

UB Classics in the Mediterranean Italy Winter 2019



Study Abroad Program Guide

Office of Study Abroad Programs

University at Buffalo

201 Talbert Hall

Buffalo, New York 14260

Tel: 716 645-3912

Fax: 716 645 6197

studvabroad@buffalo.edu | www.buffalo.edu/studvabroad

DESTINATION: ITALY (ROME & NAPLES)

(from Wikipedia)



From antiquity until the mid-17th century, Italy was considered as the central place of Western culture and the starting point of such worldwide phenomena as the Roman Empire, the Roman Catholic Church, the Renaissance, and numerous cultural and educational reforms. During this period, Italy gave birth to a number of famous painters, sculptors, poets, musicians, mathematicians and architects who created important places of their own in history.

Both the internal and external facets of Western culture were born on the Italian peninsula, whether one looks at the history of the Christian faith, civil institutions, philosophy, law, art, science, or social customs and culture. For one important example, you might appreciate the fact that the country played a leading role in the fight against the death penalty.

Italy was home to many well-known and influential civilizations, including the Etruscans, scans, Umbrians, and the Romans. Large portions of Greek civilization were also situated in Italy. For more than 2,000 years, Italy experienced migrations and invasions, and it was divided into many independent states until 1861 when it became a nation-state. Due to this comparatively late unification, and due to the historical autonomy of the regions that comprise the Italian peninsula,

many traditions and customs that are now recognized as distinctly Italian can be identified by their regions of origin. Despite the political and social isolation of these regions, Italy's contributions to the cultural and historical heritage of Europe and the world remain immense.

The famous elements of Italian culture are its art, music, fashion, and iconic food. Italy was the birthplace of opera, and for generations the language of opera was Italian, irrespective of the nationality of the composer. Popular tastes in drama in Italy have long favored comedy; the improvisational style known as the *Commedia dell'arte* began in Italy in the mid-16th century and is still performed today. Before being exported to France, the famous Ballet dance genre also originated in Italy.

The country boasts several world-famous cities. Rome was the ancient capital of the Roman Empire and seat of the pope of the Catholic Church. Florence was the home of many artists of the Renaissance, a period of great achievements in the arts. Other important cities are: Torino, which used to be the capital of Italy, is now one of the world's great centers of automobile engineering. Milano is the industrial, commercial and financial center of Italy and a fashion capital. Venice, with its intricate canal system and rich cultural history, attracts tourists from all over the world.

Italy is home to the greatest number of UNESCO World Heritage Sites (49) to date out of a total of 981 and then owns 4.99% of the world's heritage; one estimate says that the country is home to half the world's great art treasures. According to the Court of Auditors, Italy has 3,609 museums. Then there are 479 archaeological sites, 5,000 cultural heritage sites, 12,609 libraries, 46,025 architectural heritage sites, 10,000 churches, 1,500 monasteries, 40,000 assorted castles, towers and fortresses, 30,000 stately homes, 4,000 gardens, 1,000 major historic town centers, and plenty more in addition.

Geography, History, Economy

(from Wikipedia)

Italy, officially the Republic of Italy (Italian: *Repubblica italiana*), is a unitary parliamentary republic in Southern Europe. To the north, Italy borders France, Switzerland, Austria, and Slovenia, and is approximately delimited by the Alpine watershed, enclosing the Po Valley and the Venetian Plain. To the south, it consists of the entirety of the Italian Peninsula and the two Mediterranean islands of Sicily and Sardinia, in addition to many smaller islands. The sovereign states of San Marino and the Vatican City are enclaves within Italy, while Campione d'Italia is an Italian exclave in Switzerland. Italy covers an area of 301,338 km² (116,347 sq mi) and has a largely temperate climate. With 59.7 million inhabitants, it is the fifth most populous country in Europe. Italy is also the fourth-largest economy on the European continent, third in the European Union, and eighth in the world.

Italy's capital and largest city, **Rome**, has for centuries been the leading political and religious center of Western civilization, as the capital of the Roman Empire and of Christianity. In the Dark Ages, Italy suffered continual invasions by Germanic tribes, while Roman heritage was preserved by Christian monks. Beginning from the 11th century, Italian cities rose to great prosperity through shipping, commerce and banking (indeed, modern capitalism has its roots in Medieval Italy), while culture flourished, especially during the Renaissance, which produced notable scholars, artists and polymaths such as Leonardo da Vinci, Galileo, Michelangelo and Machiavelli. Nonetheless, Italy remained fragmented into numerous warring states for the rest of

the Middle Ages, subsequently falling prey to other large European nation-states, notably France, Spain and later Austria, thus entering a long period of decline that lasted until the beginning of the 18th century.

After many unsuccessful attempts, the second and the third wars of Italian independence resulted in the unification of most of present-day Italy in 1859-1866. Between the late 19th century and the early 1900s, the new Kingdom of Italy quickly industrialized and acquired a vast colonial empire in Africa. However, the South and rural areas in the North remained largely excluded from industrialization, fueling a large diaspora. Despite victory in World War I, Italy entered a period of economic crisis and social turmoil, that favored the establishment of a Fascist dictatorship in 1922. The subsequent participation in World War II at the side of Nazi Germany ended in military catastrophe, economic destruction and civil war. In post-war years, Italy abolished the monarchy, embraced democracy and enjoyed a prolonged economic boom, thus becoming one of the most developed nations in the world.

Italy was a founding member of the European Community in 1957, which became the EU in 1993. It is part of the Schengen Area, and has been a member of the Eurozone since 1999. Italy is considered a middle and regional power with membership in prominent institutions such as the Organization for Economic Co-operation and Development, the World Trade Organization, the G8, G20, NATO, the Council of Europe and the United Nations. Italy currently maintains the world's tenth-largest nominal defense budget and is a participant in the NATO nuclear sharing policy.

Full Name: Republic of Italy / Repubblica italiana

Capital City: Rome

Area: 301,338 km²; 116,347 sq mi

Population: 59,685,227

Government: Unitary parliamentary constitutional republic

Heads of State: President Sergio Mattarella, Prime Minister
Giuseppe Conte

SPECIAL NOTES REGARDING OUR DESTINATION

Climates

Since it is winter in Italy, it is best to dress in layers. It will warm up during the day and get cooler at night. Light coats or jackets, sweaters, and jeans are fine for most of our daily outings. Sensible shoes (sturdy tennis shoes or hiking boots) are a must. You should bring hats, scarves, and gloves, in case we have cold days, as well as rain gear, at the very least an umbrella. You may or may not want to have a fancy “party” outfit or two at your disposal, as there will be some occasions when a dress or skirt for women and dress pants for men may be appropriate.

Currency

The official currency of Italy is the euro, even though the country is still somewhat a cash based economy. You won't be paying cash all of the time, as there are shops and merchants in Italy that are well equipped to accept card payments – Visa and Mastercard are more common than American Express. Rates fluctuate, so before departing consult a currency exchange website such as <https://www.oanda.com/currency/converter/> to check up-to-the-minute rates. For example, the currency conversion on November 6, 2018 was 1 USD = 0.88 EUR and 1 EUR = 1.14 USD.

Local Transportation

Transportation will be provided, by charter bus, while we are staying in the Bay of Naples area and when we require one in Rome. Otherwise, we will be using public transport. You will be provided with a bus pass in Rome that will allow you to use the city's excellent public transportation system at any time. There will always be a lot of walking involved, so again, sensible and comfortable footwear is important. At night, students are urged to always travel in groups of two or more.

Food

Italian cuisine is extraordinary and will serve as at least half the fun of traveling to Italy this winter, especially if you've never been! Although Italians are known throughout the world for pizza, pasta, and tomato sauce, the national diet of Italy has traditionally differed greatly by region. Prior to the blending of cooking practices among different regions, it was possible to distinguish Italian cooking simply by the type of cooking fat used: butter was used in the north, pork fat in the center of the country, and olive oil in the south. Staple dishes in the north were rice and polenta, and pasta was most popular throughout the south. During the last decades of the twentieth century (1980s and 1990s), however, pasta and pizza (another traditional southern food) became popular in the north of Italy. Pasta is more likely to be served with a white cheese sauce in the north and a tomato-based sauce in the south.

Italians are known for their use of herbs in cooking, especially oregano, basil, thyme, parsley, rosemary, and sage. Cheese also plays an important role in Italian cuisine. There are more than 400 types of cheese made in Italy, with Parmesan, mozzarella, and asiago among the best known worldwide. *Prosciutto* ham, the most popular ingredient of the Italian *antipasto* (first course) was first made in Parma, a city that also gave its name to Parmesan cheese.

Italian cuisine is distinct and renowned, tracing back thousands of years. Program participants are sure to enjoy the savory and sweet delights that this country has to offer!

It is very easy to follow a vegetarian or vegan diet while on this trip.

Alcohol

All participants in the program will be of legal drinking age while in Italy. It is absolutely mandatory that every participant behave responsibly in choices involving alcohol, as the abuse of alcohol endangers not only the individual but the other participants as well. Alcohol abuse is grounds for immediate dismissal from the program, at the discretion of the program directors. However, wine is a staple of Italian cuisine and culture, and should be enjoyed and savored in moderation. The Centro, in Rome, has particularly strict rules about alcohol on the premises. You will be reminded about these by the director, Mr. Francesco Sgariglia, on the night of our arrival. Of course, alcohol consumption is never mandatory and students should feel no pressure or obligation to participate in the consumption of alcohol.

Useful Websites (In English)

US Department of State, Italy Information:

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Italy.html>

Tourism: <https://www.lonelyplanet.com/italy>

THE PROGRAM DIRECTOR

Donald T. McGuire, Jr., Ph.D., is a member of the UB Classics Department. His primary research interests involve the poetry and politics of Imperial Rome. He received his B.A. degree from Brown University and his M.A. and Ph.D. degrees from Cornell University. He joined the UB Classics Department after teaching for seven years at the University of Southern California in Los Angeles. For many years, he has led academic and scholarly tours through Turkey, Greece, and Italy. He trained as an archaeologist as a member of the Sardis Expedition in Turkey, and on two separate occasions he has lived and studied in Rome for a year.



Contact Information:

Classics, 338 MFAC

University at Buffalo

716-645-0745

dmcguire@buffalo.edu

mobile phone (US & Italy): 716-803-3864

ACADEMIC PROGRAM

The academic program consists of a three-credit course, *CL 391: The Art and Archaeology of Ancient Italy*. Students will be registered by the Office of Study Abroad Programs for 3 credits of OPR in the Winter 2019 Session which will be revised to indicate 3 credits for CL 391 once grades are submitted to the University Registrar. The course itself will focus on the archaeology, art, and history of the ancient civilizations that existed within the geographical confines of Italy--both local cultures (e.g. Roman) and cultures based in other parts of the Mediterranean (e.g. Greek). The chief objective of this course is to impart a strong understanding of the progression of ancient history in Italy, and how archaeology and its related disciplines (especially history and art history) have contributed to our ever-growing understanding of the ancient Italian past. Course activities will include reading assignments, lectures, museum visits, and visits to archaeological sites. These will be orchestrated and presented by B. Ault and D. McGuire. Students will be asked to complete some general reading about Italy's ancient and modern history before arrival in Italy.

The heart of the program will be the visits to sites and museums and the accompanying lectures delivered on site and en route. Students will be exposed to a steady flow of material from the ancient world and will engage with it on many levels. The experience of travelling, and the art and architecture that they encounter will then provide the raw material for a short paper based upon daily journal entries that they will be required to submit as a final, finished product back in Buffalo prior to the end of the Winter Session (on 01/24/18).

Select Bibliography

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Deiss, Joseph Jay, *Herculaneum: Italy's Buried Treasure*. 1989.
Etienne, Robert, *Pompeii: The Day a City Died*. 1992.
Grant, Michael, *Cities of Vesuvius: Pompeii and Herculaneum*. 2005.
Kleiner, Fred S., *A History of Roman Art*. 2010 (Enhanced Edition).
Lintner, Valerio, *A Traveller's History of Italy*. 2003.
Moatti, Claude, *The Search for Ancient Rome*. 1993.
Nappo, Salvatore Ciro. *Pompeii: A Guide to the Ancient City*. 1998.
Ramage, Nancy H., and Andrew Ramage, *Roman Art*. 2014 (Sixth Edition).
Tuck, Steven L., *A History of Roman Art*. 2015.

UB Curriculum Global Pathway/General Education

This course has been approved to satisfy the UB Curriculum Humanities or Arts UB Areas of the Global Pathway or Western Civilizations General Education requirement. Students who wish to use this course to fulfill UB Curriculum or General Education requirement should work with Olga Crombie (omlepkvj@buffalo.edu or 645-6279) in the Office of Study Abroad Programs (1Capen location) to submit this request to the UB Curriculum Office.

ARRIVALS & DEPARTURES

Plan to arrive at the Rome airport (Fiumicino) on Thursday, January 3, 2019. The group will rendezvous at a designated meeting point and be met there by the instructor and the TA. Because we will then be met by our charter bus for the Villa Vergiliana, which will depart around 3:00pm (and it is a 3+ hour drive south to the Bay of Naples), please be sure your flight to Rome is scheduled for arrival by early afternoon on January 3.

Departures from Rome will take place on Saturday, January 19, 2019 and will be facilitated by charter bus, departing that morning from the ICCS, for the Rome airport. If possible, try not to book your departing flight too early, as that will require everyone else to catch the charter bus at an equally early hour.

ACCOMMODATIONS

In the Bay of Naples, at the Villa Vergiliana, Cuma:

<http://www.vergiliansociety.org/villa/>

In Rome, at the Intercollegiate Center for Classical Studies (ICCS):

http://globaled.duke.edu/Programs/Semester/ICCS_Rome

MEALS

Meals will be served daily, except for the weekend we are in Rome (Saturday, January 12 & Sunday, January 13) when the kitchen at the Centro is closed. Breakfast and dinner are in the dining rooms at our residences, while lunch will consist of “cestini” (sack lunches), packed by our hosts.

PROJECTED PROGRAM ITINERARY (Subject to Change)

Date	Activities
Wednesday, January 2	Flights to Roma, Italia
Thursday, January 3	Arrivals & Transfer to Naples/Villa Vergiliana
Friday, January 4	Explore Cumae on foot
Saturday, January 5	Excursion to Paestum
Sunday, January 6	Excursion to Pompeii & Herculaneum
Monday, January 7	Excursion to Naples (Museo Nazionale & free time)
Tuesday, January 8	Excursion to Naples (Capodimonte Museum and Basilica of San Gennaro)
Wednesday, January 9	Transfer to Roma, visiting Sperlonga & Terracina en route 1 st night in Rome @ Intercollegiate Center for Classical Studies (a.k.a. “the Centro”)
Thursday, January 10	Rome: Forum, Palatine & Imperial Fora (free time daily while in Rome from mid-late afternoon, when possible)
Friday, January 11	Rome: Colosseum, Baths of Diocletian, & Palazzo Massimo
Saturday, January 12	Rome: Capitoline Museums, Largo Argentina, & Pantheon
Sunday, January 13	Rome: St. Peter’s, Vatican Museums & Castel St. Angelo
Monday, January 14	Rome: Piazza Navona, Palazzo Altemps, Ara Pacis
Tuesday, January 15	Rome: the Forum Boarium area
Wednesday, January 16	Excursion to Ostia Antica
Thursday, January 17	Excursion to Tivoli, Villa Adriana & Villa d’Este
Friday, January 18	Rome: Via Appia Antica & the Catacombs
Saturday, Jan 19	Return flights to USA

PASSPORTS AND VISAS

Program participants must have a valid passport and are responsible for checking the **expiration date to ensure that it is no less than six months after the last day of travel in Italy.**

US citizens will NOT be required to apply for a visa to participate in this program. The Office of Study Abroad Programs will provide instructions for students from other countries if they are required to apply for a visa in order to travel to Italy and participate in this program.

KEEP YOUR IMPORTANT DOCUMENTS AND ITEMS SAFE

Carry all important documents such as money, credit cards, passport, and plane tickets with you in your carry-on bag. One of the best ways to keep these items safe from harm is to purchase a holder that you wear under your clothes. These are available from most luggage stores, AAA, etc. and usually come in two styles: with a string to wear around neck or with a strap to wear around your waist.

Make two photocopies of your passport and leave one at home with someone you can easily contact should you lose your passport. Hide the other copy in your luggage, separate from your passport. In addition scan and/or copy all bank/credit cards you carry and leave a copy at home with someone and also upload a pdf that you could easily retrieve online if needed. In the unfortunate event you were to lose your passport and/or bank/credit cards, you will be then able to retrieve the information and contact the appropriate companies.

LIVING SAFELY IN ITALY

Italy is a safe country. Violent crime is low, and most tourists will never be bothered by safety concerns other than the possibility of petty crime. Pickpockets may sometimes be an issue near crowded places like the country's most famous touristic landmarks, so you will want to be extra cautious in such situations. Do not have your phone in your hand and keep it along with your money/bank/credit cards securely stored in a neck wallet or money belt underneath your clothing for optimal security.

Avoid areas of demonstrations and be careful within the vicinity of demonstrations. Even demonstrations intended to be peaceful can turn confrontational and possibly escalate to violence. Stay current with media coverage of local events and be aware of your surroundings. Avoid showing signs of affluence and carrying large sums of cash.

You are strongly encouraged to sign up for the U.S. Department of State [Smart Traveler Enrollment Program \(STEP\)](#) to receive up-to-date safety and security information and help them reach you in case of an emergency abroad, whether natural disaster, civil unrest or a family emergency. This will also help family and friends get in touch with you in an emergency.

ADVICE ON MONEY, COMPUTERS, PHONE, ETC.

Money

Local currency can be withdrawn at ATM machines just as in the US. Alternatively, and less preferable because of high surcharges, you may exchange US currency or traveler's checks at money exchange bureaus. Both exchange bureaus and ATMs are located in every airport terminal. Also, there are many ATMs all around Italy. Some banks, but not all, will exchange money during open hours.

Credit cards (primarily Visa and MasterCard) are widely accepted for purchases throughout Italy, and this is the most common payment approach used by Italian people themselves. Debit cards with a Visa or MasterCard symbol can also be used. Your bank will automatically convert the local charges into dollars on your statement, and you normally get the best exchange rate compared to exchanging cash or traveler's checks. However, many banks and credit card companies have begun charging international service fees for purchases made in a foreign currency. Check with your bank or credit card company to see what they charge and, if necessary, check with other companies for better rates. Prior to travel, you **must** alert your bank to your travel days and locations to avoid ATM, debit or credit card refusal. Also, before leaving the US, determine if your bank has a European partner to be able to get the best rates with that partner bank.

Most of Europe (including Italy) uses credit cards with an embedded security chip. Please be sure that any bank/credit cards have this to be able to use them without any difficulty, as cards that lack this chip will NOT work in automatic vending machines and may also be declined in

stores and/or restaurants. Contact your bank and/or credit card company in the US to obtain a card with a security chip.

You will need some cash for small, daily expenses. The easiest way to obtain this is using an ATM. You will get the bank's exchange rate and your bank will likely charge you a withdrawal fee for using a different bank's ATM. Be sure to check this withdrawal fee and daily withdrawal limits with your bank before departure! These fees add up quickly so it is advisable to withdraw larger amounts less frequently (and store excess cash in a safe place to avoid walking around with a large amount of money).

Computers and Personal Electronics

The European standard is 220V compared to 110V in the US, and the electrical plug shape in Italy is different from that in the US. Therefore, there are two distinct possible problems: (1) US cords cannot be plugged into the wall outlet without a plug adaptor, and (2) even with a plug adaptor, some appliances cannot be used without a voltage converter.

Electronic devices like laptops and smartphones have a built-in voltage converter. Look for information printed directly on the plug itself, or, check your owner's manual. Typically, such devices will accept 100-240 volts and 50-60 cycles; this will usually be printed somewhere on the cord. These will work fine in Italy, but you will need a plug adaptor to make the plug fit into the wall. Plug adaptors are usually cheap, weigh almost nothing, and are about the size of a plug itself.

Electric devices like hairdryers do NOT have built-in voltage converters. These will require a separate voltage converter, which is more expensive than a plug adaptor, so you may want to consider living without such items while in Italy OR buying a cheap one upon arrival. If you do decide to bring a voltage converter to be able to use your electric device, be sure to match the maximum power output (Watts) of the convertor to your device. A hairdryer may take 1500 or more Watts, so you must use a voltage converter with that much capacity or it won't work.

Plug adapters and voltage converters are available at AAA, Best Buy, Target, Amazon and Wal-Mart.

Phones Generally

Check with your cell/mobile phone carrier to find out your international coverage, while in Italy. If you are able to unlock your phone, you will be able to remove its SIM card and replace it with a SIM card purchased in Italy to localize your phone. Please be sure to purchase a temporary SIM card that comes with a certain number of minutes/data and not a monthly plan. You should also make sure to put your US SIM card in a safe place to put it back into your phone once you leave Italy. Skype, WhatsApp, and Facetime are also convenient ways to check in with home. Italy's country code is 39, so your family and friends will need to dial 011 39 before dialing an Italian phone number. Dialing 011 will be required to dial outside of the US.

Time

Italy is 6 hours ahead of New York.

12:30 PM in Buffalo, NY = 6:30 PM in Italy

Water

Tap water in Italy is clean and safe to drink. In fact, it's normally not only fine, but tastes good. Rome's water still comes in through ancient aqueducts! You can also get a refreshing drink at the many drinking fountains (nasoni) throughout Rome. This is where Romans once got all their water.

SUGGESTED PACKING LIST

Guiding Principles:

- Travel light, only bring what is necessary.
- Plan on carrying the luggage with you on board to ensure you and your luggage arrive together.
- A daypack to carry stuff during our daily trips to different sites.
- Check with your airline for baggage allowances and carry on regulations (particularly in terms of fluids, etc.)
- Laptop.
- Plan on bringing something that says UB! A shirt, a hat, etc., so you can take photos for the Office of Study Abroad Programs proudly displaying our colors and logo that can be used for the website and other promotional materials.

Personal Care:

- Travel size toiletries (shampoo, conditioner, moisturizer and other creams, etc.)
- Antiperspirant
- Make-up, shaving needs, if needed
- Vitamins, and other medical needs
- If you wear prescription glasses, bring a 2nd pair, if you can, in case you lose or break your 1st pair.
- Contact lenses and contact solution, and your glasses for when you are not using contacts. Actually, it is best **not** to travel on a plane with contact lenses in because eyes dry out. Use your glasses for the flight instead.
- Water Bottle

Other Necessities:

- Your UB student ID.
- Wallet that hangs inside your shirt or strapped around your waist to hold important documents and money.
- Important addresses and phone numbers for contacting friend and relatives.
- Prescription medication in original container carried on plane with you.

IMPORTANT CONTACT INFORMATION

UB Study Abroad Programs

Dr. Trevor Poag
Director, Global Learning Opportunities
University at Buffalo
411 Capen Hall
Buffalo, New York 14260

Office Phone (Direct Line): +1 716 645-2174
Office of Study Abroad Programs: +1 716 645-3912 (business hours: M-F 8:30am-5pm)
Emergency Phone: +1 716 645-2222 (UB Police – 24 hours)
E-mail: trevorpo@buffalo.edu or studyabroad@buffalo.edu

Program Directors

Donald T. McGuire, Jr.
dmcguire@buffalo.edu
mobile phone (US & Italy): (716) 803-3864

Embassy:

U.S. Consulate General Naples
Piazza della Repubblica
80122 Napoli
Tel. (+39) 081 583 8111
<https://it.usembassy.gov/embassy-consulates/naples/>

United States Embassy Rome
via Vittorio Veneto 121
00187 Rome, Italy
Tel. (+39) 06 46741 (switchboard)
<https://it.usembassy.gov/>

Police/Fire/Ambulance emergencies in Italy:

Police (<i>Carabinieri</i>)	Tel. 112
General Emergency (<i>Soccorso pubblico di emergenza</i>)	Tel. 113
Fire brigade (<i>Incendio boschivo</i>)	Tel. 115
Ambulance/Medical Emergency (<i>Emergenza sanitaria</i>)	Tel. 118