

THE SCHOOL FOR FIELD STUDIES



ITALY

A GUIDE TO PREPARE FOR YOUR
SFS PROGRAM

ADMISSIONS
DEPARTMENT

AGENDA

- INFORMATION ABOUT ITALY
- LIFE ON PROGRAM
- PACKING
- HEALTH & SAFETY
- TRAVEL & NEXT STEPS
- CONTACT US





ITALY

LOCAL CULTURE

LANGUAGE

Official language is Italian. Locals have little to intermediate knowledge of English.

RELIGION

Christian (70%) No religion (28%)

LGBTQIA+

Same-sex marriage is not legal, but civil unions are.
Gendered language.
Conservative culture with traditional gender roles.
Hard to find inclusive bathrooms.



AN OPEN MIND IS KEY

- You chose to study abroad and embrace a new culture, both for its positives and negatives.
- You may feel frustration, but it is important to keep a positive mindset.
- You are not here to judge or change, but rather to learn and experience.



A group of hikers is seen from behind, ascending a steep, rocky, and barren volcanic slope. The terrain is covered in dark grey and black volcanic ash and rocks. In the distance, a large, conical volcano rises against a sky filled with soft, white clouds. The ocean is visible on the far left, meeting the base of the volcanic landscape. The overall scene conveys a sense of adventure and exploration in a rugged, natural environment.

LIFE ON PROGRAM

HOUSING, SCHEDULE & FOOD

FIELD STATION

CAMPUS

- Student apartments in the ancient city of Greve (pop ~14,000), 2 minute walk from downtown.

HOUSING

- Two apartments, with up to 3 rooms, with up to 4 people per room in twin beds/bunk beds. Shared bathrooms with shower (hot water) and western style toilet. Laundromats in town to use.

AMENITIES + MORE

- Each apartment has a kitchen and living room. One has a garden, the other a terrace with rooftop views of Greve. The garden includes a large table and seating for all students.

COMMUNITY LIVING

- Community living requires compromise and teamwork. You will work, eat, and relax together; personal time is extremely limited. Chore rotations will be assigned once on program.

THE CENTER FOR SUSTAINABLE FOOD SYSTEMS



CLASSROOM STANDARD

- Not an "easy A"
- Our coursework and research impact the community
- Grades must be earned

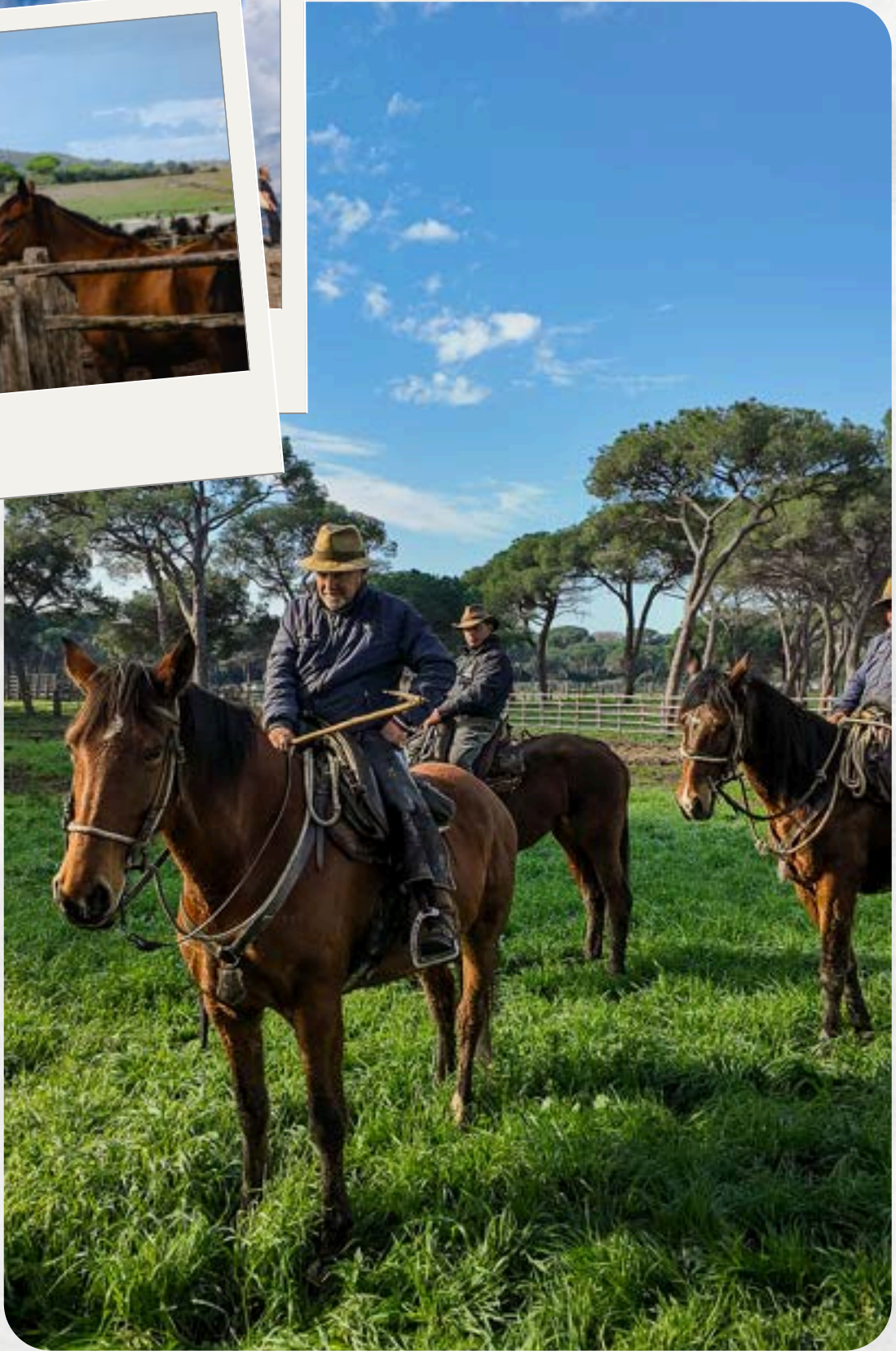
Schedule is high-intensity. Manage your time efficiently and use your days off to recharge. Use the utmost level of respect in your interactions with staff.





DAY IN THE LIFE

- Days are highly structured
- Typically, breakfast–early afternoon, 5 days per week, with afternoons and most weekends free
- Some days are 100% in the field, while others are 100% classroom time
- Expect over half of your program time to be spent covering classroom-based theory
- All activities are mandatory- including group meals!
- We work around our partners, weather, and other circumstances, so you should expect the schedule to always be changing. It's important to have flexibility and a positive mindset!



PROGRAM POLICIES



No smoking on campus (no e-cig)



No non-SFS guests without staff approval



No cannabis products (*)

(*) This includes medical marijuana and some types of CBD oil - contact Student Life before bringing any CBD products

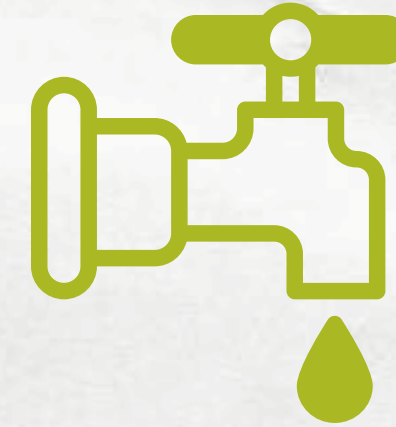
WHAT'S ON THE MENU?



MEALS



SNACKS



FRESH WATER

Breakfast/Lunch/Dinner Example: Meat, fish, eggs, pasta, vegetables, and fruit.

Snacks may include tea, coffee, granola bars, yogurt, fruit, and toast with jam or other spreads.

SFS will provide the group lunch Mon-Fri and occasional dinners. For the remaining meals, students will have a stipend to purchase their own meals and cook together.

Vegetarian and vegan diets can be accommodated with advance notice. Severe gluten allergies and strict Halal or Kosher diets cannot be accommodated.

Local cuisine is meat/dairy heavy. Be prepared for a limited variety.



PACKING

WHAT SHOULD YOU BRING



CURRENCY

- Euro (EUR)
- Cash and debit/credit cards
- ATM access
- Notify your bank



CLIMATE

- June–August temperatures soar to 75–90°F
- Dec–Feb: ~45°F
- Mar–May & Sept–Nov: 50–70°F

WHAT YOU SHOULD **BRING**

Please do read your **field guide** for an itemized look!



CLOTHING

TOILETRIES + MEDICATION



FIELD GEAR



ROOM NECESSITIES

FOR CLASSROOM



PACKING CONSIDERATIONS

COMMUNITY CONSIDERATIONS

Center is in town. Please dress conservatively and cover your shoulders.

Locals wear more formal/polished clothes rather than casual/athleisure outfits.

TECHNOLOGY

Laptop with USB port
MS Office (or equivalent).

Electronics Protection
Voltage is 230 (need converter). Plug type F, C and L (need adaptor).

Unreliable Internet
Download podcasts, music, movies, + more.

LUGGAGE

SFS has no luggage limitations, although your airline(s) might!

You will be responsible for transporting your own luggage.

A scenic photograph of four hikers on a rocky mountain peak. Two women are standing on a large rock in the foreground, looking towards the right. In the background, a man and a woman are standing on a gravelly slope, looking out over a valley with a lake and mountains. The sky is blue with scattered white clouds.

HEALTH & SAFETY

MEDICAL CARE & MEDICAL REVIEW

ENVIRONMENTAL HAZARDS



Lots of cats indoors and hay in farm visits



Smoking is very common



Traffic can be rough*



Viper snakes



Mosquitoes (mostly summer time)



(*) Pedestrians don't have the right of way, so be careful when crossing the streets.

MEDICAL CARE IN COUNTRY

BASIC MEDICAL

Center is 10 minutes away from General Doctors local clinic.

ADVANCED MEDICAL

Center is 45 min away from Santa Maria Annunziata Hospital in Florence.

ROUTINE VISITS

Routine medical visits are not feasible while on program.

MENTAL HEALTH

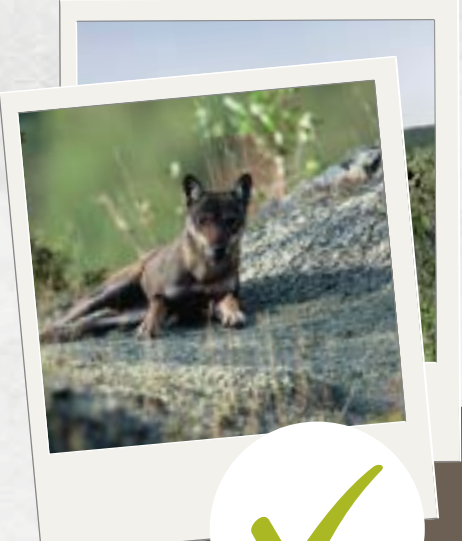
Scheduled telehealth appointments with mental health providers may not be feasible.

COMMUNICABLE DISEASES & OUTBREAKS

SFS follows CDC and host-country health guidelines. Entry and pre-departure health requirements vary by country and may change based on current outbreaks. Students should review current travel and health guidance before departure, and SFS will notify students of any major updates.

Students who test positive for, or develop symptoms of, communicable illnesses may need to isolate. Close contacts may be asked to test or monitor for symptoms. Because supplies may be limited locally, students are encouraged to bring rapid tests and high-quality masks.

Students are responsible for any medical or isolation-related costs incurred abroad and should confirm, before traveling, that their international health insurance covers communicable diseases.



MEDICAL REVIEW



Complete your medical paperwork within 6 months of departure & before the due date



Schedule medical appointments in advance. SFS recommends consulting with a travel clinic in addition to your primary care physician



No student is permitted to participate on an SFS program until medical review has been completed



Obtain prescription medication prior to your departure



A photograph of three men standing in a vineyard. In the foreground, an older man with grey hair, wearing a red and blue plaid shirt and light-colored trousers, is gesturing with his right hand towards the left. Behind him, a man in an orange polo shirt and another man in a dark t-shirt with a yellow logo are looking in the same direction. The vineyard is filled with green grapevines. In the background, a coastal town and the ocean are visible under a clear blue sky. A wooden structure, possibly a trellis or part of a building, is on the right side of the frame.

NEXT STEPS

VISAS, FLIGHTS, & PAPERWORK

VISAS AND FLIGHTS

Travel Instructions sent at least 2 months prior to departure on buying your flights.

U.S. citizens will apply for an Italian **Student Visa (Type D: Long Stay)**, valid for the duration of their academic semester program.

Upon arrival in Italy, SFS staff will assist semester students with applying for a Residence Permit.

U.S. citizens participating in the summer program do not require a visa.

Airport Letter sent 1-2 weeks prior to departure with arrival instructions, what you need to enter/carry with you, current entry requirements, and emergency contacts.



AT THE AIRPORT

CUSTOMS & IMMIGRATION

Have your passport and student visa ready!

LUGGAGE

Afterwards, collect your luggage and leave the security area.

FINDING SFS

Find the designated meeting spot and look for SFS signs!

WAITING FOR OTHERS

You may need to wait for the rest of your cohort to arrive before heading to the center.

NEXT STEPS

TRAVEL

- Apply for or renew your passport-must be valid for at least 3 months after the date you intend to leave the European Union
- Apply for Student Visa with your local consulate
- Book your flight

SET EXPECTATIONS

- Review the SFS field guide, financial planner, syllabus, and policies
- Talk with your family and friends about a realistic communication plan while you're in the field

MEDICAL

- Schedule all medical appointments
- Make a plan with specialists and/or mental health providers (if needed)
- Obtain prescription medication for the entirety of your program (if needed)
- See travel clinic (if desired)
- Schedule vaccinations (if needed)

FINANCES

- Pay for your program
- Apply for financial aid (if desired)

FOLLOW US ON SOCIALS



@THESFS
@THESFS_ITALY

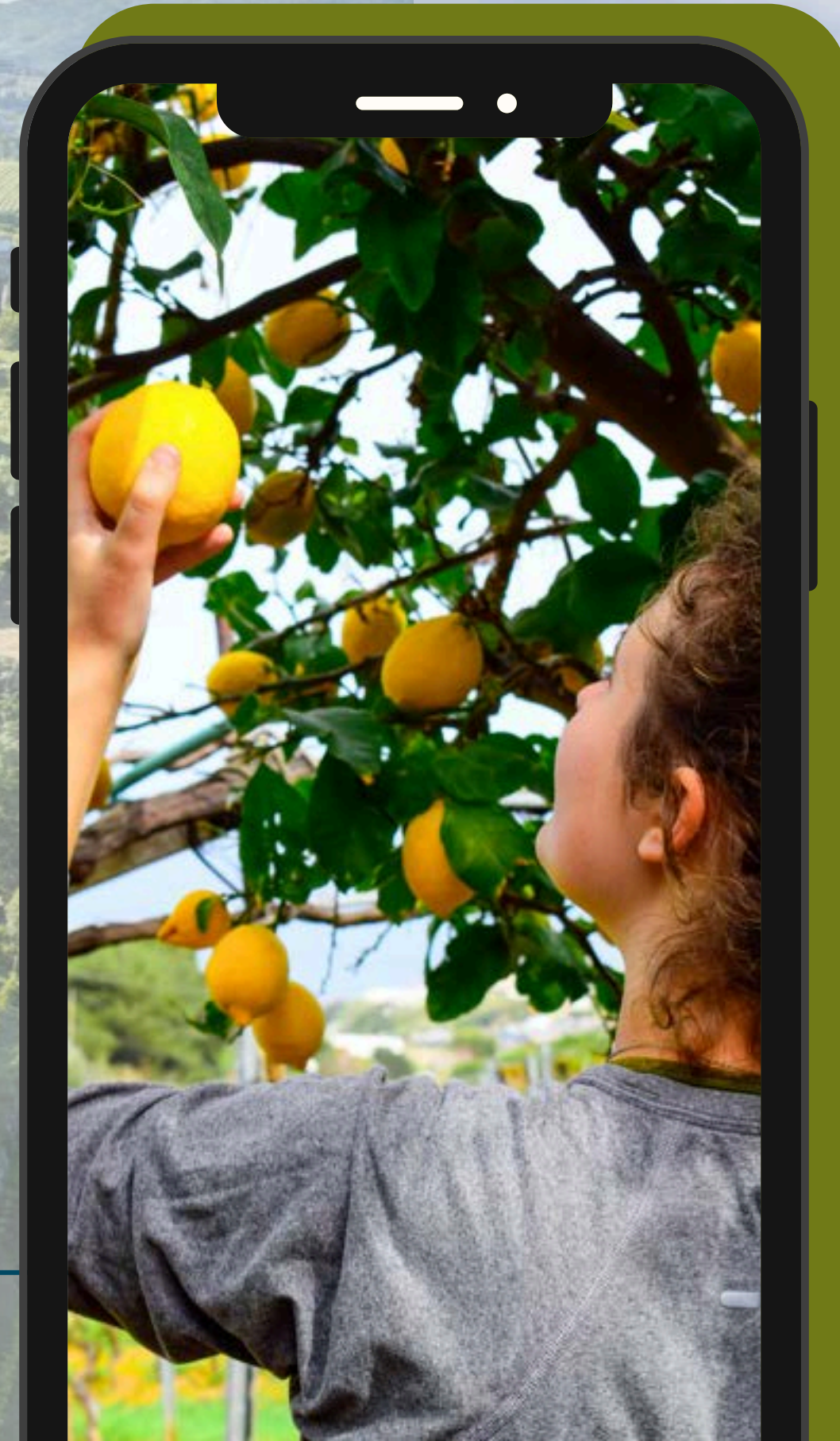


THE SCHOOL FOR FIELD STUDIES



THE SCHOOL FOR FIELD STUDIES

Tag us in your
posts @thesfs!





QUESTIONS?

Here is how you can get in touch:

MEDICAL + SAFETY

studentlife@fieldstudies.org

BILLING + FINANCIAL AID

billing@fieldstudies.org

ACADEMICS

academics@fieldstudies.org

GENERAL QUESTIONS

admissions@fieldstudies.org