

# PARENT GUIDE BOOK



## Umbra Institute Welcomes You!

Welcome and thank you for choosing the Umbra Institute as a study abroad option. It is our goal to make your student's sojourn in Perugia the best experience it can possibly be. Our dedicated staff provides each student with individual attention to help make their semester in Perugia safe, memorable and enriching.

A semester abroad can seem intimidating, maybe even overwhelming at times, but at Umbra we're committed to aiding parents and students as your family partakes in this exciting adventure. In order to

make the transition ahead as smooth as possible, we've prepared the following information as a guide for parents. Although this guide documents much of the material covered in your students handbooks, for in-depth information we encourage all parents to read the Pre-Departure Handbook and visit our website as well. We hope you find it useful. Please contact us with any questions you may have.

Umbra encourages parents to take an active role in supporting their son or daughter's interest in

studying abroad. Support and encouragement from parents can make all the difference in how a student goes about the process and how well-prepared s/he is to undertake a study abroad.



HIKING IN CINQUE TERRE

# About Umbra Institute

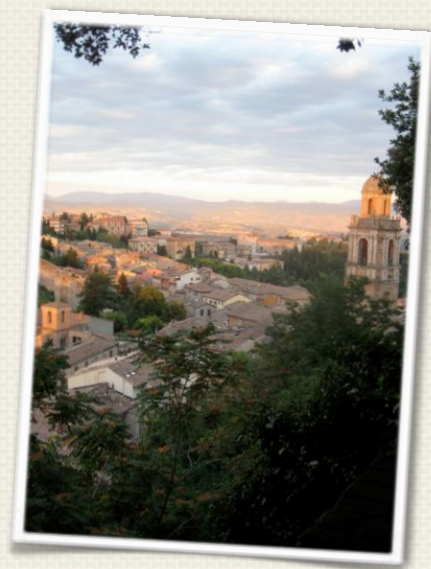
The Umbra Institute was founded in 1999 in Perugia, Italy, as a center for higher education offering academic programs for students of US colleges and universities. Since then, the Umbra Institute has grown steadily and developed a well-respected reputation as a provider of consistently high-quality academic programs, becoming an innovative leader in "study abroad" in Italy. Admission to the institute is selective; you should be proud of your student for being accepted into the program. We look forward to providing them a safe and rewarding educational experience abroad.

The Umbra Institute is recognized by the Ministry of Education in Italy, and accredited by the Middle States Association of Schools and Colleges through its partnership with Arcadia University in Glenside, Pennsylvania. In 2006, the Institute became recognized by Italian universities and is now an approved provider of credit-bearing courses for the University of Perugia (Università degli Studi di Perugia) in Perugia, Italy. The Institute offers semester, year-long, and summer programs with a variety of academic programs and special courses to meet the diverse curricular demands of its growing student body.

Today, the Institute maintains two locations in Perugia, offers a wide array of courses, and hosts nearly 600 students from more than 100 North American colleges and universities annually, including Italian students from the local Università degli Studi di Perugia. Many students enroll directly at Umbra while others participate through cooperative programs accompanied by professors or staff from their home institution. The vast majority of the student body has achieved junior-status with at least a 3.0 cumulative GPA at their home institution.

## Table of Contents

About Umbra Institute.....	2
The Perugia Study Abroad Experience....	3
Health Care and Safety in Italy.....	4
Contacting Your Student.....	5
Extra-Curricular Activities.....	7
Money Matters.....	8
Personal Information File, Sending Money, and Expenses.....	9
Alternative Sources of Funding.....	11
Visiting Your Student in Perugia.....	12
Where to Stay.....	13
Getting Around.....	14
What Parents Can Do.....	15



# The Perugia Study Abroad Experience



While in Perugia, your student will have the chance to truly engage themselves in Italian life and culture. Opportunities to learn the language and mingle with the locals are everywhere. Whereas students who study in bigger cities like Rome and Florence often find it difficult to move beyond the tourist sphere, here in Perugia, students have daily opportunities to come face to face with the real Italy. The city of Perugia is a classroom, and by taking advantage of all it has to offer, your student can ensure that their study abroad experience is one of a kind.

The city owes much of its appeal to the thriving student scene, making it an ideal place for a study abroad program. Often referred to as Italy's "university city," Perugia is home to over 40,000 students who attend both the Università degli Studi di Perugia, one of the oldest universities in the world, and the Università per Stranieri, a school that boasts a large number of international students from around the world. The result is a city rich in cultural flavor. Perugia is relatively small, yet well-suited for the many students who live here; few cities in Italy offer as many things to do and places to go. In terms of visual beauty, Perugia is a hilltop town with gorgeous panoramas from all sides; students will walk up and down the quaint winding streets on a daily basis and be struck by the stunning landscapes you see. Whether venturing out amidst the bustle of Corso Vannucci or socialize on the steps of Piazza IV Novembre, Perugia's energy is contagious. With

the variety of restaurants, cafes, cinemas, museums and theaters there's never a shortage of things to see and do.

Perugia is also centrally located between Rome and Florence. Some of the most popular cities – Siena, Florence, Rome, Assisi and beautiful Chianti – are within a two hour train ride of Perugia. Trains to/from all major cities depart from Perugia daily.

## The Umbra Institute Staff

Umbra staff members, to whom students may direct their everyday questions and needs outside the classroom, are on-site and available to help students daily during office hours. The staff at Umbra is well-versed in study abroad and many have even had an experience abroad themselves, thus rendering the staff understanding and approachable. In addition, Umbra provides an emergency service for students available twenty-four hours a day, seven days a week.



# Health Care and Safety in Italy

The Umbra Institute understands that health and safety are top priorities for a student's term abroad. Without a certain level of comfort and well-being, students cannot focus on their academic studies or explorations. The Institute maintains a list of local medical professionals in Perugia who are available to assist students for non-emergency health issues, such as a cold, the flu, sore throats and fevers. Doctors appointments can be arranged by the Institute's staff members, Monday through Friday 9am to 5pm. For health emergencies after hours, students should not hesitate to call Umbra's 24-hour emergency cell phone.

Prior to the beginning of each term, the Institute asks that students complete a Health and Special Needs Form, which will allow the Umbra staff members to assist students with any health problems. The Umbra Institute strongly suggests that any chronic, persistent or pre-existing health problems be taken care of or disclosed to the staff prior to students' departure for Italy.

In any case, students should plan ahead and budget for medical treatment and doctors appointments as all medical treatments, doctor's visits and medication must be paid for in cash at the time of treatment.

## Medications & Prescriptions

Most over-the-counter drugs that are found in the U.S. can also be found in Italy at any local pharmacy and may be purchased without a prescription. However, for the sake of convenience, we

suggest that students bring their own supply of preferred medications for quick relief of minor disturbances such as headaches, colds or upset stomach.

If you are currently taking medications prescribed by your doctor at home for a chronic ailment, you must bring enough medication to last the semester. Any prescription medication brought to Italy must be accompanied by:

- Physician's written description of the medical problem
- The dosage taken
- The generic name of the drug (not the U.S. brand name)

All medications must also remain in their original containers. Keep in mind that drugs approved in the U.S. may be banned in other countries. Anyone found with these medications without appropriate physician approval can be prosecuted. Please visit [www.travel.state.gov](http://www.travel.state.gov) for more information regarding traveling with prescription medications.

## Emergency Services

Upon arrival, students are given a list of general emergency numbers (fire, ambulance, police, etc.) as well as an Umbra student identification card, listing Umbra's 24-hour emergency phone number. Students are expected to exercise discretion to distinguish between an inconvenience that can be remedied on their own and a real emergency requiring immediate assistance.

## Drug and Alcohol Abuse

Misconduct due to abuse of alcohol, prescription medication, or illegal drugs is not tolerated by the

Umbra Institute. Italian authorities see substance abuse as an extremely serious matter, as does the Institute staff. Students will be subject to local law if found with illegal substances. The Umbra Institute also reserves the right to take disciplinary action, including program dismissal, should a student's use of alcohol and/or drugs create a health risk to him/herself or his/her peers.

Students should remember that alcohol consumption can impair one's ability to make sound judgments and are urged to exercise caution so as not to compromise their health and safety. If the Umbra Institute staff learns that a student engages in the use or sale of illegal drugs (including the use of prescription drugs other than those prescribed to the student by a licensed physician), all parties involved will automatically be dismissed from the program and sent home immediately at their own expense.

## Personal Safety

Perugia is generally a safe city, but students must assume responsibility for their safety and remember that the decisions made on a day-to-day basis can have a major impact on health and safety while abroad. City life, which is quite different from campus life, means students should be alert while out and about. The most common crime in Italy is petty theft: pickpockets are everywhere, particularly in the high tourist areas of cities and on the public buses and trains. Bags should be kept close at all times and avoid carrying valuables in your backpack.

# CONTACTING YOUR STUDENT

If you need to contact your student in Italy and it is not an emergency, email is the best and of course least expensive way to do so. If you need to call, please do not call the Institute unless it is an emergency, or if your repeated attempts to get a response have failed. The Institute will not be able to find your student at the time you call. But we can leave them a message in their mailbox, or in the case of emergencies try to find them in class. To prevent the need to call and find your student at the Institute, make sure your student rents a cell phone, and ask them to maintain regular contact with you via email, online messenger, sms messages, etc.

To call Italy from the United States, you must first dial 011 (for international), then 39 (for Italy), then the number you are dialing. Therefore, to call the Institute, you would dial: 011 - 39 - 0755734595.

When calling Italy from the States there are a variety of options. There are special calling cards to call Italy - check [www.nobelcom.com](http://www.nobelcom.com) or do a Google search. You can also use an Internet computer-to-computer phone like Skype

([www.skype.com](http://www.skype.com)) or even a messenger program like Yahoo messenger or Microsoft messenger.

Another alternative is to get a VoIP phone. A VoIP phone is basically a house phone that uses the internet to make regular phone calls. For a low fixed monthly fee (currently about \$25-30) you get unlimited calls in the US and to certain countries in Europe including Italy. Visit [www.vonage.com](http://www.vonage.com) for more details.

## Internet at Umbra

The Institute is equipped with wireless access points and LAN cords for use with personal laptops. It will benefit students greatly to bring a laptop with a wireless network card in order to take full advantage of Internet access. Apartments will not have phone lines, thus students do not have Internet access from their apartments. The lack of internet at home, for most students, takes a period of adjustment. Once students make the adjustment, however, they are pleasantly surprised to find that internet at home is not a necessity. Nonetheless, if students are in need of the internet after hours, there are numerous internet cafés throughout Perugia open late.

## UMBRA CONTACT INFORMATION

The Institute contact information:

The Umbra Institute  
Via Bartolo 16  
06123 Perugia  
ITALY  
Tel: (+39) 075-573-4595  
Fax: (+39) 075-573-7033  
Email:  
[info@umbra-institute.com](mailto:info@umbra-institute.com)





## Mailing Packages

Sending your student real snail mail, especially packages, brightens their day. Mail delivery is often eagerly looked forward to. Italy, however, deserves its reputation for a mediocre postal service. Therefore, follow these simple rules. When writing, do not send mail to your student's apartment address, but rather directly to them here, care of the Institute. The address should be written exactly as shown below (don't move the postal code around, and be careful about the proper spelling):

STUDENT'S NAME  
% The Umbra Institute  
Via Bartolo 16  
06123 Perugia  
ITALY

**NOTE:** When sending packages, be sure to declare a value far below the actual value of the contents, and write in large block letters on the outside of the package **"PERSONAL ITEMS - NO COMMERCIAL VALUE."** This will avoid your student paying customs duties. If family or friends declare the value, it is not uncommon to pay fees as high as \$60 - \$150 U.S. to pick up the package. And yes, we've seen students pay over \$60 US in customs fees for Pringles, peanut butter and Oreo cookies! If you use UPS or DHL, underestimate the value and keep your tracking number because we can search for lost UPS and DHL packages from Italy.

# EXTRA-CURRICULAR ACTIVITIES

The Umbra Institute believes that the time students spend outside of the classroom is a vitally important part of their study abroad experience. The Institute arranges activities for students to learn more about the local culture and to interact with Italian students. There are often one or two co-curricular events organized each semester hosted by a cultural organization. These events are available to the entire student body and will be announced in classes. The following activities are just a few of the ways students can get involved at Umbra and in Perugia:

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**"STUDENTS SHOULD GET AS INVOLVED AS POSSIBLE! IT'S THE BEST WAY TO MEET OTHER STUDENTS FROM THE U.S. AND ITALY."**

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## **TANDEM/Language**

### **Exchange Club**

The Umbra Institute maintains a list of local Italian students who are interested in language and cultural exchange with

Umbra students. The Umbra staff brings Italians and Americans together regularly to participate in a language exchange, known as "Tandem."

### **Umbra Social Nights**

Several times throughout the semester, Umbra will host informal events to enjoy local fare and have a little fun. These events are meant to be informal and to encourage students to integrate with Italian students in Perugia. These events will serve to enrich your cultural immersion, especially with respect to learning the Italian language.

### **Miscellaneous Activities and Events**

The Umbra Institute will occasionally host additional activities throughout the term: cooking classes, wine tasting, educational day trips, hiking trips, nights at the theater and opera and much more. Furthermore, the Institute hosts special activities at the end of each semester, such as the Creative Writing open-mic reading, an art show and farewell party.

## MEMORIES



SOCCER MATCH



PIZZA NIGHT



TANDEM



CHEESE WORKSHOP

# Money Matters

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The euro is the official currency of the European Union. This means that you will be able to buy your pizza in Naples and your crepes in Paris with the same money - no more exchanging or dealing with multiple currencies and exchange rates.

Visit [www.xe.com](http://www.xe.com) for current currency rate changes.

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**"MY TIME ABROAD FLEW BY SO I WAS REALLY GLAD I DID MY BEST TO TAKE ADVANTAGE OF EVERY MOMENT FROM START TO FINISH."**

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## Euro Coins

There are eight euro coins:  
€2.00 €1.00 €0.50 €0.20  
€0.10 €0.05 €0.02 €0.01

## Euro Banknotes

There are seven euro banknotes, each one of them is a different color, and their size increases with their value.

€5 €10 €20 €50  
€100 €200 €500

It is suggested that your student bring the following five forms of money so that you can access cash at all

times and under a variety of circumstances:

## ATM Bank/Debit card

ATM's are the fastest and by far the best and most popular method for obtaining cash. The rate of exchange is very favorable and networks are safe and reliable. Usually students can withdraw up to the equivalent of \$250 per day, which is more than enough for daily financial needs. There are rare occasions, often on Monday mornings, or after a long weekend, that bank ATM machines are "out" of money and often state that the "link service" is down.

If your student's bank card also acts as a Visa or MasterCard, then it can be used for purchases at any store or shop that has the Visa/MasterCard symbol. However, the bank account in the U.S. is debited immediately and often a small surcharge is added for exchange rates. You may want to notify your bank that the card will be used abroad as banks sometimes block out-of-the-ordinary (i.e. foreign) withdrawals.

Note: ATM cards must be linked to a checking account only. Use only a FOUR DIGIT

PIN because there are some machines without letters to correspond to numbers and long entries are not accepted. Check with your home bank to obtain bank information regarding international withdrawal access and fees.

## Credit Cards

For cash advances (with PIN number), relatively large purchases, and emergencies, the Visa and MasterCard credit cards are widely accepted. It is suggested that purchases for items such as trips, clothes, gifts be done with a credit card. It is safe and the monthly statement itemizes spending. In addition should your student require a refund, they can dispute the unwarranted charge.

## \$100 Worth of Euro

Your student should arrive in Italy with some Euro (\$100 worth or so) so that they can make small purchases immediately upon arrival: a quick bite to eat, some groceries, or other incidentals. Always carry a small sum of the currency of the country of arrival. Do not rely on changing money or finding ATM machines immediately upon arrival.

# Personal Information File, Sending Money, and Expenses

## Personal Information File

The Personal Information File is a file your student can create, before departure, for him/herself which contains copies of important documents that they leave with you, the parents or guardians. These documents are both for legal and financial purposes.

Items to include in this file are everything you would need to replace if your wallet was stolen, as well as:

- A copy of the Pre-Departure Handbook
- A copy of: Insurance letter, Financial Support letter, Passport Photocopy, Photocopy of your Visa
- Personal bank information including account names and numbers
- Credit card information including account names and numbers  
(\*It is a good idea to photocopy your credit cards and other items in your wallet in case they are lost)
- Telephone numbers for lost or stolen ATM and credit cards
- Names and phone numbers of your dean and academic advisor at your home institute
- Social security number

In an emergency situation, your student can easily phone the person to whom they have entrusted this file at home, and they will be able to provide the necessary information to help resolve the issue.

## Sending Money from Home

Recommended:

- It's recommended that students give family members and friends their checking account number allowing them to deposit directly into the student's account so that they can access easily with their ATM card (see ATM section above)

- American Express Gift Checks or American Express Money Orders are efficient ways to send money as the family or friend can purchase a desired amount in check form made out in your student's name. Students can take the check to the local American Express office to cash the check. You do not have to be an American Express cardholder or member

Not Recommended:

- For reasons of counterfeit and terrorist activity, it is illegal to send cash through the mail; this includes Federal Express and other private carriers
- Personal checks, International money orders or International Checks cannot be cashed
- WIRING MONEY INCLUDES COSTLY TRANSFER FEES and, given the time differences, more time and money is wasted than necessary

## Expenses Upon Arrival

Any Institute items such as course fees and excursion fees can be paid for by credit card. Although the larger stores all accept credit cards, many smaller shops will require cash. Students should be prepared for the following expenses in the first days upon arrival:

### Groceries/Incidentals (cash)

Students will want to stock their apartment with some groceries upon arrival so that they do not have to pay for restaurants or fast food. Groceries may be purchased (in Euro) from the local shops and bakeries, etc. in the neighborhood. Often students forget that a part of living in an apartment in the city, is venturing off to "survive" by using their newly acquired Italian language skills to buy necessities for their home and housemates.

## Expenses Cont'd

### **Purchase of Textbooks (credit cards accepted)**

Students can expect to spend between \$150-300 U.S. dollars, depending on the courses selected. Since books in English are expensive abroad, and orders are placed well in advance for prompt arrival, the Institute has made a commitment for them on your behalf. Therefore, all students are required to purchase the textbooks that have been assigned by their professors. Each student is responsible for the purchase of his/her books and full payment. Expenses are noted on each student's account. Credit cards or the equivalent in euro will be accepted as payment.

### **Excursion Sign-Up (credit cards accepted)**

Trips organized by Umbra cost approximately €250-300 per weekend and €60-70 per day trip, but depends on the student. See the Travel while in Italy section for additional information. Credit cards or the equivalent in euro will be accepted as payment.

### **Course Fees (credit cards accepted)**

Some courses require lab fees for travel, excursions and museum visits. In particular, some of the art classes and food cultures classes have fees for such activities. In courses such as photography, painting, drawing and sculpture, students will be required to purchase materials and supplies for the course.



### **Preparing a Budget**

As you can see thus far, there is a lot to organize in terms of money alone. We recommend that your student prepare a budget for their semester abroad using the template provided in the pre-departure booklet your student received, taking into account all the items we have mentioned above, plus any additional expenditures which may be unique to your student's lifestyle (such as joining a gym for the semester, etc.).

### **Expenses included in the program fee:**

Tuition, Housing, Airport Transfers in Italy (on specified dates only), Resident and Student Services Coordinators, Orientation, Institute & Università Facilities, Cultural Activities, Transcripts.

### **Expenses NOT included in the program fee:**

Airfare, meals, optional excursions, cell phone service, textbooks, course materials, travel and museum fees.

### **Other Expenses throughout the Term**

In addition to the budget worksheet supplied (which your student should complete), students may also want to allocate some additional money for personal items. Some examples include gym membership (about €65 a month at Corpus Gym), gifts, souvenirs and personal purchases (the amount here could vary greatly), photocopying (about €0.10 per copy), faxing (about €1.00 per fax), and telephone cards (between €5 and €30 each), laundry/dry cleaning services (some apartments do not have washers), €26 healthcare/doctor's visits (must be paid for at the time of visit), entrance fees for museums and galleries (the amounts charged vary by place, but are normally below €10.00).

On average, students spend between \$4,000 and \$5,000 above and beyond the program fee. However, some students spend considerably more than this depending on lifestyle. Independent travel and the purchase of expensive personal items (such as clothes) are usually the largest items.

# Alternative Sources of Funding

## Financial Aid

In general, all federal financial aid, excluding Federal Work Study, should be available as long as students are earning credits toward their degrees while abroad. This includes Pell Grants, guaranteed student loans, and PLUS Loans. Some states also allow state financial aid to go with students abroad, however you should talk to your student's study abroad or financial aid office about policies with regard to state and institutional aid.

If you are anticipating financial aid that will not be available before your program fee is due, you must arrange for Arcadia to receive official written notification of the source, amount, and release date of the funding. When we get this information from your financial aid officer or from the funding source, we will note the amount expected and defer the payment of that portion of your fee until the date specified.

Questions about financial aid eligibility and individual consortium agreements can be addressed to the Arcadia financial aid coordinator.

If you are looking for additional funds to finance your study abroad experience, you may also want to check out the following websites: International Education Finance Corporation - [www.iefc.com](http://www.iefc.com) - a reputable organization and the only one we recommend.

## Scholarships

The Arcadia University Center for Education Abroad has one of the most extensive scholarship programs of any study abroad

organization. Every year Arcadia distributes hundreds of need-based scholarships ranging between \$500 and \$2,000 for a full-year, semester or term.

Generally, our scholarship funds are intended to help students in specific programs for whom a small amount of financial aid can mean the difference between participation and staying home. Award decisions are based upon a combination of financial need, academic merit, and program choice. Please note that scholarships can only be applied towards the program fee.

Scholarship applications and supporting materials will be accepted between February 1 and April 20 for fall and full year programs and between September 1 and October 15 for spring programs. Award decisions are announced no later than four weeks after the application is received.

All program catalogs contain the necessary admission forms, including a scholarship application. You can also download a form from [www.arcadia.edu/cea/forms](http://www.arcadia.edu/cea/forms). Please apply early in the admissions process. Scholarship applications received after the published deadlines cannot be considered. If you have any questions concerning scholarships, e-mail Arcadia's financial aid coordinator.

## Perugia Sister Cities Scholarship

Residents of Grand Rapids, Michigan and Seattle, Washington, are eligible for the Umbra Institute-Comune di Perugia Sister City Scholarship. The purpose of

this scholarship is to further strengthen the close and friendly relations between the Umbra Institute, the city of Perugia and her sister cities in the United States by making studying abroad in Perugia more affordable for college and university students who are residents of Grand Rapids, Michigan or Seattle, Washington. For more information, see [www.umbra-institute.com](http://www.umbra-institute.com) and look under Prospective Students. The scholarship is offered to current undergraduate college or university students who wish to study abroad at The Umbra Institute in Perugia, for the fall or spring semester or both. Qualifying applicants must be a resident of one of Perugia's two Sister Cities - Grand Rapids or Seattle. Applicants must be in good academic standing with their college or university with a cumulative GPA of at least 3.0 GPA and sophomore or higher status.

## Other Scholarship Sources

In addition to Arcadia University Center for Education Abroad scholarships, funding may be available from other sources. These include:

- Gilman Scholarships - Students receiving a Pell Grant may be eligible for this scholarship which provides \$5,000 for any semester or year abroad. Any recipient of a Gilman scholarship will receive a scholarship of at least \$1,000 from the Arcadia University Center for Education Abroad Scholarship Fund.
- National Security Exchange Program (NSEP)
- The University of Minnesota's External Scholarship Database

# VISITING YOUR STUDENT IN PERUGIA

Visiting parents, friends and relatives are always welcome at the Umbra Institute. Of course we fully appreciate the desire for students to dedicate time to friends and relatives who make the long journey and visit them during the semester. However, students at Umbra are also required to respect our academic policies and faithfully attend and participate in all classes, course field trips and excursions, exams, and other co-curricular class activities and events. Therefore each semester Umbra provides week-long break, usually just after mid-term exams, during which time no classes are held. This way, students can travel independently, and dedicate time to friends and relatives who visit and not worry about missing any portion of the academic program.

We kindly ask all students, relatives and friends to visit during the break so not to interfere with the student's responsibility to participate fully in the Umbra courses. Students will not be excused from class or class-related activities to spend time with visiting friends and/or relatives.

To help coordinate travel, please visit our website for a list of dates when classes will not be in session [www.umbra-institute.com](http://www.umbra-institute.com)

## Getting to Perugia

Most visitors will be heading to Perugia after arrival in Rome or Florence. From Rome there are a couple of options depending where your are coming from.

From Fiumicino Airport you have your choice of Bus, Train or Private Car. Blue Sulga Buses leave Fiumicino and head to Perugia at 12:30pm, 2:30pm, 4:30pm and 5:00pm. They

arrive in Piazza Partigiani where you can walk or take a taxi to your hotel.

Taking the train from the airport to Rome's central Termini station and then on to Perugia is another alternative. Check the hours at [www.trenitalia.com](http://www.trenitalia.com). We will be happy to email you more detailed instructions on using the train, as well as a helpful map, upon request. Upon arrival at the train station in Perugia, you can take a local bus or the Minimetro to the center to taxi to your hotel.

Of course the most convenient, albeit more costly, way to arrive to Perugia from the airport is by private car. Umbra has a special arrangement with Rome Connection to pick you up at the airport upon arrival, or elsewhere, and drive you through the countryside directly to your destination in Perugia. Visit [www.romeconnection.com](http://www.romeconnection.com) for details and reservations.

From other main locations in Italy, such as Florence or Bologna, it is most likely that train is the easiest and most cost-effective way to arrive in Perugia.



# WHERE TO STAY



In short, remember the saying, "Location, location, location". We suggest that when you have friends or relatives come to visit you have them stay in a hotel or B&B located in the center of the city. Listed below are a few that we recommend. Make sure you mention the Umbra Institute to get a discounted price when you book. Remember also to check out the prices at hotels.com for these selections in Perugia beforehand; at times consolidators are cheaper. If you choose a hotel that is not on the list, check location before you book, some hotels claim to be in the historic center and they are actually quite far away. Check maps!

## HOTELS

- \*\*\*\*\* Hotel Brufani - Luxury (center)
- \*\*\*\* Hotel Locanda della Posta (center)
- \*\*\*\* Hotel La Rosetta (center)
- \*\*\* Hotel Priori (near Umbra I)
- \*\*\* Hotel La Fortuna (center)
- \*\* Hotel Umbria (center)
- \*\* Hotel Europa (near Umbra I)
- \*\* Hotel Primavera (near Umbra I)



# Getting Around

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One terrific aspect of Perugia is (barring those dreadfully steep hills) that you can walk around the historic city center, seeing the entire city on foot. However visits to nearby towns like Assisi, Cortona, Gubbio, Orvieto and others, will obviously require transportation. Public transportation can get you most places and back for a day trip, but overnight stays may require schlepping luggage and that can take the fun out of any trip. In such cases, where you don't have a "home base" to keep luggage, you should consider renting a car. Especially if a villa rental is in mind. It's a convenient and tremendously fun way to explore the hilltop towns in rural Italy and get to those hard to reach, yet enchanting, destinations.

## What to See & Do

Although Perugia is a relatively small city, there is plenty to see and do (and eat, for that matter). We recommend exploring Perugia by walking with a guidebook and map, reading its history, and exploring its architecture, monuments, museums and churches. Not to be missed sites include the Sala dei Notari, Collegio del Cambio, the National Gallery of Umbria, the Chiesa San Pietro, Capella San Severo, and each gelateria you pass. Make time for a day trips to nearby Assisi and Cortona.



# What Parents Can Do

Umbra encourages parents to take an active role in supporting their son or daughter's interest in studying abroad. Support and encouragement from parents can make all the difference in how a student goes about the process and how well-prepared s/he is to undertake a study abroad.

To help you participate in your son or daughter's exploration and experience, we offer the following suggestions:

## Prior to Departure

- Familiarize yourself with the philosophy of the Umbra Institute's program
- Talk about your son or daughter's goals and expectations in studying abroad
- Talk about any fears or apprehensions they may have before they embark
- Discuss issues of safety: how to conduct oneself as a foreigner in another culture, how to ward off theft, how to be wary of one's environment and surroundings, the importance of maintaining a healthy and responsible attitude towards alcohol consumption, and how to stay in control of oneself and one's belongings at all times
- Ensure them that they have your full support
- While offering assistance and support, encourage them to take responsibility for pre-departure logistics and paperwork

- READ ALL PRE-DEPARTURE MATERIAL ESPECIALLY THE PRE-DEPT HANDBOOK
- Help them make a budget in order that they can organize their finances while abroad
- Make sure they have adequate health insurance coverage
- Confirm as soon as possible that their passport is valid and extends at least six months beyond the end of the program
- Check in periodically with them to confirm that they are gathering the necessary paperwork to secure a visa, if required
- Keep copies of all their important documents, credit cards, etc to use in case of theft while abroad

## While Abroad

- **Do not** accompany them to the host country at the start of the program
- Encourage independence and self-reliance
- Understand that all students will experience culture shock and that this may have a significant impact on what they are communicating to you about the experience at the beginning
- Allow them the time and space to develop a support network abroad rather than relying totally on the one back home
- Avoid communicating too frequently by e-mail or phone; this can interfere with integration into the host culture

- Avoid visiting while the academic program is in session; instead, visit during semester break or after the semester is over

## Returning Home

- Recognize that they have had a life-changing experience and that, while you may have remained more or less the same, they are probably not the same person they were before going abroad
- Let them share the experience with you as much as they want
- Understand that they may experience re-entry culture shock and that this can be even more intense than the original culture shock on arrival abroad
- Gather information for yourself and them regarding the re-entry experience. The website [www.sit.edu/STUDY\\_ABROAD/parents/docs/parent\\_reentry\\_handbook.pdf](http://www.sit.edu/STUDY_ABROAD/parents/docs/parent_reentry_handbook.pdf) offers a free downloadable pdf that addresses this issue, and it offers an excellent starting point

