

Junior Journey – Italy (Rome, Sorrento, & the Amalfi Coast)

Instructor Information

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Course Description

One hour. Pass/Fail (no letter grade). Travel through Italy, visiting sites of historic importance (e.g., Vatican, Sistine Chapel, Colosseum) in Rome and the Southeast region of Italy, including Sorrento, Amalfi, and Positano. The costs of the trip include airfare, accommodation in hotels (double or triple occupancy), all meals, travel within Italy on high-speed trains, local trains, metros, and buses, and a variety of professional tours at the sites mentioned above.

Course Student Learning Outcomes

1. Identify and reflect on traits of the cultural life, habits, and history of Rome through exploring historical sites and modern-day neighborhoods.
2. Students will demonstrate knowledge of the history, geography, geology, and socio-economic makeup of Italy through participation, discussion and journal writings.
3. Students will demonstrate knowledge of other sites of major historical & cultural significance through participation, discussion and journal writings.
4. Describe in their daily journal their thoughts on the experiences of the day.

Statement of Engaged Learning:

The entire course is experiential, i.e., completely "engaged," through daily tours and visits to sites of historical importance and other places of interest.

Evaluation & Grading Scale

The class is pass-fail. You will be expected to reflect daily, on the day's experiences, in a journal to be turned in for grading. A complete journal (at least 70%) and willing participation in the trip's activities will result in a passing grade. Pass \geq 70 Fail $<$ 70

Attendance & Class Participation

Students must attend, engage in, and be on time for all tours, events, activities, meetings, etc. that are planned for this trip. Any student who is absent from any planned activity will not receive credit for the course unless that absence is excused (i.e. medical reason). Medical or other emergencies that would prevent participation should be discussed with the instructor immediately, when they occur.

Required Journal & Vlog

In order to pass the course, students must submit a Journal and a vlog of their trip.

- Students will keep a journal for the duration of the trip. Students will need to begin documenting their thoughts as soon as the trip begins; you'll want to bring a notebook to document your experiences! Each day's entry should contain approximately 500 words based on reflections focused on that day's experiences. Your journal should adequately tell what we did, how and why we did it, what you learned, what you enjoyed, etc. You should reflect on the importance of what you saw or learned. Think of it as a detailed letter to a friend or family member, who you want to tell about your day. You're welcome to write it in the form of a letter, if you like. The final journal, with entries completed for each day of the trip, must be submitted to the instructor within by the deadline indicated below. Journals should be written in standard English paragraph form, using correct spelling, punctuation, and grammar.
- The second required submission is a vlog, of at least three minutes, containing pictures and video clips from your trip. Take a lot of photos and videos during the trip. Be intentional about this. Upon returning to FSC, you should use an online video maker to "glue" your selected photos and videos together with background music of your choosing.

You must submit both the Journal and a YouTube link to the Vlog by **11:59 pm on Sunday, October 27th**. Failure to turn in an acceptable journal and vlog will result in your failing the course.

ACCESS FOR STUDENTS WITH DISABILITIES FALL 2024

Florida Southern College and Student Disability Services are committed to providing access and inclusion for students with documented disabilities to courses, facilities (including Residence Halls), and programs. Categories of disabilities could include, but would not be limited to, chronic health diagnoses, learning disabilities, and mental health conditions. If you anticipate or experience barriers to your college experience due to the impact of a disability, please notify the Office of Student Disability Services to discuss the eligibility process for establishing accommodations. You can reach FSC's Student Disability Services professionals through Asst. Dean for Student Support Dr. Sandy Calvert by e-mail at disabilityservices@flsouthern.edu, in Carlisle Rogers Building, by telephone at (863) 680-4900, or by fax at (863) 680-4195. Our Student Disability Services professionals are available for both face-to-face and Zoom meetings, by appointment.

For more information on disability accommodations and access, please visit our website at <http://www.flsouthern.edu/campus-resources/student-disability-services.aspx>

NOTE: This trip involves quite a lot of walking, sometimes on rather steep hills and stairs. Students with mobility issues may find this trip inappropriate. Please discuss any such concerns with Dr. Pospichal and the instructor before signing up for the trip.

FLORIDA SOUTHERN COLLEGE HONOR CODE

"I will practice academic and personal integrity and excellence of character and expect the same from others."

As an academic community, Florida Southern College is firmly committed to honor and integrity in the pursuit of knowledge. Therefore, as a member of this academic community, each student acknowledges responsibility for his or her actions and commits to the highest standards of integrity. In doing so through this Honor Code, each student makes a covenant with the college not to engage in any form of academic dishonesty, fraud, cheating, or theft. Further information on the Honor Code is available in the current Catalog.

****Your daily journal and vlog are the primary sources of your grade. While you will likely have similar observations to those of others, your journal should be your own, individual effort, in your own words.*

RULES OF THE TRIP

The following set of rules have evolved over the years and can be generally divided into two categories: cardinal rules and strong suggestions. Breaking any of the cardinal rules is grounds for being sent home immediately with no refund of the trip.

Cardinal Rules

1. **Never, ever, ever travel by yourself.** Exploring on your own is STRICTLY not allowed. The minimum group size for exploring on your own is three students. If you plan to travel or roam around in such a group, you must notify the trip director/chaperone on the WhatsApp group (see below). During your time away from the group, if one travel partner(s) needs to use the rest room, the other(s) must accompany them. If you are in a cross-gender partnership, the other partner(s) must wait outside the restroom. No exceptions will be made to this rule. Any time you leave the group, you must tell one of us about it and get our approval. That is any time you leave the hotel or other building, for any reason. We are responsible to know where you are and what you are doing at all times.
2. You must always be reachable – by phone - by your trip director or your chaperone.
3. **Your chaperone has equal authority to that of the trip director. End of story.**
4. WhatsApp will be used for group communication. Your phone must have a data plan, and you must have WhatsApp installed on your phone. We will have a WhatsApp group for this Junior Journey, and we will use this WhatsApp group to send details about events and meetups throughout the duration of our trip.
5. Harassment of any sort – bullying, racist or bigoted talk, unwanted touching or interference etc. will not be tolerated.
6. **This is a Class.** Junior Journey is a college class; it is not a free-time vacation to do whatever you want. During the day, you are officially "in class." That can be hard to remember when your assignment is to explore the Colosseum and Palatine Hill, to observe the wonders of the Vatican and Sistine Chapel museums, or even indulging in some of the

best pizza Naples has to offer! But it is officially "class" time. You need to be present, in good mental condition (not hung over, not sleepy), and participating in the group activities each day. You also need to be on time each morning, ready to head out for the day's adventure.

7. **Behavior.** Please do not sleep, write notes to each other, listen to music, text, or engage in any other activity that may disturb others during tours, films, lectures, etc. Give your undivided attention and respect to tours guides, lecturers, and any other person you encounter during this experience. You represent Florida Southern College and are expected to act in an appropriate, professional manner at all times during this trip.
8. **Alcohol.** The legal drinking age in Italy is 18. Echoing the sentiments above, you are a student representing Florida Southern College. Drinking alcohol during the day (before dinner) is not acceptable. You are in class. With respect to the evenings, you do need to be very responsible -- as on a regular school night, going out to a pub and drinking until 4:00 a.m. is simply not reasonable nor acceptable. If the goal is to go out and get drunk each night, you should not go on this trip; it's simply not acceptable, will not be tolerated, will result in a failing grade, and may result in your being sent home.
9. The SAFETY of the people on this trip will always trump any other consideration. ALWAYS. If you engage in unsafe or risky behavior on this trip, whether or not it is codified above, you may be sent back to the US.
10. All students must purchase a [travel money belt](#) that can be discretely hidden underneath your shirt. When traveling, your passport must always be kept in this travel belt. Thieves are very active in Rome and in heavy tourist areas. They are experts at quickly cutting the straps of such belts and grabbing your money/passport before you know what happened. These should not be worn around your hip where it is exposed. Rather, the money belt should be worn higher up on your waist, under your shirt, and is solely intended to store your passport and larger bills, which, in theory, should only be accessed within the privacy of your hotel room.

Strong Suggestions

1. Take a photograph of your passport and any other identification you have and keep it on your phone.
2. If the hotel room has a safe, you should lock your passports within that safe during your local travel within the city. Carry your student ID and your US driver's license to serve as identification. When checking out of each hotel and going to a new city, remember to take your passports out of the safe and bring them with you.
3. Public bathrooms are not free to use in Italy unless you are at a restaurant or a hotel. Try to use the restroom before leaving your hotel. Carry change in case you need to use the restroom outside of the hotel. They normally cost 0.5 to 1 Euro. Many times, bathrooms might not be clearly marked. In case you need to ask for the location, say, "Dov'e (pronounced Doh-vay) il bagno?" Also, it is always a good idea to carry a small amount of toilet paper with you as most public bathrooms don't have toilet paper. PS. No, the second toilet looking thing in the bathrooms are not a secondary toilet. They are bidets!

4. When travelling on any public transportation, you must have your ticket validated at the punch card machine when entering the train/bus. Failure to do so may result in a fine of 50 euros per occurrence.
5. Remember to bring any prescriptions that you need along with you. Also carry a limited amount of Tylenol/Ibuprofen in case you need it.
6. While Italy is a safe and fun place to visit, be aware of your surroundings. Italy has its share of pickpockets (especially in Rome). Be extra careful while travelling on public buses and trains as these tend to get crowded and are a favorite hangout of thieves wanting to snatch a wallet or jewelry. These people are experts at their jobs, and you won't even realize that you have been robbed until much later.
7. Street "vendors" and salespeople will aggressively try to sell you items – some will even try to give you "gifts", such as a stitched friendship bracelet, and they will tell you it is "free" and a "gift just for you." Then, as soon as it is on your wrist, they will demand money. Do not even allow them to try this.
8. Do NOT accept drinks in bars from strangers. You never know if the drink would be safe for consumption.
9. You must bring respectful attire for the tour of the Vatican. **Entry will be denied if shoulders and knees are not covered.**
10. You will find Italians to either be very friendly or the complete opposite. What is essential to remember is not to act like the quintessential American who is loud, obnoxious, and expects everyone to speak in English. Most Italians do not speak English. You should have a translation app on your phone and should make sincere attempts to speak the local language.

Helpful Advice

1) What to Bring:

- Bring two comfortable pairs of shoes. We will be walking a lot, upwards of 30,000 steps per day on the first two days of the trip. We will also be climbing plenty of stairs. Make sure you are comfortable with slightly strenuous activities.
- Light jacket and a raincoat/umbrella. The weather in Rome and Southeast Italy during October averages in the 60s (Fahrenheit), with highs in the low 70s and lows in the 50s. Rain can be expected. You will want to pack a light jacket and either a raincoat or umbrella. I strongly recommend waterproof boots/shoes (or the second pair of shoes mentioned above)
- A compatible adapter for your electronic devices (phone, tablet, computer). Italy uses 220v electricity, which means you'll want to make sure any adapters are rated correctly.
- Water bottle. Water in Italy is free, healthy, and readily available with one condition: you should know where to get this free water! Do yourself a favor and download the app mentioned at these sites:
 - <https://www.explore-italian-culture.com/drinking-fountains-of-rome.html>
 - Watch this video on drinking water in Italy:
 - <https://youtu.be/zKMK0nbYJV0>

- Lock for your luggage! We'll be arriving in Naples and then Sorrento several hours before check-in. While the hotels do offer free storage of luggage prior to check-in (or after check-out) if needed, it's certainly safer to lock the zippers in the hopes of avoiding anyone tampering with your belongings.
- 2) **Don't Over pack!** You MUST be able to handle your own luggage, carry it with you for considerable distances, and climb stairs with it. It's a nice balancing act of packing enough essentials while not over-burdening oneself with a massive/heavy suitcase.
 - 3) **Spending Money.** For many, this is a once-in-a-lifetime trip. You will want to bring spending money, likely three hundred to five hundred Euros. What costs are covered? Airfare, accommodation, travel to the sites detailed in the tentative itinerary (below), three meals per day, tours of the Colosseum, the Vatican, and a surprise tour during the 2nd stop of our trip in the southeastern area of Italy. However, we will have one free day in Sorrento, where students may opt to sign a travel form and may then travel to visit other popular tourist sites, including Pompeii, Mount Vesuvius, or even the beautiful Island of Capri. A guided tour to such locations would usually be in the range of 100 to 200 euros. You will want spending money for this day as well as for other souvenirs.
 - 4) **Offline Google Maps.** Prior to leaving FSC, you should open your Google Maps app on your phone and download an offline map of Rome, Naples, Sorrento, Positano, and Amalfi. You will be using Google Maps often while walking around, and there's no reason to eat up your data for this when you can download those maps ahead of time.
 - 5) **Be comfortable and confident to explore in your small group of three – but be safe.** Once students have completed the activities planned for the day, they may explore on their own. This will include four to five hours in Rome, where you will have access to the City Sightseeing Hop-On-Hop-Off Bus, which takes you to major attractions throughout the city, including Trevi Fountain, the Pantheon, and the famous Spanish Steps. The great part of the Hop-On-Hop-Off Bus is that it gives you a lifeline of sorts, encouraging you to more confidently explore in your small groups, all while knowing you can easily hop back on this bus to get your bearings. This will also include our group day-trip to Positano, the evenings in Sorrento, and your complete "free" day in Sorrento.
 - REMINDER: exploring on your own is STRICTLY NOT ALLOWED. You must be in a group of at least three students, and everyone must be reachable by phone.
 - Rome, Sorrento, and the Amalfi coast are relatively safe areas, albeit densely populated with tourists and, by extension, a haven for pick pocketers.

Do not fear exploring in your group of three. Be confident. **BE SMART.** Trust your gut instinct. If something does not feel right, there is a good chance it is not right. **Leave. Call the Italy Emergency line 112** (the equivalent of 911). The public transportation areas are common targets for thieves and pick pockets. Termini station and the Circumvesuviana train, in particular, are quite common target areas.

Itinerary

- The order of events may change somewhat, as we make final reservations for various aspects of the trip.

<u>Date</u>	<u>Day</u>	<u>Schedule</u>
12-Oct	Saturday	8:45 a.m. Arrive at FSC with packed luggage, passport , ID, etc. 9:00 a.m. College van departs for airport 11:00 a.m. Van drops off group at TPA 2:00 p.m. Depart from TPA for Italy
13-Oct	Sunday	9:15 a.m. Arrive at FCO (Rome Airport) 11:00 a.m. Depart airport via Leonardo Express to Termini Station 11:45 a.m. Arrive to Termini station 12:00 p.m. Check-in to 4-star Hotel 12:30 p.m. City-Sightseeing bus to Stop # 8 (near Trevi Fountain) 1:30 p.m. Lunch (group) 2:00 p.m. Trevi Fountain Picture (time permitting) 2:30 p.m. Walk to Colosseum 3:00 p.m. 3-hour guided tour of Colosseum with Roman Forum & Palatine Hill (skip-the-line entrance) 6:15 p.m. Return to hotel and relax till dinner 8:00 p.m. Dinner (group)
14-Oct	Monday	8:00 a.m. Breakfast at Hotel (included) 8:45 a.m. Depart hotel to Termini Station 9:00 a.m. Take Metro (Line A) to Ottaviano stop near Vatican 9:45 a.m. 2.5-hour guided tour of Vatican Museums, Sistine Chapel, and St. Peter's Basilica (skip-the-line entrance) 1:15 p.m. Free time till 5:15 Lunch and enjoy the sites 5:15 p.m. Hotel Lobby to Termini Station 5:30 p.m. City-Sightseeing bus to Stop #4 (near Trastevere) 6:00 p.m. Do as the Romans do (explore the neighborhood of Trastevere)
15-Oct	Tuesday	8:00 a.m. Breakfast at Hotel (included) 9:30 a.m. Check-out of Hotel and Depart to Termini Station 10:20 a.m. High Speed rail to Naples

		<p>11:33 a.m. Arrive at Napoli Centrale/Garibaldi Station</p> <p>12:00 p.m. Lunch at Da Michele</p> <p>2:20 p.m. Campia Express Train to Sorrento</p> <p>3:30 p.m. Check-in to 3-star Hotel</p> <p>4:00 p.m. Leave Hotel to Explore Sorrento</p> <p>7:00 p.m. Dinner (group)</p>
16-Oct	Wednesday	<p>7:30 a.m. Breakfast at Hotel (included)</p> <p>9:10 a.m. Depart to Train station</p> <p>9:45 a.m. Private Transfer to Positano</p> <p>10:25 a.m. Arrive Positano</p> <p>10:30 a.m. Enjoy Positano</p> <ul style="list-style-type: none"> - Beach access (although water is cold!) - Shopping - Lunch <p>4:00 p.m. Private Transfer back to Sorrento</p> <p>5:00 p.m. Explore Sorrento</p> <p>6:45 p.m. Meet in Hotel Lobby for group dinner</p> <p>7:00 p.m. Dinner (group)</p>
17-Oct	Thursday	<p>7:30 a.m. Breakfast at Hotel (included)</p> <p>8:10 a.m. Depart to Train station</p> <p>8:45 a.m. Private Transfer to Amalfi</p> <p>10:15 a.m. Arrive Amalfi and explore for 30 minutes or so</p> <p>11:00 a.m. Begin to make our way to Meeting Point</p> <p>11:30 a.m. Lemon Tour & Cooking Class</p> <ul style="list-style-type: none"> - includes lunch <p>4:00 p.m. Gather at Meeting Point to catch bus</p> <p>4:15 p.m. Private Transfer back to Sorrento</p> <p>5:40 p.m. Arrive back to Sorrento Train Station</p> <p>6:45 p.m. Meet in Hotel Lobby for group dinner</p> <p>7:00 p.m. Dinner (group)</p>
18-Oct	Friday	<p>8:30 a.m. Breakfast at Hotel (included)</p> <p>9:00 a.m. The day is yours! Options include:</p> <ul style="list-style-type: none"> - Pompeii & Herculaneum - Mt Vesuvius - Capri & the Blue Grotto - Explore Sorrento - and more

		<p>*Note: absolutely must be in groups of 3 or larger</p> <p>6:00 p.m. Meet back at hotel and "check-in"</p> <p>7:00 p.m. Dinner (group) in Sorrento</p>
19-Oct	Saturday	<p>8:30 a.m. Breakfast at Hotel (included)</p> <p>9:15 a.m. Check-out of Hotel and Depart to Sorrento Train Station ***Everyone should be in the Lobby by 9:15 a.m. ***With a large group, checkout may take some time.</p> <p>9:45 a.m. Walk to Sorrento Train Station</p> <p>10:25 a.m. Campania Express Train to Naples</p> <p>11:18 a.m. Campania Express arrives in Naples Garibaldi Station</p> <p>12:00 p.m. High-speed rail to Rome Termini Station</p> <p>1:15 p.m. Arrive to Rome Termini Station</p> <p>1:30 p.m. Check-in to 3-star Hotel Free time until dinner</p> <p>6:00 p.m. Dinner (group)</p>
20-Oct	Sunday	<p>6:00 a.m. Breakfast at Hotel (included)</p> <p>6:20 a.m. Check-out of Hotel and Depart to Termini Station ***Everyone should be in the Lobby by 6:15 a.m. ***With a large group, checkout may take some time.</p> <p>6:30 a.m. Depart Hotel to Termini Station (five minute walk)</p> <p>6:50 a.m. Depart Termini Station via Leonardo Express to Airport</p> <p>7:25 a.m. Arrive to airport via Leonardo Express</p> <p>10:10 a.m. Flight leaves FCO</p> <p>12:05 a.m. Flight arrives in TPA</p> <p>1:00 a.m. Depart TPA for Lakeland, FL</p> <p>1:45 a.m. Arrive back to FSC</p>