

INTERNATIONAL SCHOOL
of
Painting, Drawing and Sculpture
in
Umbria, Italy

Student Handbook 2009



International School of Painting, Drawing and Sculpture
in Umbria, Italy
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*This publication is for the use of the students, faculty and friends
of the International School of Painting, Drawing, and Sculpture, in Umbria, Italy.
We have tried to provide the most accurate information possible.*

*In Italy, however,
schedules change, museums close, strikes and religious holidays happen.
In the land of la dolce vita, it's best to be flexible.*

*Edited by Marc Servin
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*Cover:
Simone Martini
Equestrian portrait of Guidoriccio da Fogliano (detail)
1328-30
Fresco, 340 x 968 cm
Palazzo Pubblico, Siena*

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SCHEDULES

May Residence / CE

Saturday	May 2	Arrive Montecastello
Sunday	May 3	Reception and Orientation, meet your colleagues slide show
Monday	May 4	Classes begin
Thursday	May 14	Assisi / Perugia trip
Sunday	May 21	Residents' Show Opening
Saturday	May 23	Departure

May - June School Session

Saturday	May 23	Arrive Montecastello
Sunday	May 24	Orientation, meet your colleagues slide show
Monday	May 25	Classes begin
Friday	May 29	Rome trip
Friday	June 5	Siena trip
Sunday	June 7	Student Show Opening
Friday	June 12	Sansepolcro / Arezzo trip
Saturday	June 13	May-June session Departure, June-July session Arrival
Sunday	June 14	Orientation, meet your colleagues slide show
Monday	June 15	Classes begin
Friday	June 19	Florence trip
Friday	June 26	Assisi / Perugia trip
Sunday	June 28	Student Show Opening
Friday	July 3	Todi trip
Saturday	July 4	Departure

July - August School Session

Saturday	July 4	Arrive Montecastello
Sunday	July 5	Orientation
Monday	July 6	Classes begin, meet your colleagues slide show
Friday	July 10	Rome trip
Friday	July 17	Siena trip
Sunday	July 19	Student Show Opening
Friday	July 24	Sansepolcro / Arezzo trip
Saturday	July 25	July-August session Departure, August session Arrival
Sunday	July 26	Orientation
Monday	July 27	Classes begin, meet your colleagues slide show
Friday	July 31	Florence trip
Thursday	Aug. 7	Assisi / Perugia trip
Sunday	Aug. 10	Student Show Opening
Thursday	Aug. 14	Todi trip
Saturday	Aug. 15	Ferragosto (Assumption Day) Italian National Holiday
Sunday	Aug. 16	Departure

August - September Residence / CE

Saturday	Aug. 16	Arrive Montecastello, Orientation
Monday	Aug. 17	Classes begin, meet your colleagues slide show
Tuesday	Aug. 18	Faculty slide show
Saturday	Aug. 22	Assisi / Perugia trip
Thursday	Aug. 27	Student Show Opening
Friday	Aug. 28	Todi trip
Saturday	Aug. 29	August Session Departure / September Session Arrival
Sunday	Aug. 30	Reception and Orientation, meet your colleagues slide show
Monday	Aug. 31	Classes begin
Friday	Sep. 11	Florence trip
Sunday	Sep. 17	Residents' Show Opening
Thursday	Sep. 18	Todi trip
Saturday	Sep. 19	Departure

Classes and daily schedule

9-1 PM	Drawing or Painting		
2-5:30 PM	Drawing or Painting		
5:30-8 PM	Sculpture		
9:15-10:30 PM	Lectures		
Meals	Breakfast - 8:30-9 AM	Lunch - 1-2 PM	Dinner - 8-9 PM
Trips days - breakfast only - 6:30 AM		Trips - 7 AM - 11 PM (no classes or meals)	

We believe you will benefit from working with all the teachers. Therefore, in most cases we recommend that you take all the offered classes, especially students seeking credit. All studios are open 24 hours a day, 7 days a week for independent work.

Credit

Our students may receive credit from their home institutions for work done at the International School, based on a transcript. To receive a transcript, send \$10 per transcript with your transcript request form to the school office.

Withdrawal schedule, refunds

If you have to leave the School Program early, you are entitled to a refund as follows:

- Before session begins - Full refund less an administrative fee of € 500
- Days 1 - 7: 75% of tuition paid
- Days 8 - 14: 50% of tuition paid
- After day 14: no refund

If you have to leave the Residence or CE early, you are entitled to a refund as follows:

- Before session begins - Full refund less an administrative fee of € 500
- Days 1 - 7: 50% of fee paid
- After day 7: no refund

Visa

Citizens of the US, UK, Australia and many others do not need a visa to enter Italy for the purpose of tourism for a stay of less than 90 days. In most cases, your visit to the school will be considered tourism. Please see http://www.esteri.it/visti/home_eng.asp Ministero degli Affari Esteri - Visti web site for specifics for your country.

YOUR HEALTH & INSURANCE

Read the following paragraphs about health and insurance and complete the housing and insurance form you received with your letter of acceptance. You must return the information to us before your session begins.

Medical and accident insurance for yourself is your responsibility. Review whatever insurance policy you have, and make sure it covers you for illnesses and accidents overseas. You must have coverage for this trip. If you do not already have adequate insurance for the time you will be at the International School, we require that you subscribe to a travellers insurance policy, such as Access America's, which provides travel-related protection and assistance in addition to medical, accident, and cancellation insurance. To get information on Access America's travelers policies, or to enroll, call their toll-free number: 1-800-284-8300. How you insure yourself is your choice, but you must let us know that you are insured.

For more information on Italy for US travelers to Italy see the US embassy Consular Information Sheet: <http://travel.state.gov/>. In addition to monitoring the news, the Department of State's web site has information concerning the safety and security of American citizens overseas and all consular information documents, including the Worldwide Caution Public Announcement. The Department of Homeland Security's web site <http://www.dhs.gov/xtrvlsec/> also provides useful travel information.

Health and Physical Considerations

International travel can be stressful and fatiguing. It is important for all participants to be realistic about their physical condition and ability to maintain an intensive schedule. The International School's facilities are best suited to people who are mobile and are able to climb steps without difficulty. The program involves a great deal of walking, standing, climbing stairs, getting on and off busses, carrying your own baggage and art supplies, doing physical work, and sometimes climbing hilly or uneven terrain. Applicants should definitely be ambulatory and endowed with stamina. It would be inappropriate for physically challenged (including heart trouble, walking problems, or any serious diseases or acute allergies) people to enroll. Students who are in good health and are able to keep up with the demands of a physically active program without assistance should have no problems. Unfortunately, the International School's capacity to serve people with disabilities is limited. Accommodations, classrooms and transportation are not as well suited to serve the needs of people with disabilities as those found in modern cities. Please enclose a letter with your housing and insurance form describing your particular needs, and we will review whether your needs can be met. If not, we will do our best to find you a suitable alternative.

Preparation and Trips

You are about to see some of the greatest art ever created. Italy is said to have a larger percentage of the world's art treasures than any other country. To prepare yourself for classes and trips, we recommend that you gain some familiarity with the work of the following art and artists before you come to Italy:

19-20C:	Balthus, Corot, Cezanne, de Chirico, Ingres, Marini, Morandi, Sironi
17-18C:	Bernini, Caravaggio, Poussin, Rembrandt, Rubens, Tiepolo, Velasquez
16C:	Giorgione, Michelangelo, Pontormo, Raphael, Tintoretto, Titian
15C:	Beato Angelico, Donatello, Ghiberti, Masaccio, Piero della Francesca
13-14C:	Cimabue, Duccio, Giotto, Nicola and Giovanni Pisano
1C:	Roman fresco painting
Sculpture:	Classical Greek, Etruscan, Roman, Romanesque.

You will enjoy trip days if you do some preparation beforehand. We suggest you bring a Michelin Guide or something similar. Our trips are not guided tours: after a lecture one or two nights before,

everyone is on his own, to tour around with friends, with teachers, or alone. Usually we meet for dinner. Meals and museum admissions on trip days are not included in your tuition and fees. A typical trip day starts at 7 AM when the bus leaves. Most bus trips are about 2 hours long; the bus drops us within walking distance of the center of the city, and picks us up at a specified time and location. We return to Umbria on Rome and Florence days around midnight or 1 AM; Assisi / Perugia and Arezzo are smaller cities and shorter trips. We encourage students to travel over the weekends after the trips.

We have found that what people get out of this program is in direct proportion to what they put into it. We look forward to working with you and wish you an exciting and productive summer.

TRAVEL TO SCHOOL

Getting from Rome to Montecastello with the group

You made it! Welcome to Italy!

We will have a bus at Fiumicino (Leonardo da Vinci) Airport in Rome on Saturday at noon to take you directly to the School on the first day of your session:

School:	May 23; June 13; July 4; July 25
Residence and CE:	May 2; August 16; August 29; September 19

This will enable people arriving in Rome that morning or prior to that day to meet and travel to Montecastello together. In case you're looking for our bus, the name **Provenzani** is written on the side.

Where to meet us at the airport:

When you exit the baggage claims area, go to your left into Terminal B. At noon, meet in the open cafe on the GROUND floor of Terminal B, just outside the baggage claim area. The cafe has large, bright orange signs which say "Market--Bar Chef Express--Pizza & Vini" and yellow chairs. Next to it are 2 glass elevators which go to the upper levels of Terminal B where there are shops, bookstores and other eating places. They take all currencies. You can sit there and have a drink. Soon you should see a few other people who look like they're carrying art supplies with their baggage. They'll probably be carrying this booklet, too. Then we will walk you to our bus in the parking lot. If it doesn't take too long to get everyone on the bus, we'll arrive at the School around 2:30, have lunch, and show you your rooms and studios. If you miss us, take the SULGA bus from the airport to Todi and we will come and get you (see Traveling from Rome to Montecastello by bus).

Please let us know your flight number and expected arrival time! If we don't know when to meet you, we may leave the airport without you.

Fiumicino flight information: tel. 06 65951
Umbria International airport S. Egidio, Perugia: tel. 075 592141.

Coming to Montecastello on your own

Let us know when and how you will arrive in Montecastello. Call or fax the Montecastello office: +39-075-8780072 or email us or leave a message or fax at the US toll-free voicemail number: (866) 449-3604. You can save yourself time and money if we know where and when to expect you. When travelling in Italy, always carry your passport, even on group trips. The job of the carabinieri (police) is to check things out. It's easier to explain who you are if you have your documents.

At the airport

When you arrive at Fiumicino Airport in Rome, there will be two passport control lines, one for members of the European Union, and the other for everybody else. The airport provides free luggage wagons. A portable luggage cart is also handy to have. You can change money for Euro (enough for the weekend and to buy art supplies for class on Monday) at the bank in the arrivals lobby in Terminal B, or the CAMBIO counter, which is at the far right end as you face the windows, both conveniently near the bathrooms. The exchange rates at the airport are good. If you have to wait a long time, on the 3rd floor there are fairly comfortable seats, restaurants and stores.

If you can't find your luggage, check at the far end of the baggage area, and in Left Luggage, located on the arrivals level of Terminal C, open every day from 7 AM - 11 PM, or in the piles in the corners of the room. Don't worry: if your luggage has been delayed, it will be delivered to you at the school, usually in 2-3 days. Make a report at the airport. You may also be entitled to a reimbursement from the airline. Many airport personnel speak English and can help. Report any lost baggage to the airline's handling agent. For Rome Fiumicino airport "Leonardo da Vinci":

- Flightcare Italia Baggage assistance (+39) 06 6595 4252/6777 (24 hours)
- Alitalia Airport Domestic flights (+39) 06 65643 (7:00 am – 12 midnight) International flights (+39) 06 65634956 (24 hours)
- AVIAPARTNER International flights (+39) 06 65957249 (9:30 am - 1:30 pm -3:00 pm - 11:00 pm)
- EAS Domestic flights (+39) 06 65955116 (7:30 am - 10:30 pm) International flights (+39) 06 65957240 (8:00 am - 00:30 am)

Left baggage room:

You can leave your luggage here if you want to travel into Rome before you meet our bus. The baggage deposit is at terminal C, (ground floor of the international arrivals) and it is open every day from 6:30 AM - 11:30 PM (tel. 06 65953541). Fees: € 6 per item for 24 hours (or part thereof).

Travelling from Rome to Montecastello by bus

The easiest and fastest way to get to the Todi area is by bus. There is an express bus to Todi from the airport. Follow signs to the left out of the arrivals area for Tourist Bus: go across the street, past the taxi drivers (who are kind of aggressive), and head left to the bus parking lot. There is a ramp for your luggage cart. This bus also stops at Stazione Tiburtina in the center of Rome, if you want to catch it there. The airport is 45 minutes from the center of Rome. If you miss the bus at the airport, you can also get to Stazione Tiburtina by train: take the elevator upstairs to the train station. Trains leave every 20 minutes. Otherwise, a taxi to the center of Rome costs about € 40.

The bus pulls in the "Parcheggio Bus Turistici" 15-20 minutes early. It's blue, says Todi on the destination sign in front, and has SULGA written on the side. The driver will help you to put your luggage under the bus. Take the bus to Pian di Porto. That is the stop closest to the school. You'll buy your ticket from the conductor on the bus during the trip. The bus costs about € 15. Now, relax! You're in Italy!

SULGA Bus tel. 800-099-661

From the Airport:		Monday - Saturday				Sun. & holidays		
Fiumicino Terminal C	—	12.30	14.30	—	17.00	8.15	12.30	16.30
Roma - Stazione Tiburtina	7.15	14.00	16.00	16.00	18.30	10.00	14.00	18.00
Todi - Bivio Cappuccini	9.00	15.45	—	—	—	—	15.30	—
Todi - Pian di Porto	—	—	—	18.10	20.00	—	—	19.30

To the Airport:	Monday - Saturday				Sun. & holidays		
Todi - Pian di Porto	7.20	8.40	9.40	—	8.10	9.10	—
Todi - Bivio Cappuccini	—	—	—	14.55*	—	—	15.10*
Roma - Stazione Tiburtina	9.45	10.30	11.30	16.55	10.00	11.00	16.55
Fiumicino Terminal C	—	11.10	12.10	—	10.40	11.40	—

* On request call 335 7490410 or toll-free 800099661.

The bus brings you to the API gas station/caffe in nearby Pian di Porto. You can call us in Montecastello (075 878 0072) from Rome to tell us where and when you will arrive by bus, and someone will meet you when you arrive and take you to the School. (See TELEPHONE.) Or call when you get off the bus.

Todi taxi points:

Piazza Garibaldi: tel. 075 894 2375
 Piazza Jacopone: tel. 075 894 2525

Travel tip (for serious museum-goers)

If you fly on a European airline like KLM, British Airways, or Air Iberia, you will stop in Amsterdam, London or Madrid on your way to or from Rome. These are usually discounted flights. There are 2-3 flights out of these cities every day. You can arrange your ticket so you leave on a later flight, at no extra cost. Instead of hanging around the airport, spend a few hours at the Rijksmuseum, National Gallery or Prado and see the city.

Travelling from Rome to Montecastello by train

If you can't make the bus or if you miss it, you can get a train to Todi Ponte Rio from Termini Station in Rome. The trip may take anywhere from three to four hours, but if you relax it's not bad. Take your airport luggage cart up the elevator to the second floor of the airport and go to the train station. Leonardo Express is a direct train to Termini Station (every 30 minutes, € 9.50) and the Metropolitana goes to Stazione Tiburtina (5 stops, € 5.00), if you want to get the Todi bus.

Pay attention to your belongings! Termini station, unfortunately, is a notorious spot for thieves, pickpockets and derelicts. Be especially alert for groups of poor Gypsy children (sometimes with a mother and baby) begging—while several try to confuse and distract you, sometimes with a card or piece of paper in your face, one can grab your wallet out of your bag or pocket before you realize it. Make sure your money and valuables are not visible or accessible. If you find yourself being robbed, shout for help (Aiuto! Ah-YOO-toh)—the Romans don't like thieves anymore than you do; civilians and police may run to help you.

Find the ticket office at Termini, get a one-way ticket to Terni (it's on the Ancona line) where you'll change for the local to Todi. Ask or look for Platform #2 (Binario Due). Get your ticket before you get on the train: otherwise there's a penalty. You may pay extra if there is an express, called rapido. Before you get on the train, notice whether the number on the side of the car is a 1 or a 2, which tells you for which class that car is designated; be sure to stamp your ticket in the yellow machines on the platform to avoid a stiff penalty. Get on the train early to get a seat. Within Stazione Termini, luggage carts are free to use. Find them near the station entrances at either end of the huge open corridor. You can check your baggage at Platform #1 (Binario Uno). It will be safe there. This helps if you have to wait and want some freedom to walk around.

There is a lot to see in the area surrounding Termini. If you have a map and a destination, you should be fine. You can rest in the waiting room near Binario Uno (#1) or at the opposite end of the station, or in the cafe in the center of the station. Or mornings, you can see the Museo Nazionale Romano in Piazza Cinquecento, with a great collection of Greek and Roman antique sculpture. It's straight across the piazza of the entrance to the station. The 5C church, Santa Maria Maggiore, is four blocks out of the station to the left, and is open all day.

When you get to Terni, buy your ticket (€ 2.55) to Todi Ponte Rio (pohnt-ay-REE-oh). Fratta Todina is the Montecastello stop, but there's no phone at the station, so don't go there. Ask at the ticket window what time the train leaves. Walk through the underpass and up the stairs to Platform 5. If there's a wait for the train, go into the cafe and have a coffee or a drink. The ride from Terni to Todi, a beautiful trip through the country, takes 40 minutes. They don't announce the stops on the train; if you can't see the station signs from your window, ask the nice people around you to tell you when you reach Todi. Call us in Montecastello (075 8780072) from Terni, and we may be able to meet you when you arrive.

From the north, take Firenze > Terontola > Perugia (Ferrovia dello Stato), change at Perugia Ponte San Giovanni for the local train (Ferrovia Centrale Umbra), get off at Todi Ponte Rio.

Termini Baggage consignment:

€ 3.80 for the first 5 hours. Location: underground of the Termini wing

Travelling to Montecastello by car

You can ride in a limo from the airport to Montecastello for about € 250. There are also taxis aggressively waiting for passengers at the arrivals area. For about € 160, you can take our local car service. Call us to arrange an appointment for you. A taxi from Todi to Montecastello is about € 15.

Driving from the airport to Montecastello is an easy, two hour drive:

- Exit airport to ROMA: this puts you on a straight road (A7) into the city.
- Exit A7 for FIRENZE: this puts you on the G.R.A., a circle around Rome.
- At the top of the circle, bear right for the exit for FIRENZE, and head north onto A1, the Autostrada. Take a ticket at the tollbooth.
- After about 40 minutes, exit for ORTE. Pay the toll (€ 3,40 cash or credit card) and follow the sign for TERNI - PERUGIA. Stay on this road until the road divides: left for Terni, right for Perugia.
- Exit right for PERUGIA - CESENA, onto E45, towards PERUGIA. After 30 minutes or so you'll see Todi up on the left.
- Exit for FRATTA T. - MONTECASTELLO V., cross over the highway, turn right, and then bear left. You'll see yellow signs for Hotel Il Castello. In about 5 minutes you'll see the sign for MONTECASTELLO on the left. Turn here, and go up the hill. *Benvenuti!*

From the north, take A1 towards Roma, exit at VALDICHIANA, follow signs for PERUGIA > TERNI > ROMA (E45), exit Montecastello.

Local taxis with airport service:

Provenzani:	tel. 075 894 2041, 075 898 7565
Marco Di Lernia:	tel. 075 894 8781, 347 774 8321

Driving notes

- Foreigners from outside of the European Community are expected to have International Driving Permits to drive in Italy. You can buy one at an Automobile Club, or in the US at AAA. All you need is a driver's license and 2 photos.
- Police have the right to stop and search for routine checks. Always carry your passport, driver's license and vehicle registration when driving.
- Beware of speeding: tickets are very expensive, and they use cameras to catch you. Speed limits are posted on the roads.
- Stay out of the left lane unless you are passing; Italian drivers have a unique way of asking you to get out of their way, and they drive fast: they will follow 2 inches behind you, flashing their bright lights.
- Keep your headlights on always, it's the law.
- Most hill towns and city centers are closed to traffic, but have parking areas (P) a short walk

from the center. Do not drive inside these towns if you are not ready for very narrow streets. And definitely *don't drive inside Montecastello*.

- Just because there are parking meters does not mean you are allowed to park: you may even need a permit to be in the area.
- Don't leave valuables in the car in Rome or any other big city.
- If you break down, call 116 for ACI (Automobile Club Italiano).
- Have at least € 100 in cash for emergencies.

Common service-station scams on the autostrade

You can drive securely in Italy, we have the best mechanics anywhere. But sometimes, at the gas station on the autostrada, the attendant may try to take advantage of you.

Checking the oil: they will show you how dirty it is, and try to get you to change it. Of course it's dirty, it's in the engine! Just say, No, grazie.

The air filter: this is a good one. They show you how dirty it is. What do you expect, clean air in the engine?

Some Useful Web sites

U.S. Transportation Security Administration: Security Procedures and Prohibited Items

<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtml>

Dept. of Homeland Security's Travel Security & Procedures - <http://www.dhs.gov/xtrvlsec/>

Fiumicino flight information - http://www.adr.it/portal/portal/adr/Fiumicino/Leonardo_da_vinci/

Track your flight - <http://www.fbweb.com>

SULGA bus schedule - <http://www.sulga.it/>

Timetable of the Ferrovie dello Stato (Italy) - <http://www.trenitalia.com/en/index.html>

Deutsche Bahn Travel Service (trains in Europe)- <http://bahn.hafas.de/bin/query.exe/en>

FXConverter - Currency Converter - <http://www.oanda.com/>

USEFUL PHRASES

How much? How much does it cost?

Quanto? Quanto costa?

KWAHN-toh? KWAHN-toh KOHS-tah?

Where is the ticket office?

Dov'è la biglietteria?

Dohv-AY la beel-yayt-tay-REE-ah?

Where is the train to Termini Station?

Dov'è il treno per la Stazione Termini?

Dohv-AY eel TRAY-noh pehr la stah-TZYON-ay TEHR-mee-nee?

One ticket for Terni, please.

Un biglietto per Terni, (at Terni ask for Todi) per favore.

Oon beel-LYAYT-toh per TEHR-nee, pehr fah-VOH-ray.

Round-trip Andato - ritorno ahn-DAH-toh - ree-TOR-no

One-way Andato ahn-DAH-toh

Train station Stazione Stah-TZYON-ay

Thank you Grazie GRAH-tzyeh

Pian di Porto Pyan-dee POR-toh

Ponterio Pohnt-ay-REE-oh.

When is the next train to Terni?

Quando parte il prossimo treno per Terni?
KWAN-doh PAHR-tay eel PROHS-see-moh TRAY-noh pehr TEHR-nee?

Please write it down. (If you can't understand how much or what time.)

Me lo scriva, per favore.
May loh SKREE-vah, pehr fah-VOHR-ay.

From which platform does the train for Terni leave?

Da che binario parte il treno per Terni?
Da kay bee-NAH-ree-oh PAHR-tay eel TRAY-noh pehr TEHR-nee?

Where is Stazione Tiburtina?

Dov'è Stazione Tiburtina?
Dohv-AY stah-TZYON-ay Tee-boor-TEE-nah?

From where does the bus to Todi leave?

Da dove parte l'autobus (pullman) per Todi?
Dah DOHV-ay PAHR-tay L'OUT-oh-boos (POOL-mahn) pehr TOH-dee?

At what time does the bus to Todi leave?

A che ora parte l'autobus per Todi?
Ah kay OH-rah PAHR-tay L'OUT-oh-boos pehr TOH-dee?
"Alle quattro" means "at 4:00". "Alle sedici" means "at 1600", or 4 PM

Does this train (bus) go to Todi Pian di Porto?

Questo treno (pullman) va a Todi Pian di Porto?
KWES-toh TRAY-noh (POOL-mahn) vah ah TOH-dee Pyan-dee POR-toh?

Excuse me, where are we?

Mi scusi, dove siamo?
Mee SKOO-zee, DOH-vay syam-o?

I have to get off at Todi (at Pian di Porto).

Devo scendere a Todi (a Pian di Porto).
DEH-voh SHEN-dehr-ray ah TOH-dee.

May I use the telephone? May I have a phone card?

Posso usare il telefono? Posso avere una carta telefonica?
POSS-oh ooz-AH-ray eel tel-EH-fonoh?
POSS-oh ah-VAYR-ay oona CAR-tah tel-eh-FONE-icah?

I am a student of the art school in Montecastello.

Sono uno studente (una studentessa) della scuola d'arte a Montecastello.
SOH-no oo-noh stoo-DEN-tay (oo-nah stoo-den-TESS-ah) del-lah skwoh-lah D'AR-tay
ah MOHN-tay-kas-TELL-lo.

A coffee / cappuccino / beer, please.

Un caffè / cappuccino / una birra, per favore.
Oon kahf-FAY / kappoo-CHEEN-oh / Oo-na BEER-rah, pehr fah-VOH-ray.

I'd like to buy a bottle of water, please.

Vorrei comprare una bottiglia di acqua minerale, per favore.
Vor-RAY com-PRA-ray oon-ah boht-TEEL-lya dee AHK-wah mee-nay-RAH-lay, pehr
fah-VOH-ray.

Smooth water (no bubbles)

Aqua liscia, acqua naturale
AK-wah LEESH-ah, nah-too-RALL-ay

Seltzer water; naturally bubbly water

Frizzante, con gas; leggermente frizzante

Freetz-AHN-tay, kone GASS; ledge-ehr-MENT-ay frreetz-AHN-tay

You're welcome, at your service, after you.

Prego. PRAY-go.

Let's go dancing!

Andiamo ballare!

Ahn-DYA-moh bahl-LAH-ray! (or NAH-moh bahl-LAH! in Montecastellese)

Isn't Italian easy? Eh, no?

TELEPHONE

Public phones in Italy use magnetic cards, which you can buy at tobacconists (look for a dark blue sign with a white "T" outside), newsstands and post offices. Ask for a *carta telefonica*. Rip off the perforated corner as indicated, and insert the card in the upper slot of the box on the right side of the telephone. Throughout your call, a digital display on the phone shows how much credit is available. When the card is used up or when you hang up, the machine ejects the card through the bottom slot. Don't forget to take your card before you leave! All calls in Italy (except mobile numbers and toll-free 800 numbers) require the city code which starts with "0", even in the same area code.

Many restaurants and cafes have metered phones, like Giovanni's Bar Centrale in Montecastello, and in Todi's tourist office (Pro Todi) in Piazza del Popolo. You ask the attendant or cashier for a line, and after you've finished, they tell you how much to pay.

Please call home soon after you arrive, or your family may worry and try to call you.

Making and receiving calls and faxes at the school

Friends and relatives can call you during mealtimes or after classes at the phone inside the main studio building in Montecastello near the dining room: +39-075 8780739. There is also a pay phone booth in town which accepts phone cards. For a brief call, you can also ask permission to use the metered phone at Giovanni's cafe: 075 8780443, but please don't tie up the phones with lengthy credit card or collect calls.

If you want to receive a fax, use the Montecastello office number: +39-075 8780072, or in the US, toll-free: (866) 449-3604. Please limit the number of pages to 2-3. We can also send a fax for you from the office. One page to the US costs € 1.50. Phone messages and faxes will be folded and posted for you on the bulletin board in the dining room. In an emergency, people may call or fax the office in Montecastello. Our answering machine will automatically receive a fax or a voice message, 24 hours every day. From the US dial 011-39-075-8780072.

For US rates, you can access an operator in the States:

MCI: 800-90-5825; AT&T: 800-172-444; Sprint: 800-172-405 or 406

US 800 toll-free numbers are not accessible from Italy, but you can try 880 instead. There will be a charge for the international portion of the call. If you buy a phone card be sure to get the international access number to use from Italy. For an operator-assisted call outside of Europe, dial 170. (The telephone book has other country-direct access codes.)

Mobile phones in Italy use the GSM network. For your mobile phone to work it should be at least tri-band or GSM. Tri-band phones work in the US and in Europe. Some American mobile phones, even GSM phones, don't necessarily work in Europe. For assurance, look for a new device

called a phase 2+ compatible phone. Request that your service provider turn on the international service. Smart travellers buy local SIM cards in the area they're visiting and use them for local calls. Most American wireless carriers sell "locked" phones rigged so you can't swap out the SIM card unless you get the code that unlocks the phone. US mobile users should change the network band from 1900MHz to 900/1800MHZ when they arrive.

Email

You can send and receive email on the School library computer. Some university servers do not allow outside connections, so you may want to use a free web mail account like Gmail, Hotmail, or Yahoo. If you don't have one of these permanent email addresses, just go to one of those web sites and sign up. We have a satellite ADSL Internet connection and two computers at the school. If you have a laptop, bring an Ethernet cable and you can plug into the switch.

WHAT TO PACK

Carry essentials with you on the plane (medicine, valuables, toiletries, extra underwear, and toothbrush) in case your luggage gets lost or delayed. Please see <http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm> for Permitted and Prohibited Items.

Clothes: Montecastello is 423 meters (1388 feet) above sea level and therefore is cooler than most cities. You may sometimes want a long-sleeved cotton shirt and even a sweater. During June through August it's hot at midday, although it's much cooler inside the thick stone walls of our buildings. Summer mornings and evenings are pleasant. May and September are mild. In general, bring light clothes, and a hat to keep your head cool when you're working outdoors. Please dress a little more modestly than you would in a casual environment in hot weather back home, out of politeness to the townspeople (and self-preservation: see Inconveniences in Montecastello). Be prepared for an occasional rain and some cool evenings, or a heat wave. Bring something festive for parties, leather-soled shoes if you like dancing, and whatever you'd like to wear to openings, a concert, or other special evening events. Bring a good pair of walking shoes for trips. For working out in the countryside, your feet and ankles should be well protected against snakes, creatures, and plants that bite or sting. On trips, men and women should plan to keep shoulders and knees covered in churches.

Electronics: Use only 220 volt appliances, or bring a 220 volt converter. Make sure the type is appropriate for the appliance you're going to use. Laptops come with AC Adapters. Look on the power supply for "Input: V 100-120-220-240." This means it works both in the US (110 Volts) and Italy (220). All you will need is an inexpensive international plug adaptor which you can buy at most airports. Look for a European two-pin plug (Europlug), or a German or Italian plug.

Money: No one can predict what exchange rates will be. Banks do not all offer the same rate of exchange, but the bank at the airport usually has the best rate. Some, like the one in Montecastello, charge a flat commission for traveller's checks or cash. You can minimize the commission if a group exchanges money in one transaction. At this writing, one Euro equalled about 1.34 US Dollars.

You may spend money for a coffee or for bottled water for your room, € 0.50-1.00; snacks or gelato (ice cream), € 0.55-1.55; museum admissions, € 2-15; and of course, art supplies, average € 150-300 for the session, eating out on trip days and shopping (your choice!). Some people consider Italy expensive, but everyone's needs are different. Bring at least as much as you would normally spend at home, and a little extra. (Your meals are included in your tuition, except on trip days.) Also bring:

- Mosquito repellent (our mosquitoes are legendary): see Mosquito Supplement
- A small flashlight (for the occasional power failure)

- Laundry bag
- A few wire hangers if you have lots of clothes
- A beach towel for going to the pool in Fratta or Todi or to have as an extra (towels are changed once a week)
- A washcloth if you use one
- A light robe for going between your room and the bathroom
- Music, if you'd like to contribute to the music mix for our parties; but if you want to listen to music during non-party hours, bring a portable music player and use earphones, because peace and quiet is paramount in this working and living environment
- Travel gum or Dramamine if you get car sick on long bus rides
- Over-the-counter medicines, may not be available without a prescription in Italy
- Earplugs if you are particularly sensitive to noise
- Travel alarm clock so you don't miss the bus on trip days
- Your Student Sourcebook.

Art Supplies

You should bring certain supplies with you, because you've already invested in them, and they may be more expensive in Italy (many things are). Materials you're used to may be different or unavailable there. You will be able to get the basics at the Student Art Supply Store. Bring your favorite materials if you're not sure. Expect to go through art supplies rapidly. You should also have:

- A French easel (highly recommended for outdoor painting; carry it on the plane, rather than checking it with baggage)
 - Pencils, push pins, blades, Chamois cloth (deerskin, for polishing cars)
 - Paints (pack it in sealed containers, it may freeze in the baggage compartment and expand; see security note below), brushes
 - If you plan to stretch your own canvases: stretcher pliers, brushes, palette knives, staple gun and staples (Italian staples won't fit in your staple gun)
- Clay and plaster for normal class projects are covered by your tuition. Easels, glass palettes, drawing boards and stretcher bars are available on loan from the school. Pre-stretched primed canvases are available in the Student Art Supply Store.

To avoid problems with airline security

Don't try to bring paints, solvents, knives, scissors or aerosol sprays in your hand luggage. Certain airlines, especially British Airways, consider paint of any kind hazardous and will confiscate it.

Tips For Travelling With Oil Painting Materials - Gamblin Artists Colors Newsletter
<http://www.gamblincolors.com/faq/oilcolors.html#q1>

If you want to ship art supplies, plan at least 2 weeks for delivery by mail or courier. Do not ship solvents or sprays. Ship to yourself (not the name of the school) at the address of the studio building:

Your name
 2, via Unita d'Italia 06057 Montecastello di Vibio PG Italy

Anything shipped into or out of Italy to a non-EU country is subject to customs taxes. To avoid paying the 20% tax you must declare NO COMMERCIAL VALUE, or a minimum value of \$10. However, if no value is declared, it can't be insured.

Translations of some materials for shopping at art supply stores

Turpentine	Trementina
Mineral spirits	Acquaragia
Linseed oil	Olio di lino

Rabbit skin glue	Colla di coniglio
Titanium white	Titanio di bianco
Brush, Brushes, Bristle	Pennello, Pennelli, Setola
Palette knife	Spatola
Canvas, Stretchers	Tela, Telai
Staple gun and Staples	Appuntatrice, Punte metalliche
Egg, Eggs	Uovo, Uova
Charcoal	Carboncino
Pencil, Eraser	Matita, Gomma
Paper	Carta
Good Drawing Paper	Carta Buona per Disegno
Drawing pad	Blocco per disegno

LIFE IN MONTECASTELLO

Montecastello di Vibio is one of the best-preserved medieval hill towns in Umbria. Not a tourist stop for Americans, the area around Montecastello is the summer home for Romans, Milanese, Germans, and English. But it is also a living town. Generation after generation of Montecastellese are born, marry, have children and die here.

The castle (il castello), the largest building in this tiny, intimate town, is a reminder of the feudal system. The feudal lord was the protector and the master of the villagers, who worked in his fields in the surrounding valley. Today, most of the townspeople have a piece of land of their own. In September, you can see them preserving tomatoes in their garages.

The beautiful, restored 18th century theater with only 99 seats, The Concordia, is called the smallest theater in Europe. It was honored in 2002 with its own postage stamp. Here, you can see some photo albums of the history of the town. It's amazing to see the old pictures of children playing in the same streets you see every day, and then walk outside and see those children, now with grown children of their own, watching their grandchildren play.

There are three grocery stores, each with its own specialty: the Tiglio Market has the biggest selection, Clara's has flowers; Il Mercatino, in the piazza, has a nice wine selection and typical Umbrian products. All stores sell housewares, Vape (VAH-pay) to repel mosquitoes, and personal care items. For a snack, we'll see you at the bakery, where Giovanni and Natalina bake fresh bread every day, cookies, cake and as well as pizza to go.

Banca Popolare di Todi is Montecastello's bank. If you need to change money for a trip day, be sure to do it the day before, because our bus leaves before the bank opens. CAMBIO means exchange. The ATM machine (Bancomat) at the bank does international transactions. The two public health clinics, with doctors, are open 3 weekday mornings and 2 afternoons a week, Monday-Friday. (The hospitals are in Todi and Marsciano, each 15 minutes by car. There are major hospitals in Perugia, 40 minutes' drive.) There is also a pharmacy, two churches and a police station. For a cappuccino, ice cream, cigarettes or a snack, go to Giovanni and Anna Rita's Bar Centrale on the piazza with the awe-inspiring view of Todi. The bar is closed Wednesdays, except in August. If you want to dine out for a change, try Agriturismo Fattoria di Vibio tel. 0758749607, and Agriturismo Le Grazie tel. 0758796041 are nearby favorites in Doglio.

A short drive from town in Pian di Porto there is a large supermarket and housewares store called Ipersidis. The selection there is positively stunning compared to the village stores in Montecastello. They even have bar-code readers.

Store hours:

- Bank: 8.20-13.20, 14.40-15.45 Mon-Fri
- Post Office: 8.30-13.30 Mon- Fri, Sat till 12.30
- Stores: 8-13, 17-20 Mon-Sat except closed Thursday afternoons

Recreation

Ballo liscio (BAHL-lo LEE-sho), country ballroom dancing, is the common language of young and old, rich and poor. Students can enjoy waltz, tango, foxtrot and polka to accordion music at the outdoor dance floor during festas in Montecastello. There is an outdoor cinema in Todi, open most summer nights. You can swim or play tennis at the Todi and Fratta Todina sports complexes (10-15 minutes by car from the school) or take long walks or a run on the beautiful paths and country roads around Montecastello. Be warm to the townspeople. Say *buon giorno* or *buona sera*. You may get invited home for coffee or dinner; you may even make lifelong friends.

Travel

You may rent a car for the summer or weekends from Hertz in Perugia, tel/fax +39-075 5002439. Ask for our neighbor, Rita Capociuchi. However, renting through a large company abroad may be less expensive. If you want to make or change some travel plans, Elisa at Cocoon Travel in Ponterio, tel. 075 8987364 or fax 075 8987366, speaks English perfectly. If you go away for the weekend, make arrangements in advance for someone to pick you up at the station. Staff members are not available to provide this service. If you need to travel by train, let us know in advance and we'll help you.

Timetable of the Ferrovia dello Stato (Italian train schedules):

<http://www.trenitalia.com/en/index.html> or Tel. 89 20 21

Deutsche Bahn Travel Service (all-Europe train schedules and ticket purchasing)

<http://bahn.hafas.de/bin/query.exe/en>

Todi taxi points:

Piazza Garibaldi: tel. 075 894 2375
Piazza Jacopone: tel. 075 894 2525

Local taxis with airport service:

Provenzani: tel. 075 894 204, 075 898 7565
Marco Di Lernia: tel. 075 894 8781, 347 774 8321

Supplies:

Tiglio Market - outside the wall - Santina will help you - knives, pencils, tape, plug adaptors, shampoo, everything.
Mario Piandoro - Lumberyard - Madonna del Piano. At the bottom of the hill

Hardware Stores (Ferramenta):

Marchetti - Via del Crocifisso, 106 Todi - on the road to Todi from Ponterio. Tel. 075 8942872
Sistoni - Via S. Agostino, 45 Todi - outside Porta Romana. Tel. 075 882709
Caporali - 56 Ponte Rio di Todi - Tel. 075 8987232
Umbra Plast - Marsciano Industrial zone south. Tel. 075 8749144. Pigments, house painters supplies.

Deruta:

Punto Ceramica - brushes, ceramic supplies Via Tiberina, 283. Tel. 075 972282
Mondo Ceramica - well-stocked art store. Via Circonvallazione nord. Tel. 0759711617

Housekeeping

We will assign studios, housemates and roommates before you arrive. If you're not happy with your situation at first, we suggest that you wait a few days and see if things improve. We're flexible, but don't want to make hasty changes. Our housekeeping staff will clean apartments and change sheets and towels every week. Smoking is not allowed in bedrooms, classrooms or the dining room. Smokers can enjoy the scenic terrace on the roof. You can do your laundry in the studio

building: we have a washing machine, an iron, ironing board and a clothesline outside. For hand washing, basins and drying racks are provided in each apartment.

Some tips on not gaining weight in Italy

At the International School, some people eat better than they've ever eaten before. Thanks to our wholesome, regular meals, and lots of walking in fresh air, we've seen skin problems completely clear up, people lose weight, and by the end of the session they look so good we don't want to let them go. Yet some formerly fit and trim women and men who have good habits at home have succumbed to the perils of living in Italy. You can avoid these pitfalls! Avoid: second helpings of pasta, a big hunk of bread dripping with olive oil and salt with every meal, drinking lots of wine, cappuccino after meals (Italians drink it only in the morning anyway), a daily fix of Perugia Baci chocolate, and/or gelato. Drink lots of water, and take a walk now and then; it will also help you stay relaxed when your work builds up steam. People with food allergies should carefully read the menu that is posted at each meal in the dining room. If you are allergic to nuts please don't eat the pesto!

The Library

The school has a small art and reading library. Books should not be removed from the library, except designated lending books, so that everyone can use them and teachers have access to them for class. We gratefully welcome donations of books. The school also has a DVD and a multisystem VCR, if you would like to bring any videos.

Emergencies

The home of Director Marc Servin is down the street from Bar Centrale; ring the doorbell or call his home number: 075 8780482, or the office phone number: 075 8780072. Marc's mobile phone number is 348 8701011. (See back page for more Useful Numbers.) The local doctor lives over the Macelleria (butcher shop). If you are running out of money, you can receive a money transfer by Western Union.

Inconveniences in Montecastello

The population of Montecastello is only about 250 very nice people (more on weekends; people from the city come here for vacations). Very few people speak any English. Women may find that their natural openness and friendliness is misinterpreted by some local men who are looking for their next conquest; so until you learn the culture it's wise to dress and behave with a bit of reserve around the town.

There are teenage boys who shout and ride around on loud motorcycles. Here in Umbria, like the rest of the world, we need to keep our doors locked if we want to protect our valuables. The school office has a small safe for students to use. Studio building and apartment doors should be kept closed during the day and locked at night.

We're in a picturesque medieval village in the country, on top of a hill. There is only one place to buy cigarettes. The public telephone in the piazza has frequent breakdowns. There is no public transportation to Todi. If you feel isolated or like to travel freely, you may want to rent a car, but gas is about 4 times more expensive than it is in the US.

The apartments in Montecastello are in very old stone buildings, and even though they are renovated and cleaned weekly there may be some dust and mold. The water pressure is not as strong and the hot water not as abundant as you may be accustomed to. If there's a drought, the town will actually shut off the water supply. Every time there is a lightning storm or the wind blows hard there are power failures. The bathrooms in some Montecastello apartments are very

basic. If you take long showers or wash your hair daily, be prepared to adapt. The tap water is okay for brushing your teeth or making coffee or tea but it has lots of mineral deposits and is not good for drinking.

There are very hungry mosquitoes and tiny biting flies (June - August). Some people are particularly susceptible (see Mosquito supplement). The grocery stores sell a product called Vape (VAH-pay), a device that plugs into a wall socket and slowly burns an odorless insecticide while you sleep. It works. There are cats everywhere, so keep the studio doors shut to avoid “accidents”. There are even small scorpions, but don’t worry, they sting but they’re not poisonous (don’t leave your clothes on the floor). There are, however, poisonous snakes out in the fields (see Viper Supplement). Keep your ankles well-covered when you’re working out in the landscape, and avoid deep grass.

In the summer, especially in August, there are festas, with dancing and loud music until late at night. Bring earplugs if you like to go to sleep early (or dancing shoes if you don’t). Sometimes there are heat waves. Close your shutters when you leave your room in the morning and when you’re out of your studio during the day, it will stay much cooler.

During the first week of each month, the post office is filled with people picking up their pension checks.

All stores close from 1-5 PM, but most stay open till 7 or 8 PM. All stores in Montecastello are closed Thursday afternoons. Giovanni’s bar is closed Wednesdays, except in August.

If there is an earthquake

We are very fortunate not to be in the area hard-hit by earthquakes in 1997. An earthquake is a natural phenomenon that can’t be predicted, and lasts a very short time, almost always less than a minute. Wherever you happen to be, it’s important to be calm and to know what to do. To be prepared for an earthquake, the National Seismic Service has some simple recommendations to follow that can save one’s life.

- Seek shelter inside a door in a sustaining wall or under a beam. Staying in the middle of a room could result in injury from falling plaster, breaking glass or other objects.
- Don’t run down the stairs: they are the weakest part of a building. Don’t use elevators, they may get stuck. In the street be aware that flowerpots, or tiles may fall from buildings.
- Shut down circuit-breakers and gas valves at the end of the quake, to avoid fire.
- Go outside at the end of the quake. Wear shoes: there may be broken glass in the street. Stay in an open space, away from buildings and electrical lines.
- Don’t block traffic. Emergency vehicles may have to get through. Use an automobile only in case of absolute necessity.

YOUR RESPONSIBILITIES

We believe you will contribute positively to the program. All participants are expected to adhere to a code of conduct that respects the values and integrity of the community. They are also expected to obey local laws. The school reserves the right to require the withdrawal of anyone whose conduct is detrimental to the community or the school.

The unlawful possession, use or distribution of illicit drugs or the abuse of alcohol is prohibited. DO NOT bring drugs to Italy or use them there. DO NOT abuse alcohol. You risk arrest, the consequences could be incredibly harsh, and you will be required to leave the program.

The International School of Painting, Drawing and Sculpture is committed to a collegial work and study environment in which all individuals are treated with respect and dignity. Each individual has the right to work and learn in a professional atmosphere which promotes equal opportunities

and prohibits discriminatory practices, including sexual harassment. At the International School, sexual harassment, whether verbal, physical or environmental, is unacceptable and will not be tolerated. For purposes of this policy, sexual harassment is defined as unwelcome or unwanted advances, requests for sexual favors and any other verbal, visual, or physical conduct of a sexual nature when: (1) submission to or rejection of this conduct by an individual is used as a factor in or out of class or studio, in decisions affecting critiques, evaluation, hiring, retention, promotion or other aspects of education or employment; or (2) this conduct substantially interferes with an individual's work in or out of class or studio or employment, or creates an intimidating, hostile or offensive classroom, studio or work environment.

Studio protocol

We have established these house rules to ensure a positive and productive working environment for everyone:

- Respect your colleagues' privacy. You can learn a lot from the other students, and they can learn from you, but don't enter someone's studio while they are working unless you're invited, and never give unasked-for critiques. Music is not allowed in classrooms or studios (use a portable music player). Please be considerate about sharing studio space.
- Do come to class on time, but if you come late, rather than disrupt the class, wait for a break to set up your things. Be considerate not to block anyone else's view.
- We need everyone's cooperation to help keep the studio facilities clean and safe. It is every participant's responsibility to keep their work area clean.
- Cover turpentine and mineral spirits to avoid fumes. Clean up garbage and wipe up spills. Use paper towels, not rags, to avoid combustion.
- Please turn off the lights when you leave a room.
- Close your windows or shutters when you leave the studio to make sure they won't blow open and break; there are occasional high winds, especially at night.
- Close the doors of the buildings when you go in and out, make sure they are locked at night.
- Spray-fix your drawings on the roof or outside, never inside.
- No photographs during models' poses.
- Visitors are not allowed in the school, and especially not in classes, unless they are accompanied by a member of the administration.
- In order to not dilute the work atmosphere, we discourage family and friends' visits during the School sessions. If a visit is scheduled, a weekend or Sunday Gallery opening is an appropriate time.
- We need to return the school buildings to their owners the way we found them. Be careful not to damage the walls, floors and furniture. We will provide dropcloths. Report anything that you notice that needs attention.
- You will be responsible for any damages to your studio and room. You must leave your studio and room the same way you found it: broom-swept, clean palettes, no garbage or open liquids.

To clean brushes, first wipe them thoroughly with a paper towel to get off most of the paint. Next, clean them with mineral spirits (instead of turpentine: it works the same and costs less). Odorless spirits have the same fumes, just no smell. You can use two containers for the mineral spirits: soak your brushes in one, and after the sediment settles to the bottom, pour the clean spirits into the other container. A wire screen will keep the brushes off the bottom of the can. Finally, wash the brushes in designated sinks. Cans, jars, and screens are available at the Student Store. Use liquid instead of bar soap; it prevents clogging drains. Never put turpentine or mineral spirits in the sink or other drains or pour them in the fields. We'll show you disposal locations.

Leaving School

We ask departing students to vacate their rooms and studios by 9 AM on departure day so that we may prepare for the next session. A bus will transport departing students with their baggage to the airport in Rome, arriving at the airport at about 9:30 AM as follows:

- School: 7 AM on Saturday June 13; July 4; July 25; Sunday August 16
- CE and Residence: 7 AM on Saturday May 23; August 29; Sept. 19

While it's tempting to work in our studios until the minute we leave, the last Friday of the session is studio clean-up day. You must leave your studio the way you found it when you arrived. School students must remit a security deposit of € 100 with their fees against damages, lost keys, or excessive cleaning. This deposit, less any deductions or outstanding fees, will be refunded after the end of the program.

A few days before departure, make sure you are taking only what you can carry yourself. Plan ahead: if it looks like you can't transport it, take some time in advance to look into shipping options. Canvases and drawings can be rolled up in plastic sewer pipe (available at the Student Art Supply Store) and shipped home or packed in a bicycle box (available at the airline counter at the airport), and carried on board.

Shipping

Anything shipped into or out of Italy to a non-EU country is subject to customs taxes. To avoid paying the 20% tax you must declare NO COMMERCIAL VALUE. However, if no value is declared, it can't be insured.

There is a small post office in Montecastello. The post office requires each box be completely sealed (no masking tape), with no markings other than the sender and addressee information. By surface mail, your things should arrive in 1-2 months, express mail - 1 week, air mail - about 2-3 weeks. The postal service to the US is very reliable.

UPS costs about 60% more. Mail Boxes Etc. has a store in Perugia. They will pick up, pack and ship. Tel. 075 5011798 or fax 075 5011773, or email mbe251@mbe.it. UPS pick-up service is also available. We will help you get boxes and arrange for pickups, but please take the responsibility to pack your things yourself, weigh them, and fill out the appropriate documents. We will provide you with customs forms. Three customs forms must be filled out for each box. Make a list of the contents of each box with one declaration for each box, signed and dated. Write: Descrizione: Merce senza alcun valore commerciale. Valore ai soli fini doganali: 10,00 Euro. (Goods with no commercial value. Customs value \$10.) This is the minimum customs declaration allowable. Boxes must be securely packed.

Free phone numbers in Italy for shipping

UPS tel. 800-877-877

DHL tel. 199 199 345

Fedex tel. 800 123 800

ROME Trip Guide

Most people can only see two museums and some churches in one day. We suggest that you stay over or plan other trips on your own to Rome during the summer. You can travel around in Rome on the Metro. In August, Rome is hot, but not crowded. Most museums are closed Mondays. Some museums offer discounts to seniors and people aged under 25. We also recommend that you are able to have your shoulders and thighs covered for the trips. There are actually guards who check your appearance at the entrance to the Vatican and certain churches. Remember, churches are not museums.

Galleries and Museums

Galleria Borghese

Villa Borghese, Piazza Scipione Borghese 5. Tel. bookings 06 32810. Tues-Sun. 8.30-19.30. Tickets are sold for 2-hour visits, odd hours, booking is mandatory. Sculpture by Canova, Bernini. Paintings: many Caravaggios, Raphael, Giotto, Titian, Rubens, Correggio. www.galleriaborghese.it € 8.50

Galleria Comunale d'Arte Moderna e Contemporanea

Via Francesco Crispi 24. Tel. 06 4742848. Tues-Sat 9-19, Sun 9-14. A former Carmelite convent near the Piazza di Spagna. Rodin, Morandi, De Pisis, De Chirico, Carrà, Fazzini, Mafai, Manzù, Medardo Rosso, Guttuso, Scipione. € 2.58

Galleria Doria Pamphilj

Piazza del Collegio Romano 1A. Tel. 06 6797323. Fri-Wed 10-17, closed Aug. 15. Tintoretto, Titian, Raphael, Correggio, Caravaggio, Guercino, Bernini, Parmigianino, Memling, Brueghel, Velasquez. € 9

Galleria Nazionale d'Arte Antica - Palazzo Barberini

Via delle Quattro Fontane, 13. Tel. 06 4814591, bookings 06 32810. Tues-Sun 8.30-19.30. Judith and Holofernes by Caravaggio, Artemisia Gentileschi, Fra Angelico, Raphael's La Fornarina, Tiepolo, Holbein, Poussin. € 5

Galleria Nazionale d'Arte Antica - Palazzo Corsini

Via della Lungara 10. Tel. 06 68802323. Tues-Sun 8.30-13.30. Caravaggio, Guercino, Rubens, 16C Dutch and Flemish paintings. € 4

Galleria Nazionale d'Arte Moderna

Viale delle Belle Arti 131. Tel. 06 322981. Tues-Sun 8.30-19.30. Balla, Morandi, Pirandello, Carrà, De Chirico, De Pisis, Donghi, Guttuso, Fontana, Burri, Mastroianni, Pomodoro, Scipione, Twombly, Medardo Rosso, Rodin, Fazzini, Cézanne, van Gogh. Excellent bookstore. Exhibitions and Gallery € 9, Gallery € 6.50

Galleria Spada

Piazza Capo di Ferro 13. near Palazzo Farnese. Tel. (06) 6832409. Bookings Tues-Sun 8.30-19.30. Borromini, Orazio Gentileschi, Guercino, Reni, Titian. € 5

Giorgio de Chirico House-Museum

31 Piazza di Spagna. Tel 066796546. Tues-Sat 10-10.45, 11.30-12.15. In the apartment where Giorgio De Chirico lived, with many of De Chirico's late paintings. € 5

Museo Barracco - Palazzo Piccola Farnesina

Corso Vittorio Emanuele II, 166/a. Tel. 06 68806848. Tues-Sat 9-19, Sunday 9-13. Building attributed to Antonio da Sangallo the Younger. Rare and diverse collection of classical Greek, Egyptian, Assyrian and Etruscan sculpture. € 3

Musei Capitolini - Piazza del Campidoglio

Tues-Sun 9-20. Reservations Tel. 06 39967800. Piazza by Michelangelo. 2 museums on either side of the piazza. Classical Greek, Roman, Etruscan sculpture; She-Wolf (Etruscan, 6C BC); Pinacoteca: Titian, Tintoretto, Bellini, Caravaggio, Rubens, Veronese, Velasquez, Lotto. € 6.50.

Museo Nazionale Romano cumulative ticket € 7

- **Baths of Diocletian** - Via E. de Nicola 78, 44. Tues-Sun 9-19.45, € 5. 306 AD. Antique Greek and Roman sculpture, copies from Praxiteles, Myron, Lysippus.
- **Palazzo Altamps** - Piazza S. Apollinare, 44. Tel. 06 6833759. Tues-Sun 9-19.45. Ludovisi Throne (Birth of Aphrodite). € 5.
- **Palazzo Massimo** - Largo di Villa Peretti, 1. Tues-Sun 9-19.45, Tel 06 48903500. Daughter of Niobe, Discus Thrower after Myron, and the Venus of Cyrene (soon to be returned to Libya). Roman fresco paintings. € 6.
- **Planetario (Octagonal Hall)** - via Romita, 9-13; 15-18. Lyceum Apollo (from Praxiteles) € 6.

Museo Nazionale Etrusco di Villa Giulia

Piazzale di Villa Giulia, 9. Tel. 06 3201951. Tues-Sun 8.30-19.30. Etruscan bronze and clay sculpture, Greek and Etruscan vase paintings from Etruscan sites. € 4

MUSEI VATICANI - Vatican Museums

Info, Tel. 06 69884947. Hours Mon-Sat entrance 8.30-16.00, closes at 18.00; closed Sunday and holidays (summer 2009: May 1 and 21, June 11 and 29, August 15), except last Sunday of month for free admission. Long lines but they move fast. € 14, reduced ticket for children between 6 and 18 years of age and students between 19 and 26 years of age with student identity document, € 8

- **Cappella Sistina (Sistine Chapel)**
- north and south walls - Perugino, Botticelli, Pinturicchio, Ghirlandaio, Signorelli, Piero di Cosimo. Vault, Last Judgment (1536- 1541) and ceiling (1508 - 1512) by Michelangelo.
- **Pinacoteca (Painting Gallery)**
- includes paintings by Giotto, Leonardo, Titian, Fra Angelico, Filippo Lippi, Raphael and Caravaggio's Deposition.
- **Pio-Clementino Museum**
- Early Christian, Classical Greek and Roman sculpture, including the Belvedere Torso (1C BC), Laocoön, Apollo (1-2C BC), Hermes (2C Roman), Sleeping Ariadne, Athlete (1C) from original by Lysippus.
- **Etruscan Museum** - bronze Mars from Todi (5C BC), excellent collection of Greek and Etruscan vase paintings and sculpture. Also, Egyptian Museum.
- **Raphael Stanze** - rooms painted by Perugino and Raphael.
- **Chapel of Nicholas V** painted by Fra Angelico.
- **Gregorian Museum of Profane Art** - Sculpture: Roman copies of Greek originals, sculptures of republican and early imperial periods, sarcophagi.

Monuments

Pantheon - 9 AM - 1 hour before sunset. Founded by Agrippa in 27 BC and rebuilt (AD 117-125) by Hadrian, converted into a church in the 7C. The dome's diameter equals its height, the largest dome until Brunelleschi's at the Florence Cathedral of 1420-36. The curve of the floor and the circular space create an illusion of vastness. In a side chapel is the tomb of Raphael.

Colosseum - 9-19.30. € 8 cumulative ticket Colosseum, Palatino. L'anfiteatro Flavio,

inaugurated in 80 CE.

Terme di Caracalla - Baths of Caracalla - Viale Terme di Caracalla, 52. 9-19.30. One of the largest baths of antiquity, inaugurated 216 CE. € 5.

Foro Romano - 9-19.30. Since the foundation of Rome, 754-753 BC. € 8.

Domus Aurea - Via della Domus Aurea in the Giardini di Colle Oppio, north of the Colosseum. House of princes, burned in 64 CE. Wed-Mon 9-19.45. € 5, reservation: tel. 06 39967700

Churches - Generally are open 7-19, closed 12-15:30 or 17.

San Clemente - Piazza S. Clemente. 9-12, 1530-18. Lower Church from 1C. Built over a 3C Mithraic temple. 9-11C frescoes. Upper Church, 12C mosaics, frescoes over left aisle by Masolino, and probably Masaccio.

S. Maria in Trastevere - Piazza di S. M. in Trastevere. Closed 12:45-15. Built 337-352. Mosaics of 12C and Pietro Cavallini, Roman friezes, Romanesque campanile.

S. Maria Maggiore - Piazza di S. M. Maggiore. 7-20. Basilica built in 431. 5C mosaics.

S. Maria Sopra Minerva - Piazza della Minerva. Closed 12-4 PM. Michelangelo's Risen Christ, frescoes by Fillipino Lippi.

S. Maria della Vittoria - Via XX Settembre. Bernini: Ecstasy of St. Teresa.

St. Pietro - (at the Vatican): Dome and Pietà by Michelangelo; Canova, Bernini.

San Pietro in Vincoli - Piazza S. Pietro in Vincoli. Closed 12-4 PM. Michelangelo's Tomb of Julius II, Moses.

Caravaggio tour: (all near Piazza Navona)

- **Sant'Agostino** - Piazza di Sant'Agostino. The Madonna of Loreto.
- **San Luigi dei Francesi** - Piazza di S. Luigi dei Francesi. Life of St. Matthew.
- **S. Maria del Popolo** - Piazza del Popolo. Closed 12-4 pm. Conversion of St. Paul and Martyrdom of St. Peter; frescoes by Pinturicchio.

Art Stores

Artetre (discount for International School) - Via del Fiume, 3a - near Piazza del Popolo. Tel. 06 3219240, 063244414 info@arte3.it Mon-Fri 9-17, Sat. 9-13

Artetre Tele - Via Ripetta, 39a - near Piazza del Popolo - for stretchers. Tel. 06 3215819

Poggi - 3 locations:

Via del Gesù - 74 near the Pantheon. Tel. 06 6793674 or 06 6784477 poggi@getnet.it; 9-13, 16-19.30 closed Sun.

V. Pie' di Marmo n.40\41 - near Pantheon - only paper. - Tel. 06 6784477

Trastevere- V. Card. Merry del Val n.18\19. Tel. 06 5812531; 10.00-19.30 closed Sun.

Ditta G. Nani - Piazza Pasquino, 4 - near Piazza Navona - Canvas and linen. Tel. 06 6877894

Bookstores

Libreria Vecchia Roma - Via del Pellegrino 94 between Via Vittorio Emanuele and Campo dei Fiori. Art books with 50% discount

The English Bookshop Simba - 248, Via Ripetta

Anglo American Book Co. - Via della Vite 27, Tel. 06 679 52 22

The Economy Bookstore and Video Center - Via Torino 136, Tel. 06 4746877

The Bookshelf - Via Due Macelli 23, Tel. 06 6784096 (in a gallery).

Libreria Feltrinelli - largo Torre Argentina, 11, Tel. 06 68663001

The (Almost) Corner Bookshop - Via del Moro 48, Tel. 06 583 6942, in Trastevere

Lion Bookshop - V.d. Greci, 33-36 Tel. 06 326 540 07

Gelato

Giolitti - Via Vicario 40. 4 blocks north of the Pantheon. The best.

Tazza d'Oro - Via Orfani 82. Near the Pantheon. The granita di caffè!

FLORENCE Trip Guide

Florence is much smaller than Rome, and has no hills. You can see incomparable art all day and still have time to enjoy the city (there's a wonderful market behind San Lorenzo). In the summer there are extended hours for all museums. Some museums close in the afternoons, check the hours to plan your day. Churches general close between 12.30-15 but are open till 19.00. Uffizi lines are generally shorter in the afternoon. Museum bookings (fee € 4): tel. 055294883. Museums in Florence - <http://www.polomuseale.firenze.it/english/>

Galleries and Museums

Cappella Brancacci

Piazza del Carmine. Tel. 055 2382195. Mon-Sat 10-17, Sun. 13-17. Closed Tues. Masaccio's Life of St. Peter, Expulsion from Paradise, Tribute Money (1426-28); Masolino, Filippino Lippi. € 4, combined ticket Cappella Brancacci and Palazzo Vecchio; € 8

Cappelle Medicee

Basilica of San Lorenzo. Daily 8.15-16.50. Closed on the 2nd and 4th Sunday and 1st, 3rd and 5th Monday of each month. Sculpture and architecture of Michelangelo: the Medici tombs. € 4

Casa Buonarroti

Via Ghibellina 70, Tel. 055-241752. 9.30-14, during temporary exhibitions: 9.30-16. Closed Tuesday. Michelangelo's family home. Terracottas, drawings, wood and bronze sculpture, early work. € 6.50

Cenacolo (The Last Supper) di Andrea del Sarto

via di San Salvi 16. Tel: 0552388603. Tuesday to Sunday, 8.15 – 13.50. Former convent with grandiose fresco in the refectory of the Last Supper by Andrea del Sarto; also works by Pontormo, del Sarto, Franciabigio. Free

Cenacolo di Ognissanti

Via Borgo Ognissanti 42. Tel: 0552388720. Monday, Tuesday, Saturday, 9-12. Last Supper fresco by Ghirlandaio. Free

Cenacolo di Sant'Apollonia

Via XXVII Aprile 1. Daily: 8.15-13.50, open on the first, third and fifth Monday and second and fourth Sunday of every month. Andrea del Castagno frescoes of the Last Supper, the Crucifixion, Deposition and Resurrection. Free

Duomo (Cathedral of Santa Maria del Fiore)

Dome by Brunelleschi took 14 years to build, 1434. Stained glass windows from cartoons by Donatello, Uccello, Ghiberti. Uccello fresco Monument to Sir James Hawkwood. Bronze doors by Luca della Robbia, Tomba del Vescovo Orso by Tino di Camaino. Free admittance.

Baptistry - 12-19, Sun 8.30-14. Believed to have been a Roman temple of Mars (4-5C).

Mosaics from cartoons by Coppo di Marcovaldo and his pupil Cimabue; Donatello Funeral Monument to John XXIII. € 3

Baptistry Doors - North and East by Ghiberti; South, Andrea Pisano.

Campanile by Giotto - Piazza Duomo. 8.30-19.30. 414 stairs, no lift € 6

Cupola - 8.30-19. Entry at the Porta della Mandorla of the Cathedral (north side). 463 stairs, no lift. € 6

Galleria dell'Accademia

Via Ricasoli 60. Tues-Sun 8.15-18.50. Michelangelo's Slaves and David; works by Carpaccio, Ghirlandaio, Botticelli, Perugino, Venus and Cupid by Pontormo. € 6.50

Galleria degli Uffizi

Piazzale degli Uffizi. Tues-Sun 8.15-18.50. € 6.50. Bookings: tel. 055 294883, Booking charge: € 4

- **First floor, Drawing and Prints Gallery** - Mon, Wed, Fri: 9-13.30, Tues, Thurs: 9-17, closed in August. Tel. 055 2388671. Access is restricted to researchers with a presentation letter. For conservation reasons, works by Renaissance masters are only accessible for specialist purposes.
- **Top floor, First Gallery of Painting** - Florentine and Tuscan painting from late 13-16C. Maestàs by Cimabue, Giotto and Duccio, Annunciation by Simone Martini, Battle of San Romano by Paolo Uccello, Coronation of the Virgin by Fra Angelico, Piero della Francesca's Portrait of the Duke and Duchess of Urbino, Pollaiuolo Hercules and Antaeus.
- **Botticelli Room** - Birth of Venus, La Primavera; Portinari Altarpiece, Hugo Van der Goes; Entombment, Rogier Van der Weyden; Annunciation, Leonardo da Vinci.
- **Tribune Room** - the Medici Venus (Greek, 3C BC) portraits of the Medici by Pontormo, Bronzino, Vasari, Rosso Fiorentino's Musician Angel.
- **Italian and Foreign Schools of the 15-16C:** Signorelli, Perugino, Adam and Eve by Cranach, Durer, Bellini, Giorgione, Correggio, Holbein, Memling.
- **Second Gallery of Painting** - Michelangelo's Doni tondo; Raphael's Leo X, Giulio II and Madonna with Goldfinch; del Sarto, Pontormo, Parmigianino, Veronese, Tintoretto, Titian and Caravaggio.
- **Italian and foreign painting of 17-18C** - Rubens, Van Dyck, Guardi, Canaletto, Tiepolo, Chardin, Ruysdale, Claude Lorraine, self-portraits by Rembrandt.

Museo dell'Angelico (Museo di San Marco)

Piazza San Marco. Mon-Fri: 8.15-13.50, Sat-Sun: 8.15-19; Closed on 1st, 3rd and 5th Sunday and 2nd and 4th Monday. Frescoes by Fra Angelico in the original monk's cells. € 4

Museo Archeologico

Via della Colonna 38. Mon 14-19; Tues, Thurs 8.30-19; Wed, Fri-Sun 8.30-14. Greek, Egyptian, Etruscan sculpture, Chimera from Arezzo, vases, sarcophagi, bronzes. € 4

Museo del Bargello (Museo Nazionale)

Via del Proconsolo 4. Mon-Sun: 8.15-13.50. Tel. 055 294883. 14C palace. Ground floor: sculpture by Michelangelo, Cellini. 1st floor: Donatello (St. John the Baptist, bronze David, St. George, polychrome portrait bust of Niccolò da Uzzano). 2nd floor: terracottas, Verocchio, Pollaiuolo's Hercules and Anteus, della Robbia. € 4

Museo dell'Opera del Duomo (Opera di S. Maria del Fiore)

Piazza del Duomo 9. 9-19.30. Tel. 055 2302885. Mezzanine: Pieta by Michelangelo. 1st floor: Magdalen in wood, Jeremiah and Habakkuk by Donatello; Cantorie by Donatello and della Robbia; Andrea Pisano; Verocchio. € 6

Museo dell'Opera di S. Croce

Piazza S. Croce, 16. Tel. 055 244619. Weekdays 9.30-17.30, Sun. and holidays 13-17.30. Damaged Cimabue Crucifix, Donatello bronze St. Louis, Domenico Veneziano. € 5

Museo Marino Marini

(Ex-Chiesa San Pancrazio) - Piazza S. Pancrazio. Tel. 055 219432. Weekdays: 10-17; closed Tues, Sun, and in August. Museum of the 20C sculptor Marino Marini. € 4

Museo del'Novecento (Raccolta "A. della Ragione")

1 Via di San Leonardo (Forte Belvedere). Tel. 055 2340849, 055 2001486 From Morandi to Guttuso. Small but splendid collection of 20C Italian art, open only during events at the Forte. Campigli, Carrà, De Chirico, Guttuso, Mafai, Morandi, Rosai, Sironi, Arturo Martini, Marino Marini and Giacomo Manzù.

Orsanmichele

Via dei Calzaiuoli. 10-17, closed Mon. In niches outside of the building (1337) are copies of sculptures by Ghiberti (St. John the Baptist), Verrocchio (St. Thomas) on Via Calzaiuoli; Donatello (St. George), Nanni di Banco (4 Saints) on Via Orsanmichele; Ghiberti (Saints Stephen, Matthew) on Via dei Lamberti. Free

Palazzo Pitti

Main residence of the Medici from 1550. Tel. 055 287096.

- **Boboli Gardens** - Main gate at left of Pitti Palace. 8.15-19.30, June-Aug. 16C garden, antique and renaissance sculpture, grottoes, fountains. € 7
- **Galleria d'Arte Moderna** - 8.15-13.50 . Some of the Macchiaioli (Italian impressionists), but otherwise nothing special. € 8.50. Ticket valid also for Galleria Palatina and Royal Apartments.
- **Galleria Palatina** - Tues-Sun 8.15-18.50. Tel. 055 2388611. Many Titians: The Concert, La Bella, Pietro Aretino; Giorgone, Rubens' Le Conseguenze della Guerra, Raphael, Tintoretto, Poussin. € 8.50

Palazzo Vecchio (Palazzo della Signoria)

9-19, Thurs and holidays 9-14. Tel. 055 2768224. 1st floor, Salone dei Cinquecento: Cellini, Gianbologna, Michelangelo's Victory, Bronzino; Sala dei Gigli and outside, Donatello's Judith and Holofernes. Fantastic decorative wall paintings by Vasari and his crew. € 6, combined ticket with Cappella Brancacci € 8

Churches

San Lorenzo - Piazza San Lorenzo. Designed by Brunelleschi. Rosso Fiorentino, pulpits by Donatello, Filippo Lippi; Cappelle Medicee

San Miniato al Monte - Via Monte alle Croci 34. A hike out the Porta Romana, but worth it. 11C jewel. Romanesque facade in white and green marble.

Santa Croce - Piazza Santa Croce, 16. Right aisle: bas-relief Annunciation by Donatello. Pazzi Chapel by Brunelleschi, Luca della Robbia. Chancel: (Bardi Chapel) Giotto Life of St. Francis. Left transept: Donatello Annunciation, wood Crucifix.

Santa Felicità - Piazza S. Felicità, right off the Ponte Vecchio. Cappella Capponi: Deposition and Annunciation of Pontormo.

Santa Maria del Carmine - see Cappella Brancacci

Santa Maria Novella - Piazza di Santa Maria Novella, near the train station. 1471-1512; by Leon Battista Alberti. 9-14.

- **Third bay** of north aisle, **fresco of the Trinity by Masaccio**

- **Sacristy: Giotto Crucifix**
- **Gondi Chapel** (1st on the left of the chancel): Crucifix by Brunelleschi
- **Museum - Chiostro Verde** Tel. 055 282187. Sat-Thurs 9-17 - closed Friday (enter to left of church) Uccello frescoes Creation, Deluge, Sacrifice and Drunkenness of Noah
- **Cappellone degli Spagnoli** - Andrea de Firenze (1365-67). 9-17, € 2.60

Santa Trinita' - Piazza Santa Trinita'. Ghirlandaio, Lucca Della Robbia, Desiderio da Settignano.

Santissima Annunziata - Piazza della Santissima Annunziata. Rosso Fiorentino, del Sarto, Pontormo, del Castagno.

Santo Spirito - Piazza di Santo Spirito. Designed by Brunelleschi in 1435.

Paintings by Ghirlandaio, Fillippino Lippi. Fondazione Romano: Caryatides and the Adoring Angel by Tino di Camaino, the Virgin and Child by Jacopo della Quercia and two bas-reliefs by Donatello of San Prosdocimo and San Massimo, from the Basilica of Sant'Antonio in Padua.

Art Supplies

Zecchi - Via Dello Studio, 19R - near the Duomo Tel. 055 211470 zecchifi@tin.it 8:30-12:30 and 3:30-7:30 PM **Closed in August.** <http://www.zecchi.it>

Salvini Gilberto - 127/R, Via degli Alafani Tel. 055 219421

Rigacci Fratelli - Via dei Servi, 71/R. Tel. 055 216206

Bookstores

Libreria della Spada - Via delle Belle Donne and Via della Spada. Art books, discounts; south of Santa Maria Novella.

BM Libreria Book Shop - Via Borgognissanti, 4/R. Tel. 055 294575

Libreria Internazionale Seeber - Via Tornabuoni, 68. Tel. 055 215697

Melbookstore - via de' Cerretani, 16r near the Duomo. Tel. 055287339

Gelato

Vivoli - Via della Stinche, 7. Near Santa Croce.

Perché no! - Via Tavolini, 19r. Near Orsanmichele.

SIENA Trip guide

Siena is one of the most beautiful medieval cities in Tuscany. In 1348 the plague decimated the city's population, ending its most important artistic period. Small, comfortably-sized city, full of art and beauty. Try the panforte. Shoulders and knees should be covered to enter the Duomo. Cumulative ticket (valid 3 days): Museo dell'Opera - Battistero - Cripta - Oratorio di San Bernardino e Museo Diocesano di Arte Sacra - Duomo - Marble Pavement: € 10

Battistero

(Baptistry) - Piazza San Giovanni. 9.30-20. In the center, Jacopo della Quercia's marble font (1411-30), with bronze reliefs and sculptures by Ghiberti: the Baptism of Christ (facing the entrance) (1424-1427); Donatello's Feast of Herod, Faith and Hope; della Quercia's Annunciation to Zaccharias. € 3

Duomo

- Piazza del Duomo. 10.30-20, Sun. 13.30-18. Begun about 1150.
- Marble pavement inside was designed in 1517-1547 by Beccafumi; open August 21 - October 10: 10.30-19.30 € 6

- **Left altar**, in the lower four niches, are early works by Michelangelo.
- **Left transept** is the bronze St. John the Baptist by Donatello.
- **Nicola Pisano's pulpit** (1265) was done after his famous pulpit in Pisa.
- **Pillars** are decorated by angels by Beccafumi.
- **Duccio's stained-glass window**.
- **Cappella Chigi** on the right - Bernini's late works Mary Magdalen and St. Jerome.
- **Piccolomini Library** - Pinturicchio frescoes, illuminated manuscripts, a 3C Roman sculpture of the Three Graces. € 3

Museo Archeologico Nazionale - Piazza Duomo Tel. 0577-49153. Mon-Sat 9-14, Sundays and holidays 9-13, € 6

Museo Civico - Palazzo Pubblico

Piazza del Campo. 10-19. Simone Martini's Maestà and Guidoriccio da Fogliano, Ambrogio Lorenzetti's Allegory of Good and Bad Government. € 7. Cumulative ticket with Torre del Mangia, € 10

Museo dell'Opera del Duomo

- Piazza del Duomo, 8. 9.30-20. The museum is in the remains of a huge cathedral, begun in 1339 and never finished. € 6
- **Ground floor**: original carvings from the cathedral facade, including life-sized figures by Giovanni Pisano (1284-90) in the first workshop of the Cathedral.
- **1st floor: Sala di Duccio** - Duccio's Maestà (1308-11), and on the left wall, predella scenes of the Passion, originally on the reverse side of the painting; right wall, a triptych by Pietro Lorenzetti and a Virgin and Child by Duccio. Follow signs upstairs in the back to the Panorama for a sensational view.

Oratorio di S. Bernardino and Museo Diocesano di Arte Sacra

Piazza S. Francesco. 10.30-13.30, 15-17.30. Beccafumi, Sodoma, Sano di Pietro, Giovanni D'Agostino, Madonna del Latte of A. Lorenzetti. € 3

Palazzo delle Papesse Centro Arte Contemporanea - Via di Città 126, Tel. 0577 22071. Tues-Sun 11-19. € 5

Palio - Piazza del Campo - The most exciting horse race in the world is held here on July 2 and August 16, as it has been since the Middle Ages.

Piazza del Campo - One of the most magnificent sights of Italy. Watch the play of light on the stones. The piazza is scallop shaped and divided into nine segments, symbolizing the nine members of government representing trade and banking which ruled Siena in the 13-14C.

Pinacoteca Nazionale

Tues-Sat 8.15-19.15, Sun, Mon 9-13. Tel. 0577 281161. 13-16C Siennese painting - Guido da Siena, Duccio's Madonna of the Franciscans (c. 1295), Simone Martini's Miracles of Beato Agostino Novello, Ambrogio and Pietro Lorenzetti, Lorenzo Monaco, Sassetta, Beccafumi. € 4

Santa Maria della Scala - ex-hospital opposite the Duomo: frescoes, and treasures accumulated over its millenary history. 10.30-18.30, € 6

Torre del Mangia - Piazza del Campo - 10-16. Built in 1338, the 2nd highest tower in Italy. Named after the lazy bell ringer, Mangiaguadagni (eat the profits). 505 steps to the top. € 6.

Churches

Sant'Agostino - Via Sagata. Perugino, Ambrogio Lorenzetti, Sodoma.

San Domenico - Piazza San Domenico. Sodoma's Life of Santa Caterina.

San Francesco - Piazza San Francesco. Pietro Lorenzetti Crucifixion, A. Lorenzetti frescoes.

Santa Maria dei Servi - Piazza A. Manzoni. 13C, P. Lorenzetti's Massacre of the Innocents, L. Memmi, Madonna del Bordone by Coppo di Marcovaldo.

Art Supplies

Art Shop - Via di Città - right off the Piazza del Campo. Tel. 0577 47088

Bookstore

Libreria di Massimo Garritano - Via Calzoleria, 20/22. Art books with big discounts.

AREZZO / MONTERCHI / SANSEPOLCRO Trip Guide

This trip focuses on the work of Piero della Francesca, (1420-1492).

AREZZO

Basilica of San Francesco

Bacci Chapel - Piazza San Francesco. 9-19, Sat. 9-18, Sun. 13-18, closed June 13. Tel. 0575 70713. Piero's masterpiece (1453-64) The Legend of the True Cross. In restoration but guided viewing is allowed. Reservation necessary tel. 0575 184.00.00, € 6.00

Based on an obscure history of the Cross: a tree is planted on Adam's grave, which Solomon tries to use in the building of the Temple. When the Queen of Sheba sees the wood she has a premonition that from it will come the end of the reign of the Jews. Solomon, to thwart the prophecy, has the wood submerged in a pond; but it returns to the surface, and is used to build the Cross upon which Christ is crucified. Three hundred years later, on the eve of his battle at the Milvian Bridge, Constantine sees a vision: an angel appears to him and exhorts him to fight under the sign of the Cross. Constantine does, and becomes Emperor of Rome. Converted to Christianity, he sends his mother, Helena, to Jerusalem in search of the wood of the True Cross. Only a Jew by the name of Judas knows its whereabouts, and he refuses to speak. The Empress Helena has him thrown into a well; when he is brought out seven days later, Judas reveals that the Cross is buried beneath a temple dedicated to Venus. The temple is destroyed, and the three crosses of Calvary are brought to light. The True Cross is recognized when a dead youth is restored to life by touching it. Helena brings the relic back to Jerusalem.

(From Ginzburg, The Enigma of Piero.)

Badia SS. Flora e Lucilla - Piazza della Badia, 3 - Dome with a trompe l'oeil fresco by Andrea Pozzo (1703).

Duomo - Piazza del Duomo. 7-12.30, 15-18.30. At the end of the left aisle, Piero's Mary Magdalen. In the Cappella Madonna, 15C terracottas by Andrea della Robbia.

San Domenico - Piazza San Domenico. 7-13, 15.30-18. Crucifix by Cimabue.

Santa Maria della Pieve - 8-13, 15-19. Vast Romanesque church with a polyptych by Pietro Lorenzetti. Behind, Piazza Grande. The film *Life Is Beautiful* was made here.

Museo Archeologico

Ex Monastero Olivetano di San Bernardo Via Margaritone, 10. Tel. 0575/20882. 8.30-19.30. Housed in a 16C monastery built over ruins of a Roman amphitheater.

Aretian vases, Etruscan bronzes 6-5C BC. € 4

Museum of Medieval and Modern Art

Via San Lorentino, 8. Tues-Sun 8.30-19.30. Tel. 0575/409050. Works by Vasari, Signorelli, Guido di Siena, ceramics of the Renaissance and 17-18C. € 4

Antique and flea market - the first weekend of every month. The whole center of town becomes an outdoor market.

SANSEPOLCRO

Piero della Francesca's birthplace and home town.

Museo Civico

Via Aggiunti 65. 9-13.30, 14.30-19.30. Tel. 0575 732218. Piero della Francesca's Resurrection, Madonna della Misericordia, St. Julian, St. Ludovic. Also Signorelli, Pontormo, Bassano. Inlaid wooden choir with still-lifes (15C). Downstairs, Romanesque and medieval sculpture. Upstairs, sinopie. € 6

Chiesa di San Lorenzo - Via Santa Croce; Deposition of Rosso Fiorentino.

MONTERCHI

Madonna del Parto - 9-13, 14-19. Piero's fresco, the pregnant Madonna. Only one painting but well worth the trip. Heavily restored.

URBINO

The castle of Federico di Montefeltro is an architectural allegory of the renaissance state, a palace open to the circulation of people and ideas: solid and harmonious, rational in its functionality and internal organization, a city in the form of a palace with the idea of becoming the center of a new model of civilization (Luciano di Laurana, 1465, architect, completed by Francesco di Giorgio Martini, and Girolamo Genga). Federico was a successful condottiere, a skillful diplomat and an enthusiastic patron of art and literature. At his court Piero della Francesca wrote on the science of perspective, Francesco di Giorgio Martini his *Trattato di architettura* ("Treatise on Architecture") and Raphael's father Giovanni Santi his poetical account of the chief artists of his time. Federico's brilliant court, through the descriptions in Baldassare Castiglione's *The Book of the Courtier*, set standards of what characterized a "gentleman" in early modern Europe.

Galleria Nazionale delle Marche

P.za Duca Federico – Tel. 0722 322625. Tues-Sun 8.30-19.15, Mon 8.30-14. Raphael, Portrait of a Young Woman (La Muta), Predella of the Profaning of the Holy Host by Paolo Uccello, the Madonna di Senigallia and Flagellation by Piero della Francesca, Titian's Last Supper and Resurrection, the Ideal City attributed to Laurana. There is also the superb intarsia small room (Studiolo) where Duke Federico retired to read. Also Luca Signorelli, Verrocchio, Federico Barocci, Melozzo da Forlì. € 8 reduced (18-25 years) € 4

ASSISI Trip Guide

Birthplace of St. Francis. Here you will meet Giotto and Cimabue face to face.

Archaeological Museum

via Portica. tel. 075 813053. 10-13, 14.30-19. An interesting walk under the piazza, through the town's original Roman forum. Roman, Etruscan sculpture, fragments.

Basilica di San Francesco

(1253) Proper dress is required to enter San Francesco. Possibly the greatest and most important collection of early renaissance paintings in the world.

Lower church

- **Right transept**, Cimabue, Madonna and Child with St. Francis
- **Magdalen Chapel**, Giotto, Cappella di San Martino of Simone Martini
- **Transept** and left of altar, Pietro Lorenzetti's Passion of Christ
- **Sepulchre** of St. Francis.

Upper Church: Giotto's Life of St. Francis

- above, Scenes from Old and New Testament, Master of St. Francis, Cavallini
- behind choir, Cimabue ruined frescoes
- **Treasury of the basilica**: Lorenzetti, Fra Angelico, Masolino, Signorelli.

Duomo - Piazza San Rufino. Romanesque facade, crypt with Roman sarcophagus, columns.

Pinacoteca Comunale - Via San Francesco - Tel. 075812033. 10-13, 14.30-19. Giotto, Puccio Capanna.

Santa Chiara - (1257) St. Clair's church; the crucifix that spoke to St. Francis; a powerful cult church experience.

Temple of Minerva - A Roman temple (now a church, only the facade remains) that inspired Goethe (Italian Journey) to walk all the way from Perugia to see it.

Books

Zubboli - 19 Piazza Del Comune, tel. 075 813183. Hand-made books, fine papers, art books.

PERUGIA Trip guide

The capital of Umbria, a lively city, full of students, including from the University for Foreigners. At 5 PM is the passeggiata: everyone in town strolls up and down the Corso, looking good.

Arco Etrusco - Etruscan gate of the city (2-1C BC).

Cappella di San Severo - Piazza Raffaello 13. 10.30-13.30, 14.30-18.30 A fresco by Raphael. € 2.50

Collegio del Cambio - Corso Vannucci, 25. 9-12.30, 14.30-17.30 tel. 075 5728599. Perugino's frescoed room. € 2.60

Fontana Maggiore - (1275) central fountain by Nicola and Giovanni Pisano.

Galleria Nazionale dell'Umbria

Palazzo dei Priori, Corso Vannucci, 19. Tues-Sun 8.30-19.30 tel. 075 5721009. Duccio, Perugino, Fra Angelico, Piero della Francesca, Arnolfo di Cambio, Agostino di Duccio, the Master of St. Francis, Gentile di Fabriano, Orazio Gentileschi, Pietro di Cortona. € 6.50

Ipogeo dei Volumni

6 km southeast of Perugia, Ponte San Giovanni. 9:30-13, 15.30-18.30, tel 075 393329. Large Etruscan tomb site, detailed sarcophagi. The highway was built through it. € 2.

Museo Archeologico Nazionale dell'Umbria

National Archeological Museum of Umbria - ex Convento di S. Domenico, Piazza G. Bruno, 10 (crosses Corso Cavour). Tel. 075 5727141. 8.30-19.30. Large prehistoric section, Etruscan and Roman section: cinerary urns, bronzes, Greek vases, bucchero

(black pottery). € 4.

Rocca Paolina - built by A. de Sangallo (1540). Subterranean streets, remains of medieval quarter. An escalator goes through it to the center.

Sant'Angelo - 5-6C early Christian church. 14C Gothic portal, 15C frescoes. 16 columns with Roman capitals.

San Bernardino - Piazza San Francesco. Polychrome relief facade by Agostino di Duccio (1457).

San Pietro - Borgo XX Giugno. 10C, below is a small early Christian church. Sacristy, 4 small Peruginos; presbytery, inlaid wooden choir (1525).

The Collection of Greek, Etruscan and Roman Sculpture Plaster Casts - Dipartimento di Scienze Storiche dell'Antichità, via dell'Aquilone, 7. tel. 075 5853807 9-13. Open on request, closed Sat, Sun.

Umbria Jazz - Via Mazzini, 9. Tel. 800 462311, 075 5728685. July10-19. Tickets <http://www.umbriajazz.com/>

TODI

Todi, a chic and beautiful medieval hill town with a magnificent central piazza surrounded by Gothic towers, is 15 minutes from Montecastello by car.

Church of Santa Maria della Consolazione, just outside the city, may have been designed by Bramante or Antonio da Sangallo: it's a beautiful renaissance construction of the 16C based on a sphere and a cube.

Convento di Montesanto, in the oldest part of Todi. The Etruscan bronze Mars of Todi, now in the Vatican Museum, was found there. There is an ancient linden tree that was planted (some say) in the 14C by San Bernardino. St. Jacopone, the medieval poet was born in Todi.

Church of San Fortunato, on the highest part of Todi, has a small fresco by Masolino. But much more interesting are the relief sculptures around the main doorway: Jacopo della Quercia worked here. Built in the 13-15C.

Etruscan arch - The center of the city was first built by the Umbrians, then Etruscans, then Romans, and later expanded in the medieval and Gothic periods.

Piazza del Popolo - One of the most perfect medieval piazzas in Italy, built 1213. Originally, like many piazzas in Italy, it was the Roman forum.

Palazzo dei Priori - a beautiful 14C building with a trapezoidal tower, facing the Duomo in the piazza.

Palazzo del Capitano - Palazzo del Popolo - Pinacoteca - Palazzi Comunali, Piazza del Popolo, 075 8956216. 10.30-13, 14-18. On the upper floors, the history of the town and its environs: prehistoric, protohistoric, Umbrian, Etruscan and Roman, coins, textiles, ceramics; paintings: Giovanni di Pietro (Lo Spagna), and the Sala del Consiglio Generale and Sala del Capitano del Popolo, entirely frescoed during the 17-18 C.

For a preview of Todi, see "The Agony and the Ecstasy" starring Charlton Heston and Rex Harrison, 1965. The Rome shots are actually shot in Todi. Todi has many good restaurants (try the tagliatelle al tartufo at Ristorante Umbria in the piazza, tel. 075 8942737, or Sunday brunch by the pool at the Fattoria di Vibio in Doglio, tel. 075 8749607, or fresh fish at Ristorante Sebeto, tel. 075 8944400, or the homemade pasta al forno and local meat at Trattoria Pisello on the road to Orvieto, tel. 0744 958242, to name just a few). There is a theatre, an abstract art gallery (Extra Moenia Arte Contemporanea, Piazza Garibaldi Tel. 075 8944867), and many antique shops and food stores. At the Saturday

morning market just outside of town, merchants sell clothes, shoes, housewares and produce. At Lo Studiolo bookstore, near the Etruscan arch, you can buy art books and antiques. Up the street is Pianegiani's, with some of the best gelato in Umbria (if you don't believe us, try the all others and see). The Todi Arte Festival in July brings together musicians and artists from all over the world.

For the ultimate people-watching experience, sit outside the Gran Caffè Duomo in the piazza. All important business takes place in the piazza. Men stroll around together in clumps, flicking cigarettes, adjusting their sleeves and sunglasses, discussing sports and politics, and talking on "telefonini". Boys in cars and mopeds cruise by slowly, stopping in the middle of the street to flirt with girls or chat.

The Tourist Office - Mon-Sat, 9-13 and 16-18.30, tel. 075 8943456 or 075 8942526, under the great stairs in the piazza, has information on public transportation, and on Todi and Umbria, and has metered telephones.

Bank Hours are 8.30-13.20, and 14.30-15.30. Mon - Fri. ATM (Bancomat): 24 hours.

Taxis and car rentals:

- Taxi, Piazza Garibaldi - Tel. 075 8942375 / Piazza Jacopone, - Tel. 075 8942525
- Provenzani, Piazza di Marte, 2 - Tel. 075 8942041/8987565
- Agostini, Loc. Pontenaia, 30 - Tel. 075 8948082
- Autoscuola Agenzia Tuderte, via Tiberina, 12 - Tel. 075 8944745
- Marconi Enia, Via Piana 23/b - Pantalla - Tel. 075 888235
- Mechella Giampiero, Via Terza di Firenzuola, 17 - Tel. 075 8944862
- Moriconi Dario, Loc. Ponte Rio, 233 - Tel. 075 8989411
- Paolini Paoletti Mauro, Zona Industriale P. di Porto - Tel. 075 8942041
- Tuder Auto, Voc. Campetti 125/a - Tel. 075 8987307

Trains stop outside of town, at Stazione Todi Ponterio, tel. 075 8942092.

Internet Point, across the street from San Fortunato in Piazza Umberto 1, is open 9.30-13, 16-19.30 and all day Saturday and Sunday. Connection cost is € 1.55 for 15 minutes.

Cocoon Travels - Centro Commerciale Il Quadrifoglio, Località Ponterio. Mon-Fri 9-13, 15.30-20, Sat. 9-13, 16-19. Tel. 075 8987364, Fax 075 8987366

UMBRIA Trip guide

There are so many things to see in Umbria. These are some of our favorites:

AMELIA - Some of the oldest fortification walls in Italy: vast, polygonal blocks up to 20 meters high, joined without mortar (1134 BC).

AVIGLIANO UMBRO - DUNAROBBA - Foresta Fossile, remains of a petrified forest of giant sequoias, more than a million years old. 10-13, 15.30-18.30, € 5

BEVAGNA - The Roman Mosaic Museum of Antiquities - via di Porta Guelfa. Tel. 075 5727141 open on request, free.

CARSULAE - The ruins of a 1C Roman city, the largest Roman site in Umbria, exit E 45: Sangemini, on the original via Flaminia. 8.30-19.30 € 4

CASCATA DELLE MARMORE - a Roman-built waterfall (271 BC), and quite a sight; a Corot motif. They turn it on in the summer: weekdays, 11-13, 16-18, 21-22; Sat-Sun 10-13, 15-22. € 5 includes parking.

CITTÀ di CASTELLO

- **The Burri Collection** at the Palazzo Albizzini Foundation - Palazzo Albizzini, via Albizzini, 1. Tel. 075 8554649. Tues-Sat 9-12.30, 14.30-18, Sun 10.30-12.30, 15-18. Works by Alberto Burri. Sculpture in the former Tobacco Drying-Rooms (via

Francesco Pierucci). € 5

- **Museo del Duomo** - Pinturicchio, Rosso Fiorentino, Giulio Romano. € 5
- Pinacoteca Comunale - Palazzo Vitelli alla Cannoniera. 10-13, 14.30-18.30. Raphael, Signorelli, Ghirlandaio, Andrea Della Robbia, Ghiberti. € 6

DERUTA - Since the 13C world-famous for ceramics.

- **Regional Museum of Ceramics** - ex Convento di S. Francesco, largo S. Francesco Tel. 075 9711000. 10-13 and 15-18. Collection of decorative ceramics documenting the history of local production from 1290 to the 1950s.
- **Ubaldo Grazia** - Museo Magnini, fine majolica for sale.
- **Madonna dei Bagni** - A tiny church, the inside is covered with ceramic votive tiles left by pilgrims.

FERENTILLO - Rock-climbing capital

- **Abbazia di San Pietro in Valle** - 10.30-12.30, 14.30-18. Frescoes from 1190, Romanesque carvings. € 2.60
- **Museum of Mummies** - Church of St. Stefano - 9-12.30, 14.30-19.30 € 2.60

FONTI DI CLITUNNO - Springs visited by Virgil, Caligula; tiny 5C church.

GUBBIO - Magnificent piazza, spaces, views, 1C Roman theater

- **Palazzo dei Consoli** (1332) Museo e Pinacoteca - Piazza Grande. 10-13, 15-18. Tel. 075 9274298.
- **Palazzo Ducale** - Museo - built for Federico da Montefeltro. 8.30-19.30. Tel. 075 9275872.

LUGNANO IN TEVERINA - Chiesa Collegiata - A tiny Romanesque church, a real jewel. Gorgeous details: columns, capitals, mosaics.

MONTEFALCO - Museo Civico, in the ex-church of San Francesco. Tel. 0742 379598. 10.30-13, 15-19. Life of St. Francis by Benozzo Gozzoli, Perugino Annunciation and Nativity. The town is also known for its excellent wine.

NARNI - beautifully situated medieval city, overlooking the bridge that Corot painted, Rocca above.

Pinacoteca - Palazzo Comunale, piazza dei Priori. Tel. 0744 747258. 11-13, 15-19, closed Mondays, free. Temporary exhibit of detached frescos by Ghirlandaio, Gozzoli, lo Spagna.

NORCIA - the tartufo source. A Roman town practically in the middle of nowhere. Above, **Castelluccio**, on an unforgettable plain, famous all over Italy for its lentils.

OTRICOLI - The main structures of a Roman town still visible today.

ORVIETO - beautiful hill town on a volcanic rock, delicious wine. Medieval center, Etruscan wells.

- **Museo Claudio Faina** - Palazzo Faina, Piazza del Duomo, 29. Tues-Sun 9.30-18. Tel. 0763 341216. Etruscan sculpture, reliefs, frescoes, vase paintings. € 4.50.
- **Duomo** - Fabulous Gothic cathedral by Arnolfo di Cambio, with carved facade of the last judgement by Maitani (1310); bronze doors by Emilio Greco (1964), chapel of San Brizio: Signorelli Last Judgement (1499), Gentile da Fabriano. Buy your ticket at the shop across the square. € 3
- **Museo Emilio Greco** - Piazza Duomo. 10.30-13, 14-18.30, closed Mon. Tel. 0763 344605.
- **National Archaeological Museum** - Piazza del Duomo. Mon-Sat, 8.30-19.30. Tel. 0763 341039 € 3, Museum + Crocifisso necropolis: € 5.
- **Necropoli Etrusca del Crocefisso del Tufo** - S.S. 71 at km. 1.6. Tel. 0763 343611. 9-19. Etruscan necropolis just outside of town.
- **Underground Orvieto Tours** - Orvieto is honeycombed with Etruscan and medieval

caves. 1-hr English tours daily at 11, 12.15, 16, and 17.15, € 5.50

Civita di Bagnoregio - not in Umbria, but worth the trip. 15 km south of Orvieto, population 14, the only way in is a walking bridge.

SPELLO - Augustan-era walls, gates

- S. Maria Maggiore - Pinturicchio frescoes
- Pinacoteca Civica - Piazza Giacomo Matteotti, 10 Tel. 0472 301497 10.30-13, 15-18.30 closed Mon.
- Straka-Coppa Collection - Villa Fidelia, via Centrale Umbra. Thur-Sun 10-13, 15.30-18. Guttuso, Attardi, Manzù.

SPOLETO - The Festival of Two Worlds - Arts festival, June 26 - July 12. TicketOne tel. 892.101 or 0743.218613. <http://www.festivaldispoletto.com/>

- **Duomo** - Romanesque cathedral, frescoes by Pinturicchio, Filippo Lippi.
- **Gam** (Galleria Civica d'Arte Moderna) - Palazzo Collicola, Piazza Collicola. Tel. 0743 46434. 10-13, 14.30-17.30. Burri, Calder, Serra, Moore, LeWitt. € 4
- **Museo Archeologico e Teatro Romano** - via S. Agata - tel. 0743 223277. 8.30-19.30. € 4
- **Pinacoteca Comunale** - Palazzo Comunale, piazza Municipio, 1; Tel. 0743 2181. 10.30-13, 15-18.30, closed Mon. Lo Spagna, Guercino. € 3

TORGIANO - Wine Museum and Olive and Oil Museum - Fondazione Lungarotti - Palazzo Graziani-Baglioni, Corso Vittorio Emanuele II. 9-13, 15-19. Tel. 075 9880200. € 7. Wine culture; a superb collection of ceramic vessels. Next door, Le Tre Vaselle, 5-star restaurant-hotel.

TREVI - Trevi Flash Art Museum of Contemporary Art, Palazzo Lucarini. Tel. 0742 381818. Tues-Sun 15-19 € 5.

Jody Joseph's Mosquito Supplement

Here are a few thoughts on staying comfortable in Montecastello if you have problems with mosquito bites. I speak from experience having spent parts of many summers in this little piece of paradise. I've coped with the problem for myself and have advised others successfully.

In my experience, about 15 percent of the people at the school seem to be sensitive to the bites. The mosquitoes are really tiny -- almost impossible to see -- but I have seen them and seen them biting me. I only tell you this because people affected tend not to believe they are getting bitten (because they don't see any bugs) and they get all kinds of ideas about what is happening--food allergies, bed bugs, skin rashes - causing them to go through lots of ineffective "treatments." People affected tend to get bites which swell, are very hot and itchy, and don't go away in the normal mosquito bite amount of time -- they can last weeks, unfortunately. Some people get lots of these bites, others just one or two bad ones. (Other people get "normal" bites, are not really bothered by them and the bites go away quickly.)

I have found two things to be most effective in treating the reaction to the bites. The first is antihistamines (pills, not creams which do not work at all in my experience). I bring two prescription antihistamines with me to Italy, and you may want to talk to your doctor about doing the same, just in case. For what it's worth, the two antihistamines were prescribed for me by the head of the Department of Dermatology at a major university medical center, who diagnosed the problem as a hive-like reaction to insect bites. I have never had any other kind of "hives," so just because you haven't may not mean you won't have the problem. The doctor recommended two different medications because they work on two different kinds of allergic responses the body generates to the bites. The prescriptions and doses for me are: Cimetidine, 300mg, 1 tablet 4 times a day (also known as Tagamet, and is usually prescribed for stomach problems, though it is an

antihistamine) and Atarax, 25mg, one tablet at night. I don't take these medications unless I have a problem with the bites (some years I haven't had to take any; one year I took lots.)

Tagamet is available in the States over-the-counter. Last summer, people had good success using just this when they had reactions to bites and they liked it better than Benadryl because it didn't make them tired. "Calmogel," a topical cream available in Italian pharmacies without prescription, is also very good at relieving itching.

Obviously, you need to talk to your doctor about whether these drugs would be appropriate for you, but if you are someone who has reactions to bites, I recommend checking it out before you come to Italy, since these specific medications are not what are prescribed there. Other oral antihistamines seem to work too - I've seen people get relief with Benedryl (over the counter) and also from other prescription antihistamines which the doctor in Montecastello has prescribed for students.

The other thing that REALLY helps with the itching is a topical roll-on stick called "After Bite - the Itch Eraser" distributed by the Tender Corp., Box 290, Littleton NH 03561 USA. It's just ammonia, and it stings a little bit when you dab it on, but it works. The similar looking Benedryl "anti-itch" stick does NOT work, in my experience. If you can't find "After Bite", Italian pharmacies, including the one in town, stock a similar product. Some people find that an over the counter cortisone cream helps the itching in mild reactions-buy it at home before coming to Italy where you need a prescription to get it. The other thing you may want to bring is an over the counter antibiotic cream to dab on bites that are getting scratched a lot.

As for prevention, covering up helps in controlling bites (long sleeves, socks, long pants). It's also often quite warm though, so bring very lightweight, light colored clothing, including something to sleep in. You will not be happy painting outside on a hot day in jeans and a black long sleeve shirt. Insect repellents containing DEET help. I usually bring the stronger concentration formula -- often called something like "Woodsman" or "Backcountry." In bedrooms and apartments, close windows and shutters every time you leave (this will also help keep your rooms cool). Some people also purchase a "vape" (pronounced "VA-pay") in local grocery stores to use in your room and/or studio. It's a small device that plugs into an outlet and gradually releases insecticide.

If you feel you are getting bit at night: turn on your bedside lamp and aim it at the wall above your bed. Look for the very small shadows these little mosquitoes cast, and kill them with a magazine or book. You have to be very fast, but if you're successful, this really helps! (Editor's note: But you will have to clean the wall...)

On the positive side: you probably won't have any problems, since most people don't. Some years no one has problems. Montecastello and the school are so wonderful that you have a great time regardless! - JJ

Telephone Numbers

School

School building, dining room	075 8780 739
Office and Office Fax	075 8780 072
US Voicemail / Fax (Toll-free)	(866) 449-3604
Web site	www.giotto.us
Email	info@giotto.us
Marc Servin Mobile	348 870 1011
Public phone	075 8780043
School address	2, via Unita d'Italia 06057 Montecastello di Vibio PG Italy
Office address	6, Piazza Michelotta di Biordo 06057 Montecastello di Vibio PG Italy
US Long-distance	MCI: 800-90-5825 AT&T: 800-172-444 Sprint: 800-172-405 or 406

Travel

Agriturismo Fattoria di Vibio	075 8749607
Agriturismo Le Grazie	075 8796041
Bus stop Pian di Porto (bar API)	075 8987372
Cocoon Travels	075 075 898 7364, Fax 075 8987366
Ferrovie Statali Information	848 88 80 88 or 89 20 21
Train information Perugia	89 20 21, 075 5006186
Fiumicino Lost Baggage	06 6595 4252/6777 06 65955253
Flight Information	06 65951
Hertz Perugia	075 5002439
Hotel Relais Il Castello	075 8780061
Spoleto Festival	892101 or 0743 218613
Station Terni	0744401283
SULGA Bus Perugia	800 099 661 or 335/7490410
Train Station Todi Ponte Rio	075 8942 092
Umbria Jazz, Perugia	800 462311, 075 5728685
Festival dei 2 Mondi, Spoleto	www.ticketone.it or Call Center Ticketone 892.101

Taxi

Perugia	075 500 4888
Taxi Ursini	075 894 2130
Taxi Mano	339 1154737
Provenzani	075 894 2041; 075 898 7565
Marco DiLernia	075 894 8781; 347 774 8321

Shipping

UPS 800-877-877	DHL 199 199 345 Fedex 800 123 800
Mail Boxes Etc.	075 5011798, Fax 075 5011773 Mbe251@Mbe.it

Museum

Galleria Borghese Bookings	06 32810, 199 757510
Uffizi Ticket Reservation	055294883
Uffizi and Accademia Reservation	www.Florenceart.it

Art Supplies

Arte 3 Rome	06 3219240
Poggi Rome	06 6793674, 06 6784477
Zecchi Florence	055 211470

Emergency

Police	112	Emergency	113
Fire	115	Ambulance	118
ACI Road Service	116		
Carabinieri Montecastello		075 8780624	
Bar Centrale Montecastello		075 8780 443	