



**TRAVEL TO**

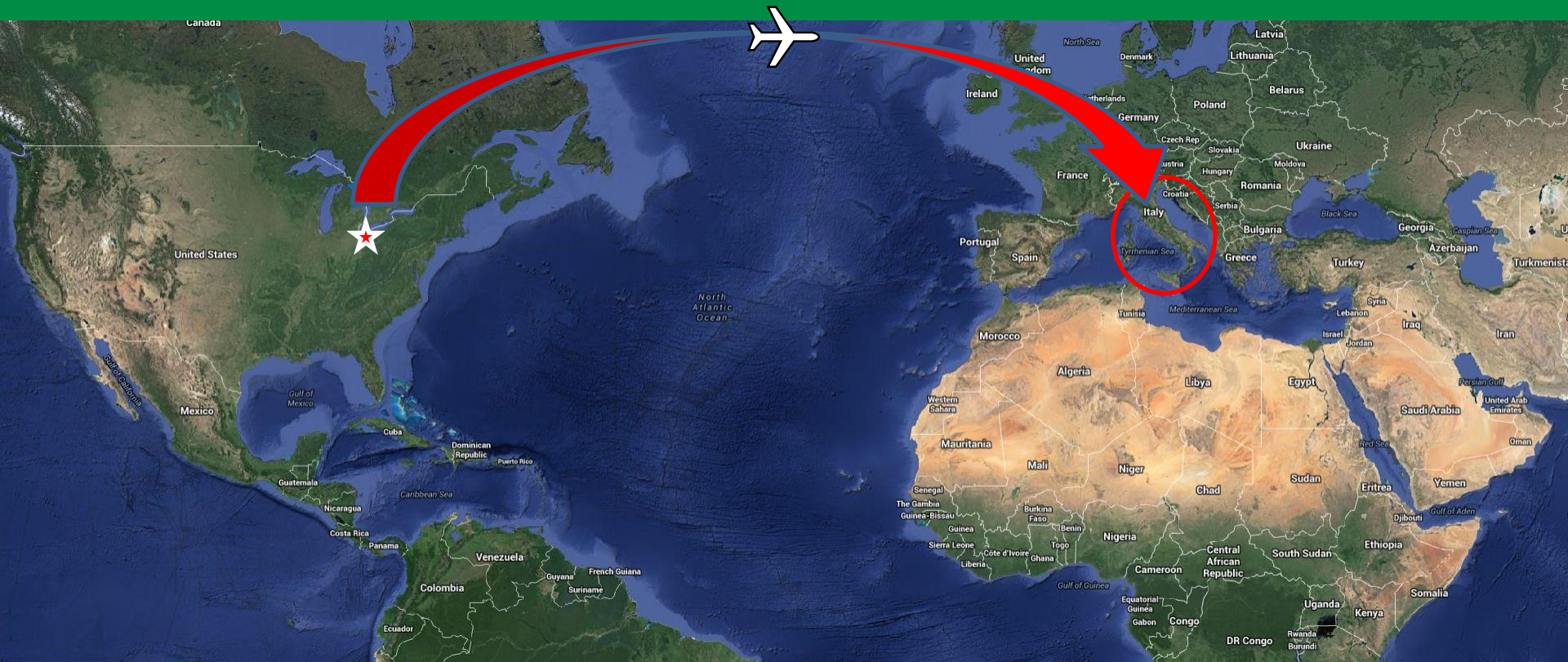
*Italy*

**WITH MVNU**

[mvnu.edu/italy/orientation](https://mvnu.edu/italy/orientation)

MOUNT VERNON  
NAZARENE UNIVERSITY

# So...Where Are We Going?



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Venice



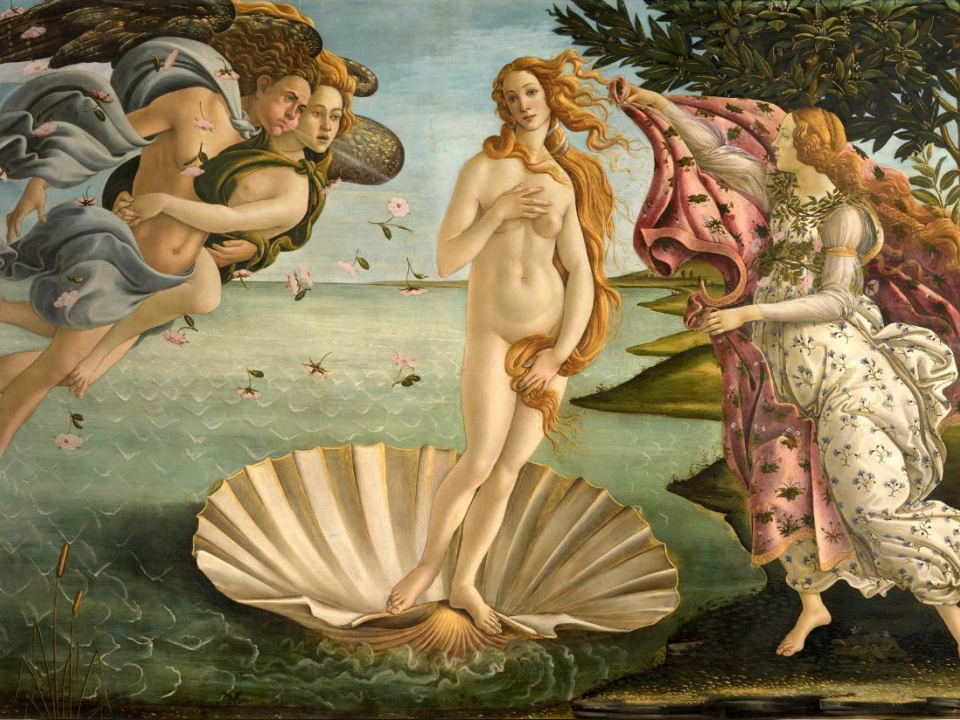
Florence



Pompeii



Rome

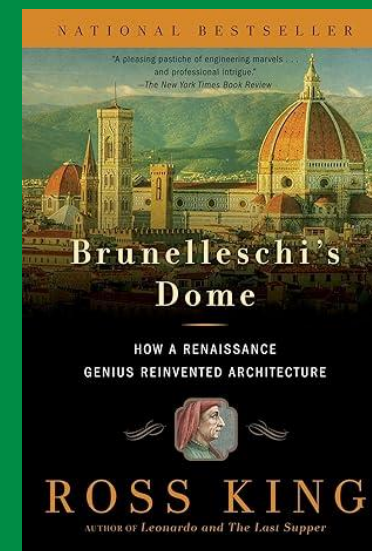
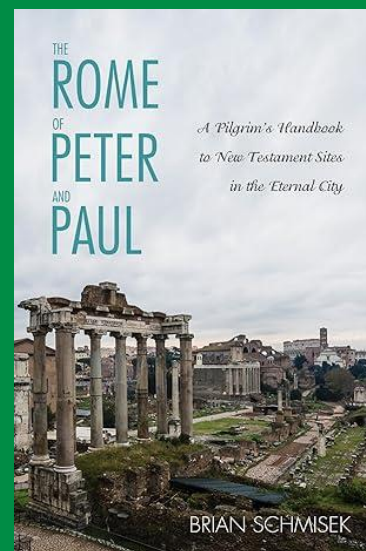
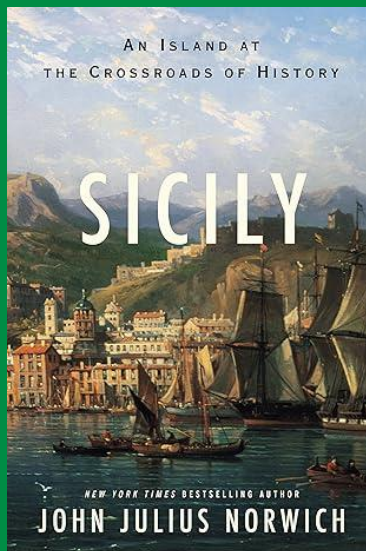
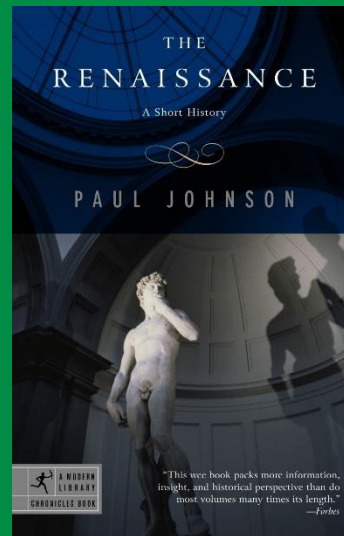




# Introductions

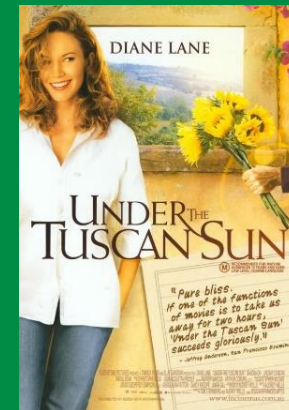
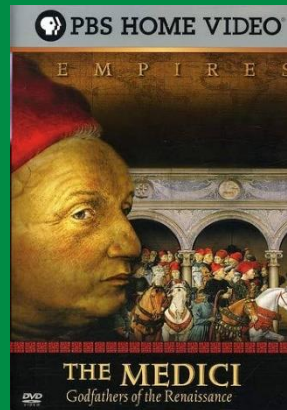
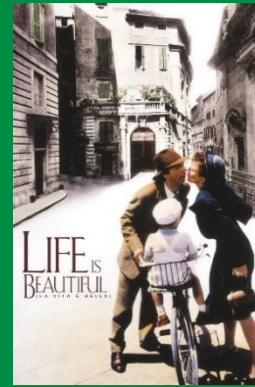
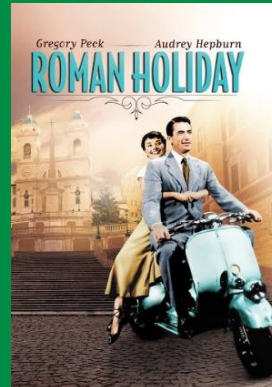
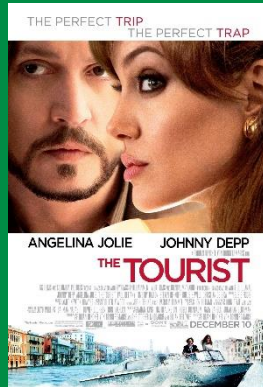
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# Recommended Reading





# Fun Movies set in/about Italy





# Travel Tips

**Know Before You Go!**

# Luggage

Full Travel Tips document at [mvnu.edu/italy/orientation](http://mvnu.edu/italy/orientation)



- One large suitcase (26" or 28" tall)
  - Cannot weigh more than 50 lbs. Excess weight will incur overcharge.
  - Size cannot exceed 62" (length + width + height).
- Place a luggage tag on the handle of your bags.
  - Place a name tag *inside* your large bag (in case the outside tag is lost in transfer) that includes your name, address, telephone number, and email address.
  - **We recommend luggage tracking tags for iOS or Android devices.**
- You're also allowed to take along one carry-on bag and a personal item (e.g., small purse).
- Carry-on must be small enough to either fit under your seat or in the overhead compartment.
- **Carry-on toiletries MUST be 3oz or smaller and fit in quart size, clear Ziploc bag.**
- Visit <http://www.tsa.gov/travel/travel-tips> for more info.
- **Take a photo of your suitcase with luggage tag visible in case we need to file a claim.**



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# Clothing

- Temperature range = 40-70 F depending on location. Lows may dip into the 30s at night/early morning.
  - Layers are the best option.
  - Jacket/hoodie, ball cap, hat, scarf, gloves should be enough; bring a small portable umbrella.
- Dress is generally casual and comfortable. Bring a nicer outfit for a special dinner but keep your wardrobe casual.
- Pack light by choosing comfortable, *interchangeable*, and color coordinated clothing. Follow the 3-time rule.
- Bring a swimsuit for the hotel pools.
- **Give special attention to your SHOES.** Broken-in walking shoes with low or flat heels and rubber soles will ensure your comfort. We will be walking on uneven pavement at times. *No flip flops, no high heels while touring.* Students, dress as if you were at MVNU.
- Women need to dress modestly in churches and basilicas. Bring a scarf so you can cover you head and shoulders in places of worship.
- Don't wear U.S. flag colors, political statements, or flags on your clothing or backpacks.



# Electrical Current & Wi-Fi



- The current in Europe is 220 volts, 50 Hz. Check to see if your appliance is dual-voltage (110v-220v). Appliances that are only 110v will burn out if used without a transformer.
- **Carry a small electrical converter/adaptor ([Amazon](#)). Adapters don't convert but they are fine if your appliance *already is dual-voltage*. My power strip power hack!!**
- Most hotels have free Wi-Fi, but it may be restricted to a specific area, although that's changed over the last few years. Some U.S. phone service providers offer a special international package. Check with your provider.





# Packing Tips

- Pack heavy items before the more delicate ones.
- Roll t-shirts and polos rather than fold them.
- Stuff socks and rolled-up belts into shoes and boots to save space.
- Take plastic bags for dirty laundry and wet swimsuits.
- Ziplocs are great for snacks.
- Fold an empty soft bag on the bottom of your suitcase for souvenirs.
- Take an ample supply of toiletry articles, cosmetics, a washcloth and other personal items. A small spray bottle of saline solution can help you breathe better. These will go in your checked-in luggage.
- **A small bottle of Febreze can freshen up your clothes and works well as a bathroom deodorizer.**
- Liquids tend to expand at higher altitudes, don't overfill.
- Place all your liquid/cream containers into plastic bags.



# Packing Tips

- Hang clothing in the bathroom while showering to steam out wrinkles. You may want to stash a couple hangers in your suitcase.
- Camera, phone, chargers, flash drives, memory cards, laptop/tablet, cables (whatever you use to take and save photos)
- Other useful items:
  - Small flashlight / Small sewing kit
  - Spare pair of glasses and/or extra contact lenses
  - **Refillable water bottle you can carry with you while touring.**
  - Students bring your ID card. Sometimes you can get discounts.
- Travel pillow
- Money belt or **neck pouch**





# Health



- The busy touring schedule, dietary changes, jet lag, and fatigue place heavy demands on your body. Leisure time is built into the tour, and we suggest using it as a resting period.
- We suggest bringing a small supply of decongestants/antibiotics in case you catch a virus or cold.
- A sleeping pill may be beneficial during the long overseas flight as you adjust to the time change.
- You may want to bring along some *Imodium A-D* if you are prone to an upset stomach.
- A laxative might come in handy in case of constipation.
- **Carry any prescription and OTC medication you need for the whole trip in your carry-on.**
- **Drink plenty of water** to help adjust your sleeping rhythms and to keep your body hydrated.



# Travel Insurance

**Students, faculty, staff, and non-MVNU international trip participants are covered under MVNU's Class 2 - International travel insurance.**

**The full document will be posted online at the Orientation link.**

**Any additional travel insurance that's not part of your current personal insurance coverage needs to be purchased by the individual.**



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# Passport/Customs



- **Your passport must always be with you. Never in your luggage, never in your backpack!**

**That is your most important document. A money belt/neck pouch can be worn under your shirt for cash/passport.**

- After landing back in the US port of entry, you may have to scan your passport and answer a few questions at an airport kiosk.
- Every time we go through customs in the US or abroad, always answer the questions you're asked. No need for explanations. We are tourists and guests of the nations we're visiting.



# Money

- **Italy uses the Euro**
- Banknotes come in denominations of 5, 10, 20, 50, 100, 200 and 500 Euros.
  - Coins come in denominations of 1, 2, 5, 10, 20, & 50 cents, and 1 and 2 Euros.
- We don't recommend that you carry US bills larger than \$20. Most places won't be able to make change.
- We recommend you call your local bank to purchase euros in advance. This will save us time when we land in Italy.
- **Credit/Debit cards:**
  - ATMs are available to obtain local currency. Larger shops will accept your personal checks and/or major credit cards such as Visa, American Express or MasterCard (but usually not Discover)
  - Major purchases should be made with credit cards to get the best rates. Local currency may be needed for lunches, gratuities and small items such as snacks and drinks.
  - Due to the new "chip & PIN" technology some places may not accept cards with only a magnetic strip.



# Questions?



Forms and tonight's PowerPoint and Travel Tips will be emailed to you and will be online

[mvnu.edu/italy/orientation](http://mvnu.edu/italy/orientation)



**FIRST TIME**

**RENEWAL**

