



ITALY FIELD GUIDE



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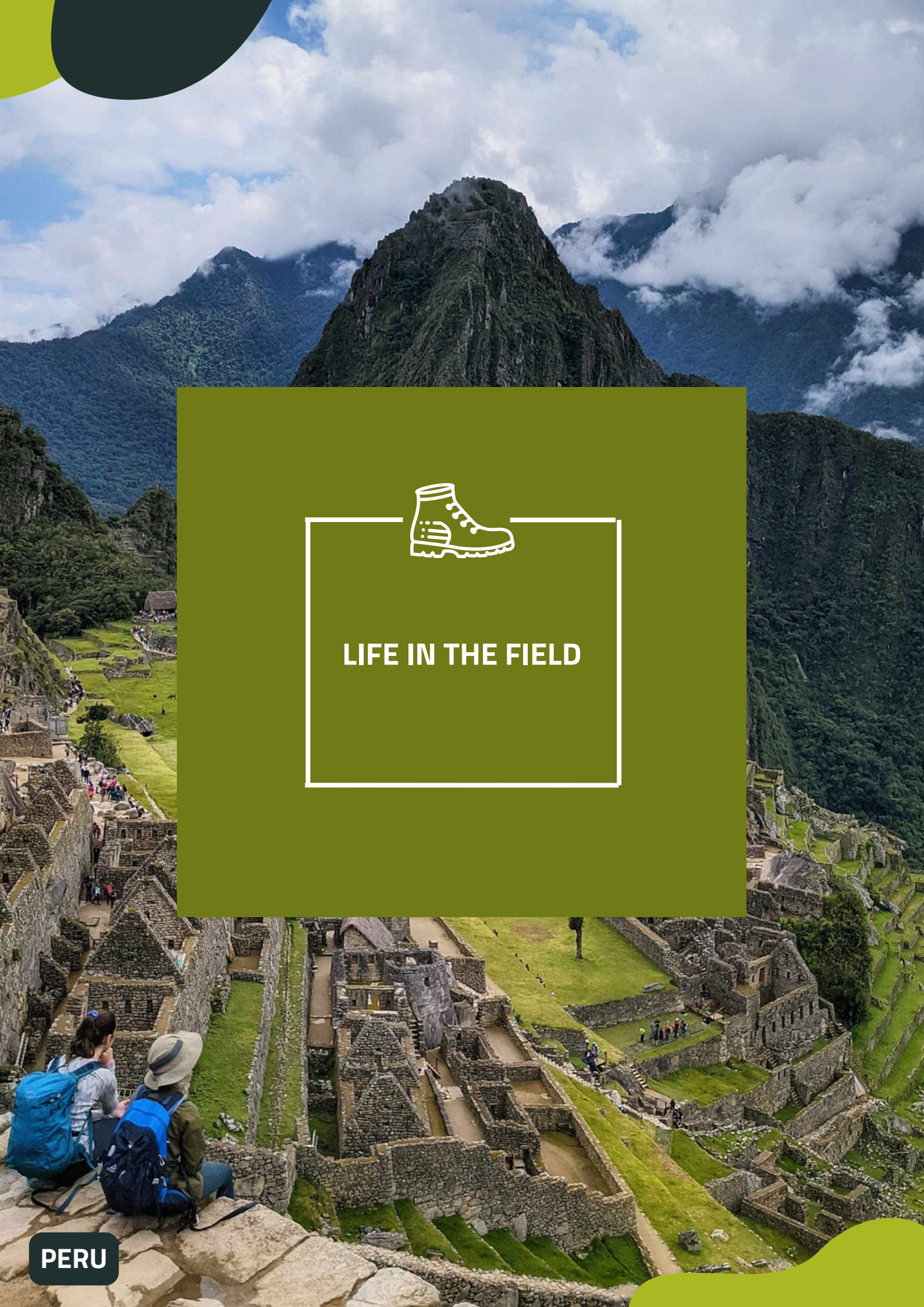
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LIFE IN THE FIELD

PERU



Academic Foci

- The center is located in the heart of Tuscany surrounded by lagoons, vineyards, olive groves, and mountainous backdrops.
- Stretching through three biogeographic regions (Alpine, Continental, and Mediterranean), Italy is a biodiversity hotspot hosting the highest number and density of animal and plant species in the European Union.
- Due to the diversity of climates, topographies, and geology, Italy has an array of agricultural systems and gastronomic specialties making it the perfect location to study agricultural practices, rural development, and food system policies.
- Italy is home to hare, pheasants, deer, porcupines, badgers, foxes, wolves, and much more!

SEMESTER: SUSTAINING TRADITIONS: FOOD, FARMING, AND CLIMATE

Agroecological practices, Food systems policy objectives and implementation, Sustainable management of food systems, Intersection of food production, biodiversity conservation, environmental policy, and climate change.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field.



Setting and Facilities

Student apartments in the ancient city of Greve.

RURAL ←—————●————→ URBAN

GREVE IN CHIANTI

2-minute walk

Population ~14,000

Medieval-era buildings, restaurants, shops, farmers markets, doctors and ATMs.

FLORENCE

35-minute drive

Population ~382,000

Capital of Tuscany region. Same amenities as Greve on a larger scale. Rich bar scene and focus on arts and history.

HOUSING

Two apartments housing up to 10 students each. Three to four rooms per apartment, with up to 4 people per room in twin beds or bunk beds. Each apartment has a kitchen, a living room, and small garden.

Shared bathrooms with shower (hot water) and western-style toilet.

OTHER FACILITIES

Classrooms and staff offices are a 5-15 minute walk from apartments.

Laundry mats are available in town for approximately \$5-10 USD per load.



Food

SFS will provide a daily lunch and a dinner once a week. For the remaining meals, SFS will provide a stipend for students to purchase meals and cook as a cohort.

SFS can accommodate most dietary needs, but the variety of food may be limited due to local availability and cost. SFS cannot accommodate life-threatening gluten allergies or strict Halal or Kosher diets. Due to limited dietary variety, SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Meals may consist of meat, fish, eggs, pasta, vegetables, and fruit. Snacks may include tea, coffee, granola bars, yogurt, fruit, and toast with jam or other spreads.



AUSTRALIA



Exercise

In town, there are running and cycling routes. Additionally, there is the option to join paid exercise classes, gym, or swimming pool.



Climate

In general, the weather will be mild with occasional rainy days. December-February are the coldest months, with an average temperature of about 45°F. March to May and September to November average temperatures range from 50-70°F.



KENYA



Money

The local currency is the Euro (EUR).

Both cash and debit/credit cards are widely accepted. All students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

There are options to exchange USD for Euros. In addition, students will have access to ATMs in Greve to replenish their cash supply as needed. Students can also opt to bring Euros with them to the program.



CHILE



Electricity

The electrical voltage in Italy is 230 (the U.S. uses 120). Check all electrical devices to see if a voltage converter is needed. Italy uses plug type F, C, and L (the U.S. uses A and B). All students should bring plug adaptors.



Internet

Wireless internet is available at the center, but it is slow and intermittent. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect devices.



TANZANIA



Phones

SIM cards can be bought locally for about \$10 USD per GB. Most students choose to rely solely on WIFI.

CAMBODIA



Mail

The average one-way travel time for mail from the U.S. to Italy is 2-3 business days for express service and 10-15 business days for standard service. Therefore, no mail can be sent standard service during the last month of program, as students will not receive it! Mail will not be forwarded.

Address: Student Name, The School for Field Studies, Via Garibaldi 11, 50022, Greve, Italy



Community Engagement

Students live in SFS apartments, rather than a homestay or university dorm. This means they will not necessarily navigate the local culture, cuisine, or language every day. However, SFS believes that meaningful research is only possible with the input of local people, so community engagement varies each term to reflect the requests of our partners.



Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space. Students will cook and clean their apartment as a group. Specific chore responsibilities will be shared during orientation



Off-Campus Policies

ITALY

Because center locations are often unfamiliar to students, there are off-campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Specific campus policies will be shared during orientation.



Time-off

Semester students will have weekends off and a mid-semester break. Travel to certain regions or neighboring countries during time off may be prohibited based on risk levels or center policies.

Students are responsible for their food costs during program breaks but can stay at the center. See page 11 for estimated costs.



Drinking & Drugs

There is no consumption or possession of alcohol allowed on campus. Students who choose to consume alcohol on their days off in which they are off campus, need to do so in moderation and maintain respectful behavior toward others.

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under U.S. federal law. SFS does not allow possession or use of any drugs or medications that are illegal for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on pro

CROATIA



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Student Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or equivalent certification, and trained in sexual assault first response. They also counsel students on adjusting to life abroad, conduct risk assessments, and help coordinate program logistics and community outreach.



Orientation

Upon arrival to campus, students receive an orientation about the local community and culture, center operations, and relevant risks and hazards. Prior to arriving on program, students should research the inherent risks associated with traveling abroad.



Medical Care

SFS maintains a detailed risk assessment and management plan outlining risks and response protocols, including nearby medical facilities and their treatment capabilities. These plans ensure staff are always aware of the best route for appropriate medical care.

If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care access is delayed, i.e., expeditions. Students are responsible for all medical costs and all incidental expenses incurred by all parties involved including transportation, accommodations, etc. This may include costs related to COVID-19 quarantining. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.



Mental Health Support

Adjusting to new routines, relationships, and environments while away from usual support systems can be challenging. Many students also struggle with the rigorous schedule that is inherent to SFS programs. The ways students manage stress, take care of themselves, or find joy may not be available while they are abroad. There may also be decreased communication with home, limited privacy and alone time, and infrequent or modified opportunities for exercise.

SFS is partnered with Morneau Shepell to provide students with access to free, mental health and wellness support by chat, phone, and video via WIFI. Students should download My Student Support Program (My SSP) in the app store or on the [My SSP website](#). My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan. Students with regular counseling should verify that their mental health provider is available while they are abroad.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Additionally, most students expect differences between themselves and their host country but don't realize the most significant differences may be between themselves and their student group. Students should research how their identity might be perceived in a new context, in specific political and societal issues, racial, ethnic, and religious composition, LGBTQIA+ climate (Resources [1](#) and [2](#)), and cultural norms and local laws.

It is a privilege to study in another country and be welcomed into their community. It is not our students' place to change its culture or values. While students are learning about the country and its people, they will be ambassadors of their own country and culture. SFS campuses are permanent fixtures, and these communities are home to staff year-round.

Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and impede meaningful interactions.



Sexual Health & Wellness

When it comes to sexual health and wellness during the program, please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation that makes them uncomfortable without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS will make every effort to support students. This includes access to medical care, the option to report to local law enforcement, and identifying additional support resources. Local laws, definitions, and legal implications often differ from those in the U.S. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS is welcoming of all students at our centers. However, when traveling throughout the country, please be aware of the following:

- Laws and social customs may differ from one's home country, and countries that criminalize same-sex partnerships may also use the law to criminalize gender identities or expressions.
- Cultural practices may not support freedom of expression and travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles and expressions. As a result, those who do not identify as they physically present may sometimes be misgendered or misidentified.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable. Students may also be denied services in their affirmed gender while they are traveling abroad.
- It is not always possible to use preferred names or gender (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information.



**PREPARING FOR
DEPARTURE**

CHILE



Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve the spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing, meals during program time, field excursions and cultural activities, emergency evacuation and 24/7 support, and official transcript processing.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)

SEMESTER

Tuition	\$17,000
Room & Board	\$5,500
BASIC PROGRAM COST	\$22,500

ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)

Airfare	\$1,500
Passport	\$200
Visa fees (if applicable)	\$200
Immunizations/Medications	\$800
Personal Expenses	\$1,000
Program Breaks	\$1,500
ESTIMATED ADDITIONAL PROGRAM COSTS	\$5,200

TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)

ESTIMATED TOTAL PROGRAM COST	\$27,700
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Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcomed. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



TRAVEL



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for at least 3 months after departure.



VISA

U.S. citizens will enter Italy using a Long-stay Visa -Type D. Students need to check with their local consulates for appointment times, application requirements, and visa fees as soon as they are accepted. SFS will provide supporting documentation for the visa. Students are responsible for applying for, obtaining, and paying for their own visa valid for the duration of their program. Upon arrival, SFS staff will assist students in obtaining the additional residence permit (Permesso di Soggiorno) required by Italian law.

U.S. citizens traveling before and/or after the program within Italy or other Schengen countries will be allotted an additional 90-day tourist visa.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa(s) valid for the duration of their stay.



FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before or after the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.



COSTA RICA



KENYA



PANAMA



Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process using our HIPPA-compliant portal to inform SFS staff of their medical and mental health needs and accommodations. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. [More information.](#)



Vaccinations & Medications

Required

- None

Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



Insurance

Students are required to buy health insurance. It is the student's responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses.
- Schools may provide international health insurance or have their own insurance requirements for studying abroad.
- Most insurance companies provide coverage on a reimbursable basis. Therefore, students need to bring an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses and then request reimbursement later on.

Emergency Evacuation and Repatriation Insurance

All students are automatically enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This plan covers the cost of transportation, accommodations, and medical care associated with medically or politically necessary evacuations (e.g., life-saving support during air evacuation). It includes up to \$350,000 for emergency medical evacuation, \$100,000 for emergency security evacuation, and \$20,000 for repatriation of remains. The coverage provided does not cover basic medical care, laboratory tests, or pharmacy needs. Students on SFS programs are required to supply their own comprehensive health insurance as outlined above.



Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding physical and mental health accommodations or learning accommodations can be directed to the Office of Student Affairs and the Office of Academic Affairs respectively.



PACKING GUIDE



Packing Considerations



Luggage

SSFS does not have policies regarding how much or what type of luggage students bring, so pack according to personal needs. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.



Culture & Climate

Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that cannot be damaged!

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





Required Packing

- **Pants** Lightweight blends that dry quickly. 2+ for field work and 2+ normal pants for day-to-day.
 - **Shorts** Runners may want a few pairs of athletic shorts.
 - **T-shirts and Tank tops**
 - **Long-sleeved shirts** 4+ for field work. A mix of synthetic fabrics and cotton.
 - **Casual/nice clothes** for town. Nothing that cannot be ruined.
 - **Lightweight jacket and warm layers**
 - **Waterproof jacket with a hood or Poncho** Water resistant is not sufficient.
 - **Underwear and Socks** including light wool or synthetic (not cotton) hiking socks.
 - **Pajamas** appropriate for shared spaces.
 - **Sun hat and sunglasses** Hat should have brim.
 - **Sneakers** or other casual shoes.
 - **Sandals** with heel straps.
 - **Flip flops** for showering.
- Sheets, a pillow, and towels will be provided at the center.
- **Toiletries** Basic items can be purchased in town but bring enough for at least a week. Preferably biodegradable.

- **Masks and COVID tests** Bring enough masks to last the duration of the program and home rapid tests.
 - **Record of immunizations and Health history**
 - **Personal first-aid kit** including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Hydration salts, etc.
 - **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
 - **Motion sickness medication/ Dramamine/ Ginger chews**
 - **Period care** Students can purchase basic period products in town. We encourage menstrual cups or environmentally friendly, biodegradable options.
- **Flash drives and/or External hard drive** At least 1 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port.
 - **Surge protector and Plug adaptors**
 - **Dry bag or Waterproof daypack cover** Students can also consider several smaller dry bags or sturdy plastic bags. Gallon-sized Ziploc bags work well.
 - **Day pack** Suitable for taking gear into the field. 15-30L recommended.
 - **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended.
 - **Notebooks and Pencils** Can buy locally.
 - **Water bottles** 2 bottles with at least 1L capacity each.
 - **Sunscreen** 1+ bottles.
 - **Insect Repellant** 1+ bottles.





Optional Packing

- **University ID card**
- **Hiking boots** Over-the-ankle recommended.
- **Purse/tote bag** for town. With zipper to avoid pick-pockets.
- **Swimsuit** 1-2 sets. Highly recommended for trips to the beach.
- **Small clothing repair kit**
- **Umbrella** can buy locally
- **Pocketknife** Checked luggage only.
- **Tupperware and travel mugs** for packing snacks.
- **Journal**
- **Games, Movies, and Books**

- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can purchase in town.
- **Snacks, Drink powders, and Dietary supplements**
Any favorites.
- **Camera**
- **Voltage converter** if needed for electronics.
- **Wristwatch**
- **Headphones and/or Bluetooth speaker**
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Extra batteries and External battery packs**



Contact Us

Keep up with SFS follow us on Instagram [@theSFS](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, Immunizations, managing medical conditions on program, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.