

# Italy

A 9-day Immersion **Experience** into the history, culture, health behaviors, religion, institutions, economics, and policy of the Italian health care system.



## International Studies

April 6 - 15, 2019

## ITINERARY

**SATURDAY, APRIL 6**... TRAVEL DAY! Depart any airport for Rome (FCO) for overnight flight. You MUST arrive at the Rome (Fiumicino – FCO) airport by 8:30 am at the latest. Remember to double check your arrival time in Rome before you book.

**SUNDAY, APRIL 7**... Rome. Arrive Rome where USA faculty and Custom Europe host will greet you and direct you to our private coach for coach and guided walking tour of Public Health in Ancient Rome, including the Coliseum and Roman Forum areas. Tour concludes at Trevi Fountain for lunch. Our coach then takes us to Sorrento for check-in to our luxury hotel. Reception and Welcome Dinner this evening.

**MONDAY, APRIL 8**... Sorrento. Group breakfast at hotel followed by seminar on “The Italian Healthcare System,” presented by a local health official. This is followed by local health specialists who will meet with various disciplines in small

group seminars and discussions. After a working lunch at the hotel field trips to appropriate health institutions led by local discipline specific practitioners. Evening has an optional and brief overview of Sorrento. Dinner on your own.

**TUESDAY, APRIL 9...** Sorrento/Amalfi. Working breakfast followed by overview of the role of climate change on health delivery, economics, emergency care, and sanitation, and the environment on the Amalfi Coast. Private coaches will complete the day with first-hand experience of the Amalfi coast with guides. Appropriate stops at towns and villages on the Amalfi coast. Dinner on your own.

**WEDNESDAY, APRIL 10...** Sorrento/Isle of Capri/Naples. Working breakfast followed by orientation on the Isle of Capri and the special health requirements for a small island with millions of visitors, ranging from emergency medical care, water sanitation, and the regional health network serving the island. Then we go by private coaches to the marina for a hydrofoil sailing excursion to the isle of Capri for a guided tour. From there we once again board the hydrofoil for sailing the Bay of Naples. On docking we will be greeted by our guide who will lead us to the Medical Museum for a private guided tour by a surgeon from the University of Naples. From there we visit an ancient and elaborate pharmacy for a second guided tour.

This evening we soak up the culture of Naples with a pizza tasting in a typical community's Italian restaurant before our private coach takes us back to our hotel.

**THURSDAY, APRIL 11...** Sorrento/Pompeii. After a working breakfast on health and living conditions in ancient Pompeii our private coach will take us to the Roman city destroyed by the eruption of Mt. Vesuvius in 1279 AD. The city of 25,000 was destroyed and covered by ash so it was preserved. You will have lunch and time to explore Pompeii on your own after the guided tour. Dinner on your own this evening.

**FRIDAY, APRIL 12...** Sorrento/Ischia. After breakfast we once again board a hydrofoil on the Bay of Naples but this time for the health island of Ischia. The thermal waters have been used in healing and medicine for centuries and are part of European health cures today. You will be able to experience first-hand why the waters are used in treatment and prevention of many diseases. We will return to Sorrento by hydrofoil. Dinner on your own.

**SATURDAY, APRIL 13**...Sorrento. After breakfast we will enjoy a cultural experience that also has a major economic and social impact on the Amalfi region. Our first stop is the iconic Cuomo's Lucky Store where you will be able to see how marquetry (inlaid wood) is an ancient craft in the area, as well as the beautiful ceramics. The visit to the Lucky store is followed by an historic and cultural tour of Sorrento followed by a limoncello tasting. Limoncello is an after-dinner drink but also historically used as a digestive, especially by fishermen on the sea around the coast. Our private coast will take us high into the hills surrounding Sorrento for our Farewell Dinner, a cooking school where you will get hands on (literally) experience in preparing traditional Italian dishes and desserts. After the cooking school we will meet back at the hotel for a special presentation by the faculty and Custom Europe—something you will not want to miss.

**SUNDAY, APRIL 14**... Sorrento/Rome. After breakfast we board our bus back to Rome as our journey comes full circle. We will have two major stops along the way, one being Monte Cassino. This truly does make the journey complete the circle as on the way to Rome you will be provide narrative on the bus of how the priests at Monte Cassino centuries ago influenced health care, culture, and a way of life on the modern Amalfi Coast. Our other stop will be the Royal Caserta Palace and Gardens where a local guide will take us through the huge and magnificent place. We overnight near the Rome airport.

**Monday, APRIL 15**... Travel date; return to USA. Note—if you prefer to stay on your own in Rome or somewhere in Europe then Custom Europe can assist you if you wish—just ask.