnificent medieval cathedrals and the marvels of the Renaissance period. Florence is the most popular city, but many other cities are popular as well: Siena, Pisa, Arezzo, Cortona, San Gimignano and Lucca, and Volterra come immediately to mind.

City Layout and Details

Sitting astride the Arno River, Florence is a small city, best seen on foot. Most sights are within a brief walk, with about a half hour stroll separating those furthest apart. Restaurants are plentiful in the compact centro storico (historic center), a tangle of medieval streets and squares. The bulk of Florence, including the most popular sights are north of the Arno, with the Oltrarno, an old artisans neighborhood, on the south side.

In Florence (in the center and older sections of town only) private homes, some offices, and hotels are numbered in black (or blue), while businesses, shops, and restaurants are numbered in red. Numbers are sequential, but you'll need to pay attention to the colors as well, since 1(red) can be right after 6(black) and vice-versa. Newer sections of the city use the international system.

Created by tearing down the medieval city walls, the Viale is a traffic ring of wide boulevards that circle the city center. Roughly in the center is the Piazza del Duomo, and the Duomo itself. To the south you'll find the Piazza Santa Maria Novella, the train station, and by following the Via dei Calzaiuoli, the Piazza della Signoria near the river, where you'll find the Palazzo Vecchio and the Uffizi Galleries.

Or take the Via Roma, through cafe-lined Piazza della Repubblica, and continue down Via Calimala and Via Por Santa Maria to the Ponte Vecchio, the Arno's oldest bridge. To the east of Piazza della Repubblica you'll find Florence's main shopping street, the Via de' Tornabuoni.

North from the Duomo, Via dei Servi leads to the pretty Piazza Santissima Annunziata, while the Via Ricasoli leads to the Piazza san Marco, passing the Accademia Gallery (with Michelangelo's David) on the way.

Cross the Arno via the Ponte Vecchio, and continue along the shop-lined Via Guicciardini that runs toward Piazza dei Pitti and its museum-filled Pitti Palace.

Local Transportation

Walking: You can leisurely stroll between the two top sights, the Duomo and the Uffizi, in about 10 minutes. The hike from the most northerly sights, San Marco with its Fra' Angelico frescoes and the Accademia with Michelangelo's David, to the most southerly, the Pitti Palace across the Arno, should take no more than 30 to 45 minutes. From Santa Maria Novella across town to Santa Croce is an easy 20- to 30-minute walk.

Most of the streets, however, were designed to handle the moderate pedestrian traffic and occasional horse-drawn cart of a medieval city. Much of the historic center is closed to traffic, but taxis, residents with parking permits, and Vespas are exempt and crowd the streets. In July and August the cars, pollution, pedestrian traffic and heat can be difficult. Note also that the streets are mainly cobbled or flagstone, as are the few sidewalks, and they can be rough on soles, feet, and joints after a while. Florence may be a city of high fashion shoes, but a sensible pair of quality walking shoes or sneakers is highly recommended.

Bus: Florence's efficient bus system is readily accessible, but within the city center it isn't of much use. If you're interested in the suburbs it's a viable option, but for the central city walking is the best option. Tickets are 1.50€ (about \$1.70) and are good for 90 minutes, and a 24-hour pass is 4.50€ (about \$6.00). Buses make runs only on principal streets and the historic center is closed to traffic.

Tram: There are two new tram lines departing from the main train station. T1 runs from the Station to the outer neighborhood of Scandicci and T2 runs from the Station to the Florence airport. Tickets are 1.50€.

Taxi: Taxis are expensive, and the city's one-way system forces drivers to use convoluted routes – making this the least economical way to get about town. The standard rate is .80€ per kilometer (a bit more than a half-mile; for a mile expect about \$2.00), with a whopping minimum fare of 2.40€ (\$3.00) to start the meter (and nearly double that at night and on Sun), plus a baggage fee of about \$.75 per bag.

Cuisine

Tuscan cuisine is known for its “noble simplicity.” A quick look into any neighborhood trattoria at mealtime, as they serve fresh, hearty fare to the locals, will prove that statement.

Much of the simplicity of Tuscan cuisine was born of necessity: the emphasis on fresh, local ingredients was a response to life's necessities for the common man. Wild herbs and greens were used in simple soups and no part of an animal went to waste. Tuscan bread, a rustic sourdough, did without expensive salt. As a result it went stale quickly— and *ribollita*, the vegetable soup that is thickened with bread, was born. *Panzanella* is a summer salad made from stale bread cubes (similar to French croutons), fresh tomatoes, basil and olive oil. Tuscans created dishes like *castagnaccio*, a cake made with chestnut flour (to avoid using pricy wheat flour), raisins, pine nuts, orange zest and olive oil.

Hardier stock was found in the hills around Florence: game, including wild boar (used in locally-made salamis and air-dried hams), duck and rabbit served grilled, roasted or in a rich pasta sauce, and fish from the lakes as well as seafood from the coast were staples in their season. Porcini, wild mushrooms, are another favorite, served in the fall after foragers have combed the woods around the city. You should not fail to add a glass of the local Chianti to any meal – it originated in those hills, as well.

Some of Florence's best-known dishes include:

- ***Bistecca alla fiorentina*:** a large steak from the Chianina region or Maremmana cattle. Grilled quickly over a hot, wood fire, it is served rare with a drizzle of Tuscan olive oil.
- ***Porchetta*:** suckling pig, stuffed with garlic and herbs, and brushed with a rosemary branch as it roasts.
- ***Trippa all fiorentina*:** tripe cooked in wine, tomatoes and herbs. Find it in the city's central market, called *lampredotto* and garnished with Parmigiano cheese.

Rome in Brief

City Layout and Details

Via del Corso is Rome's principal street. It runs north to south with easy-to-remember landmarks at its end points. At the north is piazza del Popolo, with a central obelisk and trio of churches. East of piazza del Popolo (and north of piazza di Spagna) is Villa Borghese, the city's principal park.

Off of Via del Corso, about two-thirds of the way between piazza del Popolo and piazza Venezia, is Via Condotti, which runs east to piazza di Spagna—the Spanish Steps area. This is the city’s chic shopping area. The southern extremity of Via del Corso is piazza Venezia. You cannot miss it because it is dominated by the massive Vittorio Emanuele Monument, referred to by locals as “the wedding cake” or “the typewriter.” Southeast of piazza Venezia are the Roman Forum and the Palatine Hill (the centermost of the seven hills of ancient Rome) and, more distant, the Colosseum.

To the west of piazza Venezia and stretching toward the river lies Old Rome, an area of narrow winding streets, aging buildings and, generally, excellent restaurants and charming cafés. Corso Vittorio Emanuele is the main boulevard in this neighborhood. Across the Tiber (Tevere) River is Vatican City and farther south is the mellow Trastevere district—for many people the most interesting and colorful corner of the city.

Evening Entertainment

As mentioned before, the International Herald Tribune is now printed in Rome and is available at most newsstands; it often lists major events in Rome, as well as the rest of Italy, in its Saturday “Weekend” section. Issues are usually one day behind the Tribune’s original publication date.

In addition, the monthly Carnet di Roma, available at EPT tourist offices, is free and has an exhaustive listing of scheduled events and shows. The bi-weekly pamphlet Un Ospite a Roma, free from your hotel concierge if available, is another source of information, as is Wanted in Rome, available at newsstands.

If you want to go to the opera, ballet, or to a concert, it’s best to go online in advance or ask your hotel concierge to get tickets for you. (The concierge is best if tickets are on sale at box offices only.) Here’s a brief preview of entertainment possibilities:

Opera: The Teatro dell’Opera is on Via del Viminale.

Film: There are two English-language movie theaters in Rome. One is the Pasquino (Vicolo del Piede, just off Piazza Santa Maria in Trastevere). The other is the Quirinetta (Via M. Minghetti, 4—Centro storico). The daily film program at each theater is listed in Rome’s daily newspapers.

Concerts: The new Concert Hall complex opened in 2002. It is called simply New Auditorium—Nuovo Auditorium (Viale Pietro de Coubertin).

Night Clubs: The best source for an up-to-date list is the weekly entertainment guide “Trova Roma,” published in the Italian daily La Repubblica.

Local Transportation

Perhaps the best way to sightsee on your own is to pick a part of the city or a specific sight that you especially want to see, go to it on the bus or Metro, then explore the area on foot. Remember: Many Roman pathways are cobblestone. Before setting out, be sure to don good walking shoes, preferably with thick rubber soles that will cushion your feet. Transportation route maps are sold at newsstands and ATAC information and ticket booths.

Metro: Rome's subway is called the Metropolitana, or Metro for short, and provides the fastest and easiest means of transportation in the city. The Metro begins operating at 5:30 am, and the last train leaves each terminal at 11:30 pm. (Fridays and Saturdays it closes at 1:30 am). A big letter M indicates the entrance to the subway. Tickets, which are good on buses as well, are available from vending machines at all stations. But you can avoid standing in line at stations if you buy single tickets or books of five or ten ahead of time at newsstands and tobacco shops.

The Metro has two underground lines: Line A—distinctive color RED—goes from the Battistini Station to the Anagnina Station. Important stops on this line are the Cipro Station near St. Peter's and the Vatican Museums, the Spagna Station (the Spanish Steps), the Termini Station, and the San Giovanni Station (the Basilica of St. John the Lateran). Line B—distinctive color BLUE—connects to Laurentina, stopping at piazza Bologna, Stazione Termini, via Cavour, the Colosseum, Circus Maximus, the Pyramid of C. Cestius, St. Paul's Outside the Walls, and E.U.R. The A Line intersects with the B Line at the Termini Station, which is also Rome's central train station.

Bus: Silver/orange, silver/green ATAC city buses (and several streetcar lines) run from about 6 am to midnight, with intermittent *notturno* services on main lines throughout the night. Tickets are sold singly or in books of five or ten at tobacco shops and newsstands. When boarding a bus, remember to enter at the rear and exit at the middle.

Make sure you stamp your bus ticket: *When you step onto the bus, you must stamp your ticket in the ticket machine. Any passenger whose ticket is not stamped faces a hefty fine!*

Taxis: As in most cities, this is the most expensive way to get around. You can hire a taxi at a taxi stand or arrange for one over the telephone. The concierge can reserve a taxi for you, however you should be aware that the taxi's meter will begin running the minute the driver accepts the call. Use only the official white cabs, and be very sure to check the meter. There are supplements for service after 10 pm, and on Sundays and holidays.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Italy

Popular souvenirs include leather goods, silk ties, knitwear, gold jewelry, ceramics, straw goods and other handicrafts, small cabinets, and jewelry boxes. Each region in Italy has its specialties. You'll also see many different items made from olive wood or Carrara marble; just remember that any marble items you purchase should be put into your checked luggage for the flight home. (If you put them in your carry-on, they may be confiscated by security as "weapons".) In Italy, a Value Added Tax is levied on most articles, services, and meals, and ranges from 4% to 22%. Depending on how much you spend on certain goods in specially marked Tax Free Shopping stores, you may be eligible for a partial refund of this tax. Ask the shopkeeper, salesperson, or our local staff for details. Be sure to save all receipts and the special Global Tax Refund forms for Customs, as receipts alone are not enough.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

DEMOGRAPHICS & HISTORY

Italy

Facts, Figures & National Holidays

- **Area:** 116,348 square miles
- **Capital:** Rome
- **Languages:** Italian is the official language; German, French, and Slovene are also spoken in towns near the borders of Austria, France, and Slovenia.
- **Ethnicity:** Italian, with small clusters of German-, French-, and Slovene-Italians in the north and Albanian- and Greek-Italians in the south
- **Location:** Italy is bordered by France, Slovenia, Austria, Switzerland, the Ligurian Sea, the Tyrrhenian Sea, the Ionian Sea, the Adriatic Sea, and the Mediterranean Sea.
- **Geography:** Italy lies in southern Europe and includes the Mediterranean islands of Sicily, Sardinia, and several other small islands. The region of Tuscany is a blend of rugged hills, fertile valleys, and long stretches of sandy beaches that curve along the west coast of central Italy and fringe the pine-forested coastal plain of the Maremma. Sicily enjoys mountains in the north and east, a vast central plateau, and a fertile coastline dotted with sea-level resort towns.
- **Population:** 58,853,482 (estimate)
- **Religions:** Christian 80% (overwhelming Roman Catholic), Atheists and Agnostics 20%, Muslims estimated at less than 2%
- **Time Zone:** Italy is on Central European Time, six hours ahead of U.S. EST. When it is 6am in Washington D.C., it is noon in Rome. Daylight Saving Time begins the last weekend in March and ends the last weekend in October.

National Holidays: Italy

In addition to the holidays listed below, Italy celebrates a number of national holidays that follow a lunar calendar, such as Easter. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/06 Epiphany

04/25 Liberation Day

05/01 Labor Day

06/02 Republic Day

08/15 Assumption of Mary

11/01 All Saints' Day

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

12/26 St. Stephen's Day

Italy: A Brief History

Italy proudly wears the mantle of Rome, the polity from which so much of Italy's historical, cultural, and religious heritage has derived. But even though the Romans were the first to unify the peninsula, they were not the first to dominate it. That honor goes to the Etruscans, whose empire, Etruria, reached its zenith in the 7th century BC. It was centered between the Arno and Tiber rivers, mostly in Tuscany. The Etruscans were farmers, miners, seafarers and warriors, but they were riven by factionalism and in 509 BC, their last king was tossed out by Ligurian-Latin nobles in the small town of Rome. Tired of monarchs, they created the first Roman Republic.

Etruscan culture disappeared by the 2nd century AD, but the Romans were quick to appropriate many aspects of the Greek culture that had taken root in southern Italy and Sicily, where there were Hellenic colonies called "Magna Graecia." As the colonies were absorbed, so were Greek religion, architecture, and the basic tenets of democracy. During the 1st century BC, Julius Caesar defeated Gaul, making Rome the ruler of the entire Mediterranean world. After Caesar's assassination in 44 B.C., his nephew Octavian, later called Augustus, became Rome's first official emperor. The capital became an architectural showcase, and new territories stretched across Europe into Asia Minor, existing under a "Pax Romana" that brought prosperity and stability.

Pax Romana declined in the 3rd century A.D. thanks to inept and corrupt emperors, and attacks by outside barbarians. Rome eventually embraced Christianity in 313 under Constantine I, who established an eastern capital in Constantinople. But splitting the Rome into western (Roman) and eastern (Byzantine) halves did not halt the empire's demise. The eastern Roman empire fell in 476, and though the Byzantine half survived, it never regained the full might of Rome. In 800, Italy was briefly reunited under Charlemagne, but soon disintegrated into squabbling kingdoms.

Italian culture peaked during the 15th and 16th-century Renaissance. The independent city-states formed a delicate balance of power, with ruling families (such as the Sforzas, Borgias, and the Medicis) funding a golden age of art, invention, and intellectual activity that produced some of the greatest figures of Western civilization—Leonardo da Vinci, Michelangelo, Dante Alighieri, Brunelleschi, Galileo, and others. It did not, however, stop the rival families from fighting.

By the 19th century, many Italians believed that they could function as a single nation, a belief spearheaded by the general Giuseppe Garibaldi. Independence was declared in 1861, and by 1870, the nation was consolidated under King Victor Emmanuel II. Italy was ruled as a monarchy and joined the Allies in World War I. But the 1920s ushered in a dark era as Benito Mussolini organized discontented Italians into the Fascist Party to “rescue Italy from Bolshevism.” What he delivered was a totalitarian state. Mussolini joined with Hitler and fought the Allies during World War II, during which 400,000 people were killed, hundreds of thousands were left homeless, and the economy was ruined. In 1945, Mussolini was captured and killed by partisans.

Italy was again declared a republic in 1946, but remained seriously divided during the postwar era by political extremes. Governments rose and fell, and in the 1970s, a series of terrorist acts by the left-wing Red Brigades threatened stability. By the early 1980s, the terrorists had been suppressed, but public discontent spilled into the 1990s as inflation and ongoing scandals involving public officials and the Mafia altered Italian politics. Parties dissolved, new ones formed, and new alliances emerged. This led to the election of media mogul Silvio Berlusconi as Prime Minister in 1994. But within a year, Berlusconi was forced to resign. He ran again in 2001 and was reelected, setting up a pattern that repeated for more than a decade: Berlusconi has been Prime Minister three separate times between 1994–2011, and continues to remain a political force despite having been convicted of tax fraud.

The previous Prime Minister, independent Giuseppe Conte, was elected in 2018 and heads up a populist coalition. Among his accomplishments have been the introduction of a national guaranteed minimum income, the nationalization of several companies, stricter immigration policies, and the western world’s first national lockdown in response to COVID-19. The current Prime Minister Giorgia Meloni, Italy’s first female Prime Minister, was sworn in on October 22nd, 2022. Meloni is a member of the right-wing, national-conservative party, Brothers of Italy, a party that is considered to be the most right-wing party in power in Italy since World War II.

RESOURCES

Suggested Reading

Campania

Pompeii by Robert Harris (2003, Literature) A thrilling tale about a young man who discovers a problem with an aqueduct which threatens the water supply to Pompeii. He seeks to organize an expedition to repair the aqueduct near Mount Vesuvius, but faces challenges as he learns about the imminent eruption of the volcano.

Italian Days by Barbara Grizzuti Harrison (1989, Travel Narrative) Come along for one woman's journey from Milan to Calabria and discover Italian culture and what it means to live the "dolce vita," the sweet life.

Naples '44: A World War II Diary of Occupied Italy by Norman Lewis (1978, History) Norman Lewis describes the lives of those living in Italy under the occupation and the great lengths to which they went to survive. Despite the desperate circumstances, Lewis captures the true spirit of the people and the dignity with which they lived.

Italy

Princes of the Renaissance by Mary Hollingsworth (2021, History) An exploration of the lives and times of the aristocratic elite whose patronage sparked the art and architecture of the Renaissance in fifteenth and sixteenth century Italy.

Absolute Monarchs: A History of the Papacy by John Julius Norwich (2011, History) A deeper look into the most significant popes in history and what they meant politically, culturally, and socially to Rome and the rest of the world.

La Bella Figura: A Field Guide to the Italian Mind by Beppe Severgnini (2007, Nonfiction/Humor) An Italian columnist and best-selling author journeys through his homeland while providing hilarious observations at the beautiful face Italy shows to the world, and the chaotic, garrulous, and often contradictory impulses that lie behind it.

The Monster of Florence by Douglas Preston and Mario Spezi (2008, Non Fiction) A remarkable true story by best-selling author Douglas Preston who, with Italian investigative journalist Mario Spezi, try to track down the identity of a serial killer known as the Monster of Florence.

History by Elsa Morante (1974, Fiction) A half-Jewish, Roman mother tries to survive in WWII Rome with her two sons. Though the main characters are fictional, each chapter opens with an factual account of real events that happened when the action takes place.

Suggested Films & Videos

Italy

The Life Ahead (2020, Drama) At 86, Sophia Loren makes her first screen appearance in ten years in this Netflix original, filmed in Puglia. And it's a stunner. She plays Madame Rosa, a Holocaust survivor who takes in the children of local sex workers. A neighbor asks her to care for Momo, a Senegalese refugee whose delinquency may be too much for Rosa, whose own tormented past is catching up to her.

The Tourist (2010, Thriller) Beautiful Elise (Angelina Jolie) has a mysterious off-screen lover, Pearce, who has fled England and is wanted by both Scotland Yard and the mob. He tells Elise to entrap an unwitting tourist (Johnny Depp), who will be mistaken for Pearce (who is rumored to have altered his appearance), and arrested in his place. This convoluted caper plays out beautifully in Venice's mysterious alleys, romantic canals, and opulent palaces.

Rome (2005-07, Television Series) This multiple Emmy-winner from HBO deftly weaves the stories of fictional and real characters (Julius Caesar, Octavian, Marc Antony, Cleopatra, etc.) during Rome's 1st century BC transition from a republic to an empire. Outstanding production values and a stellar cast.

The Merchant of Venice (2004, Drama) Al Pacino gives us one of the most masterful portrayals on stage or screen of Shakespeare's tragic moneylender, Shylock. He receives strong support from Jeremy Irons and Joseph Fiennes, and Venice itself, where much of the production was filmed. The city looks so enticing, it's a wonder that Pacino did not chew up the scenery.

Life Is Beautiful (1997) Roberto Benigni is the lead actor and director of this heart-wrenching comedy/drama about a Jewish Italian bookshop owner in Mussolini's Italy who tries to shield his son from the horrors of a Nazi concentration camp. Italian with English subtitles.

Useful Websites

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

[www.worldstandards.eu/electricity/
plugs-and-sockets](http://www.worldstandards.eu/electricity/plugs-and-sockets)

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security

Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps or Maps.me

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber or Bolt or Grab

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App or Skype or Signal

WiFi calling anywhere in the world

Duolingo or FLuentU or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

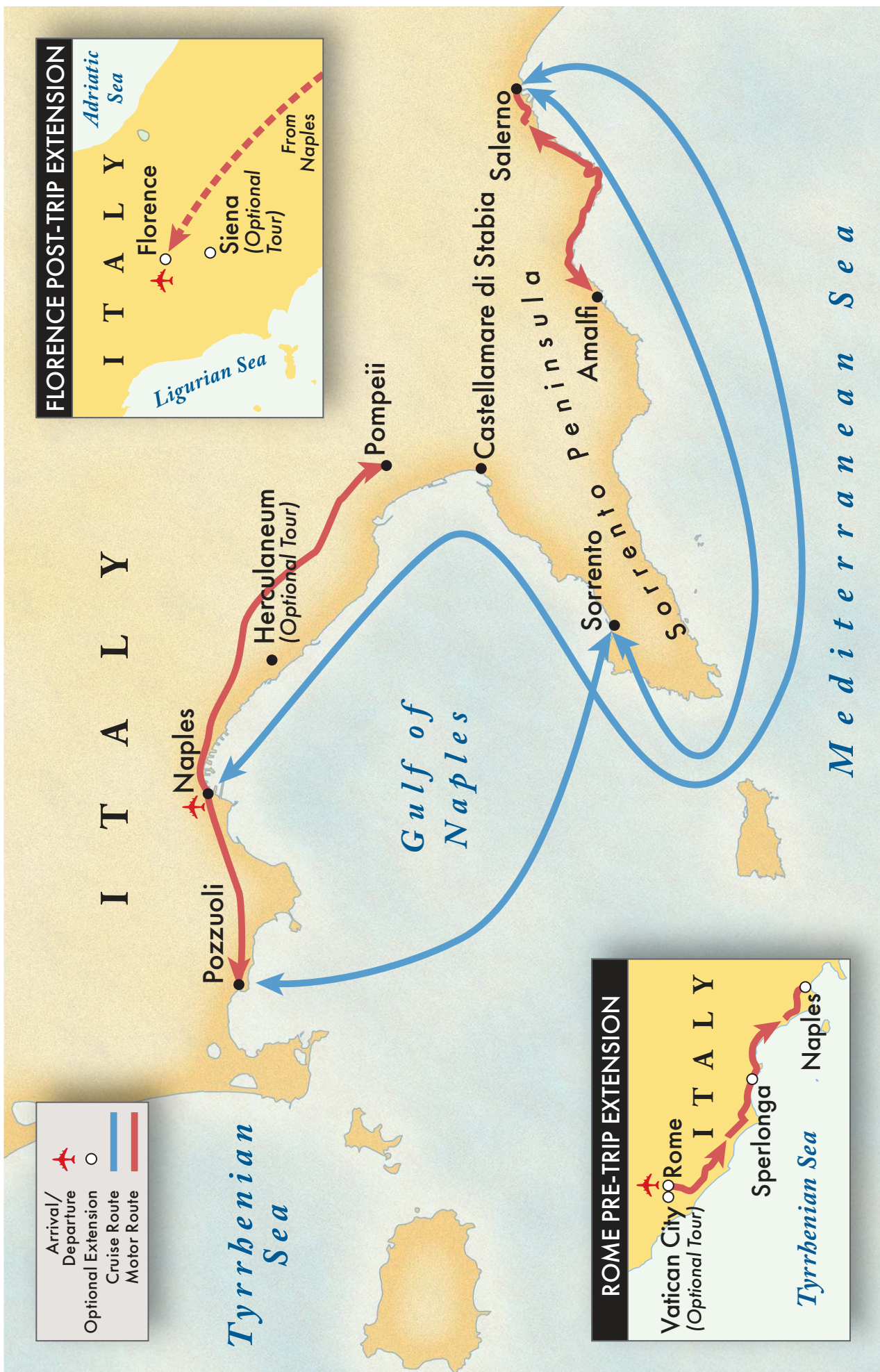
Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



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Submitted by Joy and Don Janke,
8-time travelers from Stevensville, MI



Submitted by Julia Schneider,
5-time traveler from Pinellas Park, FL



Submitted by Martin Schwartzman,
30-time traveler from Woodbury, NY



Submitted by Paul Stark, 17-time traveler
from Edina, MN



Submitted by David Fong, 16-time traveler
from Foster City, CA



Submitted by Steven dos Remedios,
23-time traveler from Oakland, CA



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