

# Orientation Webinar: AAIDD Delegation to Italy

October 1-11, 2023

We will be visiting 4 regions:

**Lombardy** (Milan, Brescia),

**Emilia-Romagna** (Verona, Piacenza, and Reggio Emilia),

**Tuscany** (Florence), and

**Lazio** (Rome).



# Logistics



**Colibri.**

- AAIDD's travel partner is **Colibri**. Travelers are responsible for arranging **their own air transportation to Milan and from Rome**. If you need extra hotel nights (at your own expense) please call or email Colibri at **617-301-1237** or [info@colibriboston.org](mailto:info@colibriboston.org)
- Please send AAIDD your flight info ASAP; **travelers should plan to arrive at the hotel in Milan no later than 5:30pm local time on October 1.**
  - Travelers are responsible for arranging their own transportation from the Milan airport to the hotel.
  - Milan hotel check in is guaranteed from **3 pm** on October 1.
  - Transportation is provided to the airport in Rome on **October 11.**
- **Do not** expect ADA accessibility in Italy, including ramps, curb cuts, railings, or barrier-free elevator access (you may have to go up a number of stairs to get to the elevator).
- Luggage space in hotel/airport transport vehicles, on trains, and in hotel rooms is **quite limited. Expect to carry your luggage a lot.**
- Last reminder to share **food allergies** or issues; it is your responsibility to question servers/inspect food *before* you eat.
- **Tipping** is generally not expected; however, if you've had good service: 1 euro per person for a simple daytime meal and 5-10% for evening meals is reasonable. All group meals already include tips.
- **Free WIFI in hotels** and in some public spaces. Wi-Fi may be slower and spotty as compared to the United States.

# Weather, Dress Code, & Packing

## Weather

- It will be warmer during the day and cooler at night; scattered rain showers can occur. Northern Italy will average **55F/13C**, Central Italy will average **63 F/47C**.

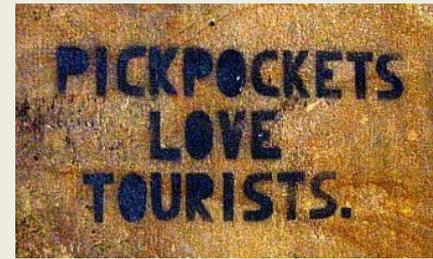
## Meetings Dress Code

- The dress codes is “**business casual.**” We will be visiting provider organizations and government offices.
- **Clothing that can be layered** for cooler nights is a good idea, as well as a jacket, umbrella/rainwear, and hat.
- Wear **comfortable walking shoes.** We will be walking distances on uneven ground, up and down hills, and climbing up stairs, into buses, and onto trains.

## Packing

- Plan to travel light. Space for bags in hotels and on transport is limited, ***and you will be responsible for carrying your bags onto trains and up the stairs in hotels.***
- **Strongly recommend limiting yourself to one 22 in/56 cm roller bag (carry-on size) and one personal-sized item.**

# Tourist Season is Pickpocket Season



## Take Precautions

- Be **aware** your surroundings, especially in crowded places, subway, tourist spots
- Make yourself an **unattractive target** for the easy “grab-and-dash”
  - If you carry a purse/backpack,
    - wear bags close to body on your **front** (not shoulder or back), its even better if worn under a jacket
    - anchor the bag to self or chair when sitting (do not hang bag from back of chair)
  - If you carry a wallet in your pocket, place in **front** pocket only
- Consider using a money belt, neck pouch, clothes with zippered/hidden pockets, luggage locks, etc.

## Prepare for the Worst

- Lessen your overall risk by limiting valuables, securing items in several places on your person, in the hotel safe, etc., so if something is stolen you still have some resources.
- Store important information/phone numbers in the cloud for reporting loss/getting replacements.



# Travel Tips

## Make phone/credit card arrangements **BEFORE** you leave the country

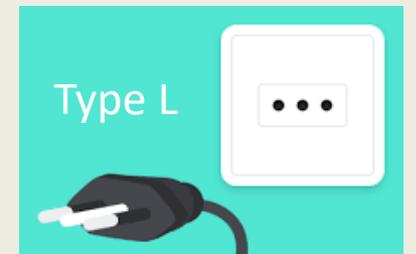
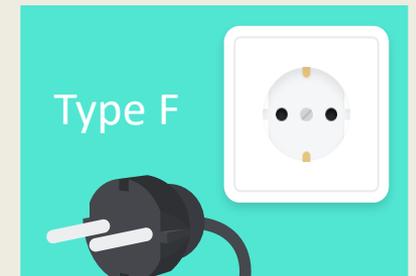
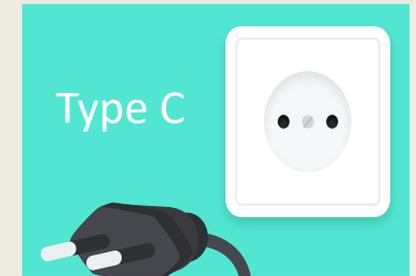
- Arrange with your **cell phone provider** for international calling/data for Italy or be prepared to purchase a SIM card there.
- Alert your **bank** (if you will use ATM) and **credit card issuer(s)** if you will shop) about your travel dates/locations. *Remember to alert your card company to countries you make flight layovers in as well.*

## Bring a Power Converter

- Outlets in Spain supply electricity at 230V (outlets in the US & Canada are 120V)
- The plug types in Spain are C, F, & L (two round pins) F has two grounding clips, L has a central grounding pin)

## Carry a hard copy of important documents, keep a copy in the cloud

- Carry a copy of your **emergency insurance card**.
- Carry a photocopy of your **passport**, along with the **hotel addresses**, and **phone numbers for emergencies**, including Maggie (301-325-0493) & Sylvia (617-301-1237)



**CARRY COPIES**

# Travel Tips

continued

## Currency Exchange

- 1 USD = .89 Euro today (€10.00 = \$11.19 USD)
- You might bring *some* cash with you; but the **best** exchange rates will be found using **ATM withdrawal**. The airport will have the worst exchange rates.
- ATM machines accept Visa, Master Card, and your bank card (use an ATM associated with your bank's network for lower fees).
- ATMs will alert you if there is an additional service fee; you can always cancel the transaction and try another ATM down the block that won't charge an additional fee. (Consider doing withdrawals with a buddy for security)
- There are numerous cash exchange offices (Cambios); however, the rates will not be as good as ATMs.

## Insurance

- Colibri provides basic travel insurance to all participants that starts from October 1-11. It covers medical emergency up to \$50,000 with \$500 deductible and evacuation up to \$500,000. You must have primary US insurance to qualify.
- **Trip cancelation insurance & flight disruption insurance can be purchased on your own.** Allianz offers such policies.

## Emergency Numbers:

**Emergency: 112**; Police: 115; Health: 118

Embassy Help: **US: +39 06-46741; CA: +39 06-85444-1; SA: +39 06844851**

# Travel Tips

continued

## Time Zones

- Italy is on Central European Time (UTC) +2. Italy's time zone is 2 hours ahead of GMT or 6 hours ahead of New York City.
- If its 9am in New York City, its 3pm (15:00 on the 24-hour clock) in Italy.

## Hotels

- Breakfast, internet, and bottled water included
- You are responsible for extra services that you use, **including the mini bar and laundry.**
- Laundry service will be available in Milan and Rome hotels at additional per item cost, expect it to take 2 days to get your laundry returned.

## Health and Hygiene

- Be up to date on your routine immunizations, including COVID.
- Bring (or buy onsite) anti-bacterial hand gel.
- Avoid untreated water, unpasteurized dairy and juice, and undercooked or raw meats or eggs.
- Tap water in Italy is considered safe. If the water is not safe for some reason, a sign reading '**acqua non potabile**' will be posted.
- Be aware that even slight changes in tap water composition can cause "traveler's diarrhea." Tap water can be safe to drink but have *different concentrations* of common bacteria than you are used to, which can cause diarrhea until you are acclimated to it.

## Traveling with Medications

- Bring **legal** OTC and prescription meds that you need for *personal use for the duration of your trip* AND carry your prescriptions or listing of your meds with dosages signed and dated by your MD. A greater than 30-day supply of prescription meds must be declared.
- Carry the above in your **carry on** (not checked) luggage.
- What medications should you be careful about bringing? *Each country maintains its own list of controlled/banned substances.* Common problem meds for international travel:
  - ADHD meds (Adderall, Ritalin, etc.)
  - Pain meds (Vicodin, Oxycontin, Demerol, etc.)
  - Anxiety meds (Xanax, Ativan, Valium)Note that a prescription may not stop authorities from confiscating “violating” meds but may keep you from getting into serious trouble for substances that are locally banned or controlled for dosage.
- **CBD and any synthetic cannabinoids**
  - We recommend **against bringing any** CBD or synthetic cannabinoid products into Italy. Purchase of CBD with THC levels up to 0.2% is legal in Italy, but it is illegal to import it.
  - If you must carry CBD, we recommend only traveling with CBD that is **THC-free (isolate, not broad spectrum) with original packaging materials** attesting to the location of the hemp’s origin and THC levels (i.e., THC-free) AND the purchase receipt.

# Context

## History

- The supports for people with IDD was almost entirely provided by families and charity/religions organizations until the 1970's with the first Italian laws regarding the right to education for people with IDD.
- The current education law (104) passed in 1992 is roughly equivalent to the US IDEA legislation.
- A national health system was instituted in the 1970s and reformed in the 1990s to allow for private health service delivery/payment. The health system is largely managed on a regional level, with wide variation in the type and availability of care options across the country.
- The public welfare system is fragmented by eligibility type. A cash pension for nonworking adults with disabilities is managed nationally; IDD supports are managed on a local level, with a wide variation in type and availability of supports.
- “Voluntary Associations” began forming in the 1940s. The associations focused on achieving entitlements for members tied to a particular category (blind, deaf, injured, etc.).
  - This approach was successful in securing category-based benefits but contributed to systemic inequities based on disability type, rather than need.
  - Voluntary Associations tended to morph into service providers, frequently experiencing conflicts of interest in their advocacy for themselves and those they represented.
  - IDD supports are managed on a local level, frequently relying on Voluntary Associations to provide IDD supports on a charity basis.

## Government

Italy is divided into administrative regions. There are 15 ordinary regions and 5 regions with special autonomy. The **regions** (similar to US states/Canadian provinces) are represented in the central (federal) government and can create regional laws and regulations.

- Within the regions are **provinces** (similar to large counties), whose responsibilities concern local planning and zoning, provision of police and fire services, and transportation regulation (car registration, road maintenance, etc.).
- Within the provinces are **communes** (similar to city/town councils). The communes are responsible for public health and other services (public schools, building code enforcement, etc.) and maintain central government records (registry of births, deaths, marriages, deeds, etc.). Large communes may also have their own police force.
- Italy's constitution gives the federal government the authority to dissolve regional governments if they act in a manner inconsistent with the national constitution. Similarly, regional governments can dissolve province governments, and province governments can dissolve commune governments.
- The current president is Sergio Mattarella. First elected in 2015, he is the second longest serving president of Italy and identifies as a Christian leftist politician.

## Language

- Italian is the official language of the country; in Vatican City, Italian and Latin are the two official languages.
- The most common second languages spoken in Italy are English and French.

# Professional Visits & Gifts

- Bring **business cards to share**.
- **Bring a notebook and pen to visits**.
- Bring **ten (10) small presentation gifts** – they will be given where you see the \* on the itinerary
- Gifts are provided as a “thank you” to our hosts for sharing their time and expertise.
- Gifts will be combined into an AAIDD (conference style) bag for single presentation to each host *as we leave the hotel that day’s visits*.
- **You** will be responsible for transporting your gifts throughout the delegation. (Maggie **will not** have room in her luggage to hold all your gifts.)
- What are appropriate gifts?
  - **Small** items of interest to a professional colleague (branded items are fine), such as desk items, pens, books, note cards/art by self-advocate artists, etc.
  - Promotional pamphlets or other advertisements, clothing, liquids, bulky items, etc. are discouraged.



## Transfer from Milan Airports to Hotel

**Hotel:** INNSiDE Milano Torre GalFa

**Address:** Via Gustavo Fara, 41, 20124 Milano MI, Italy

**Phone:** +39 02 835101



### Milan Linate Airport (LIN) - 5 miles/8 km to hotel

- **Taxi**, about 20 minutes, approximately \$45 USD
- **Bus/Metro**, about 30 minutes (Bus approx. \$3 USD, metro approx. \$2.50 USD)
  - buses 73 and X73 connect the airport to the San Babila (Red line) metro station. Metro to Milano Centrale (Yellow and Green lines). Walk 800 feet to hotel.

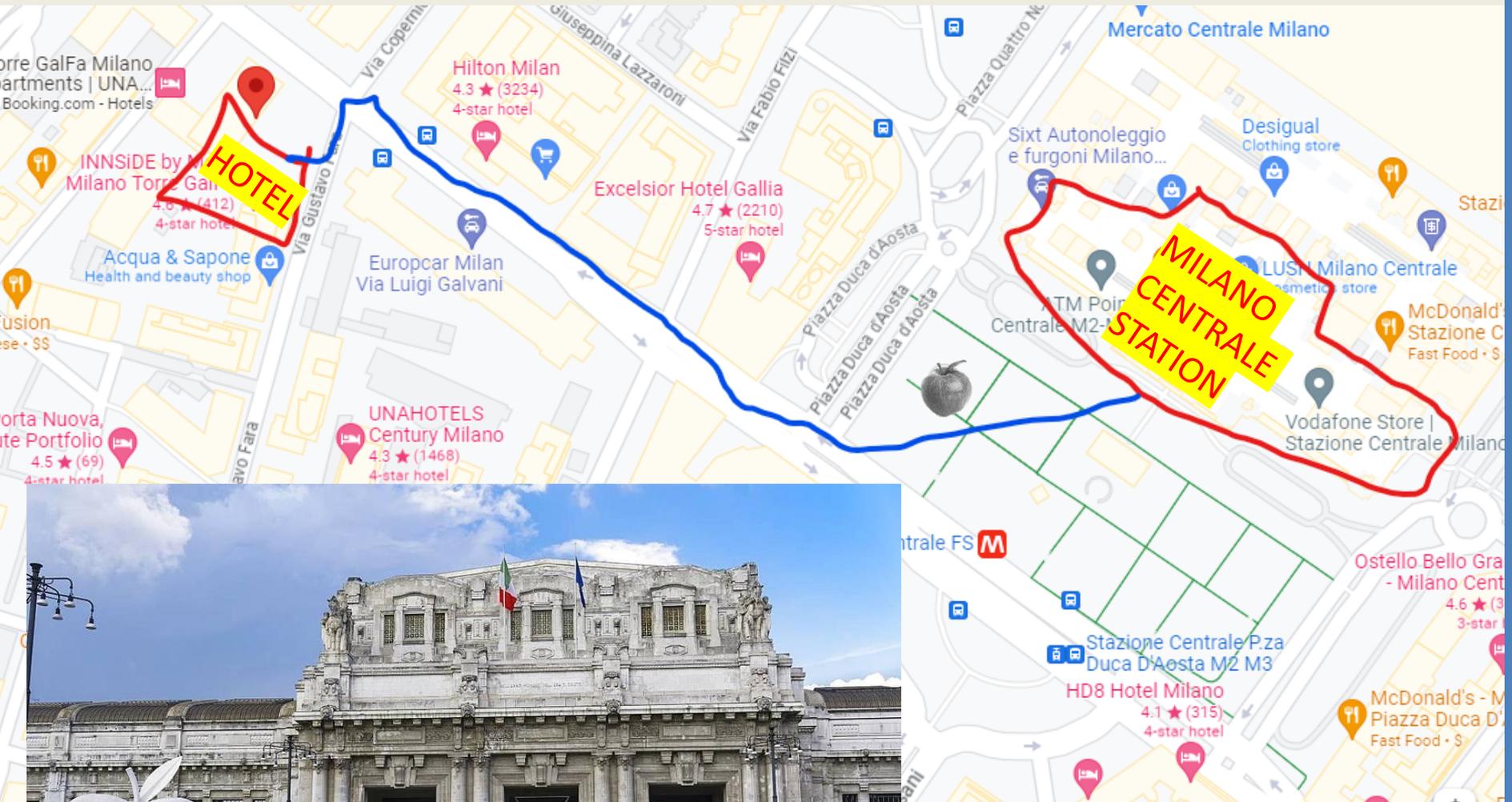
### Milan Malpensa Airport (MXP) - 26 miles/45 km to hotel

**Airport has two (2) terminals connected by a free shuttle that runs every 7 minutes.**

- **Taxi**, about 40 minutes, approximately \$120 USD
- **Bus**, about one hour, approximately \$15 USD
  - The Autostradale/TerraVision buses depart from **Terminal 1: Milan Malpensa Airport to Milano Centrale Via Giovanni Battista Sarmartini** leaves every 20 minutes. Walk 800 feet from Milano Centrale Train Station to hotel.
- **Train**, about one hour, approximately \$20 USD
  - *Malpensa Express* leaves every 30 minutes from **Terminals 1 and 2**. Exit at **Milano Centrale**. Walk 800 feet from Milano Centrale Train Station to hotel.

### Bergamo Orio al Serio (BGY) - 31 miles/50 km from the airport

Let us know if you are flying in to this airport.





# Milan: INNSiDE Milano Torre GalFa

Via Gustavo Fara, 41, 20124 Milano MI, Italy

+39 02 835101

4 star Business Hotel



MELIÁ Hotel Group

- Located in the Torre GalFa, an iconic 30-story skyscraper of steel and glass. Rooms have large windows offering spectacular views of the city.
- Near the historic center and chic districts of the city with excellent transport links (800 feet from the Milano Centrale train station).
- Contemporary hotel that blurs the boundaries between work and pleasure like never before.

## Verona: Hotel Firenze

Corso Porta Nuova, 88, 37122 Verona VR, Italy

+39 045 801 1510

4 star Boutique Hotel



NH Hotel Group



- Located in the heart of Verona and close to all the most interesting beauties of the city
- A 10-minute walk to the magnificent Arena.
- Reserve a bicycle at no cost to explore the city of Romeo and Juliet.

# Florence: Hotel Leonardo di Vinci

Via Guido Monaco 12, 50144 Fienze, Italy

+39 055 09 81 819

4 star tourist/business hotel



- Located in the historic city center only 200 yards from the Santa Maria Novella train station and steps from the Tram Stop.
- A short walk will bring you to Florence's major attractions easily and quickly.
- Exclusive concierge service available to help book museum or tram tickets or just organize your stay.

## Rome: IQ Hotel Roma

Via Firenze, 8, 00184 Roma RM, Italy

+39 06 488 0465

4 star Tourist Hotel

- Centrally located in the historic center of Rome, its **blue building** is hard to miss, and the main entrance shares a piazza with Rome's **Opera House**, the Teatro dell'Opera.
- Situated in a safe, lively area that's just a 7-minute walk from **Termini** station and even closer to the **Repubblica metro station**.
- Located just 5 minutes from the **Monti** neighborhood, the hippest part of the city with an outdoor aperitivo scene, ethnic cuisine, and small artisanal boutiques.



IQ Hotel Group



# Lombardy Itinerary: Milan

## October 1 (Sunday)

6:00 PM **Welcome Dinner and Orientation**  
(dress code casual)



## October 2 (Monday)

- AM: **Consorzio SIR & ANFFAS \* \***  
*Explore the role and impact of two provider/advocacy organizations. Project Invisible and employment outcomes will be discussed.*
- Group Lunch
- PM: **Walking tour of Milan (cultural experience)**
- Group dinner



# Lombardy Itinerary: Brescia

**October 3 (Tuesday)**

*Travel by private bus to Orzinuovi, Brescia, & Darfo*



- AM: **La Nuvola \***

*Explore the impact of two public services provided by Cooperativa La Nuvola: **Bios** (autism services for children) and **Labrotorio d'arte Marmellada** (art cooperative for adults)*

- Group Lunch
- PM: Site Visits

**Fobap \***

*Explore the impact of the range of social and cultural supports provided by the nonprofit Fobap (in the ANFFAS network)*

**Azzurra \***

*Explore the impact of the “**sexhability**” and **basketball sports program** provided by the Social Cooperative Azzurra*

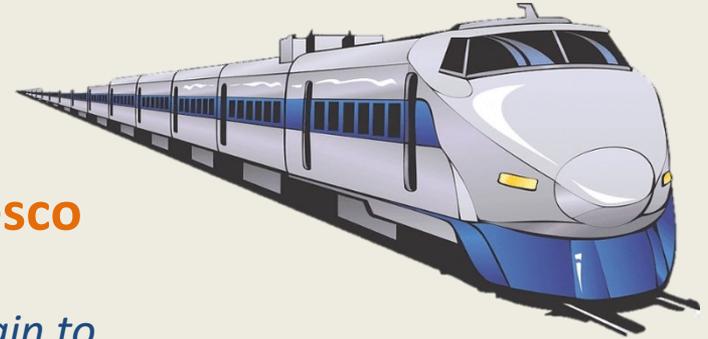
- Group dinner



# Emilia-Romagna Itinerary: Verona

## October 4 (Wednesday)

- AM:
  - **Viewing of The Last Supper fresco**  
*(cultural experience)*
  - Depart Milan- *Travel by high speed train to Verona*
- Group Lunch
- PM: **Walking tour of Verona historical center**, including *La Casa de Giuilleta (Juilet's house) (cultural experiences)*
- Dinner on own



# Emilia-Romagna Itinerary: Piacenza & Reggio Emilia

**October 5 (Thursday)**

*Depart Verona, travel by private bus to site visits, and arrive Florence*

- AM (Piacenza): **Emma Serena Socio-Rehabilitation Center \***

*Explore day and residential supports for adults with physical, psychiatric, and IDD (part of Coorselios).*

- Lunch (Pranzo): **il Germoglio in Tavola**

*Enjoy lunch at a restaurant staffed by people with IDD.*

- PM (Reggio Emilia): **Coopselios \***

*Presentation on educational and inclusion activities for children aged 0-6 in the inclusive school system.*

- Arrive Florence, dinner on own



# Tuscany Itinerary: Florence

October 6 (Friday)

DAY: Full day excursion to take in the

**Galleria dell'Accademia,  
Ponte Vecchio, &  
Leather Market**  
*(cultural experiences)*

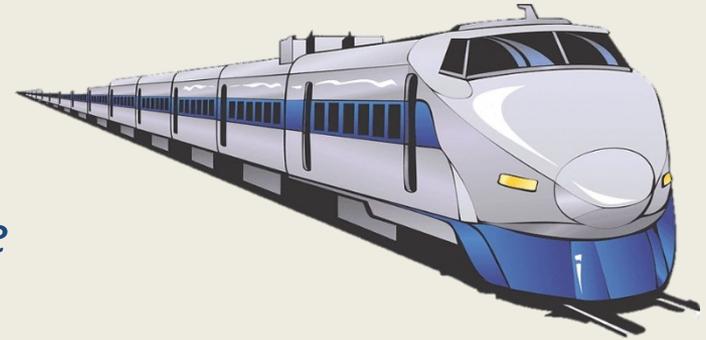
- Dinner on own



# Itinerary: Tuscany to Lazio

## October 7 (Saturday)

- AM: **Depart Florence**  
*Travel by high speed train to Rome*
- Group Lunch
- PM: **Arrive Rome**  
*Free time*
- Dinner on own



# Lazio Itinerary: Rome

## October 8 (Sunday)

- AM: **Walking tour of Rome, including Coliseum, Palatine Hill, Forum, Pantheon, & Trevi Fountain** (*cultural experiences*)
- PM: free time
- Dinner on own



# Lazio Itinerary: Rome

## October 9 (Monday)

- AM: **Tour Vatican Museum**
- Group lunch
- PM: Visit **Castle St. Angelo** and bridge (*cultural experiences*)
- Group Dinner



# Lazio Itinerary: Rome

## October 10 (Tuesday)

*Travel by private bus to meetings*

- AM: **Opera Don Guanella, Casa San Giuseppe** \*

*Explore the role and impact of public, faith-based services provided on the Opera Don Guanella campus: preschool, day services/labs (adult), residences (adult). Explore how outcomes are evaluated using the Brown model of quality of life.*

- Group lunch
- PM: **Sovereign Military Order of Malta (SMOM)** \*

*Explore the humanitarian work of the Sovereign Military Order of Malta (SMOM) in Italy as it relates to people with intellectual disability.*

- **Farewell Group Dinner**



# Lazio Itinerary: Rome

## October 11 (Wednesday)

- Departures/airport transfers from hotel
- People will travel in small groups via taxi, organized by departure airport/flight time



# Questions?