

SU22 - Dr. Rocco Catrone

Date	Activity/Note for Exertion Level
<p>Day 1 July 5th <u>Students Must Arrive in Perugia no later than July 5th 4pm Italy time</u></p>	<ul style="list-style-type: none"> • Arrive in Rome Fiumicino Airport before 11am • Umbra will provide transportation from Rome to Perugia <ul style="list-style-type: none"> o If you are not coming into Rome or if you are travelling to Italy earlier than July 5, you are responsible for arriving at Umbra Institute in Perugia by 4pm. o If you are having delays or you are worried you will not reach this time, please contact Rocco Catrone (+17082681766) immediately so we can help you navigate this situation and get to Perugia safely. • After arrival in Perugia, housing assignments will be completed. <ul style="list-style-type: none"> o You will be assigned a roommate (unless you request otherwise) and you will be brought to your apartment where you will stay during your time in Italy. • Umbra Institute Orientation and Safety (including emergency procedures) Talk • Welcome Dinner at L'Amore per la Pizza <p>Overall Exertion level: 1 (mostly travel via plane and bus)</p> <ul style="list-style-type: none"> • Your housing/accommodations will be fully furnished apartments that are within 10-minute walking distance to the campus. • All travel is compliant with individuals who have disability or mobility concerns. If you have any
	<ul style="list-style-type: none"> • Breakfast on your own <ul style="list-style-type: none"> o Going to the café usually are the common morning ritual in Italy. You can check out these cafes which may be near your housing/accommodations.

<p>Day 2 July 6th</p>	<ul style="list-style-type: none"> • 9am – Arrive in front of Umbra Institute building in Perugia City Center • 9:15am-10am – Walking tour of Perugia with Rocco Catrone <ul style="list-style-type: none"> o Please contact Rocco Catrone with any mobility considerations. <p>Exertion level: 2-3</p> <p>§ Perugia is located on a hill-top and some locations we will be visiting are both up hill and downhill from the school. I will take special care to ensure that all are able to join during this time as there are different ways to get around (escalators, stairs, elevators, etc.).</p> <ul style="list-style-type: none"> • 10-1pm – Class at Umbra Institute <ul style="list-style-type: none"> o Review of course topics which involve group activities at Umbra. <p>Exertion level: 1</p> <p>§ Classes will be held on the Umbra Campus with optional times being outside (weather permitting).</p> <p>§ Activities will be exertion 1 as they will all be vocal/verbal responding and in-class group work.</p> <ul style="list-style-type: none"> • 1-1:30pm – Journaling Time (Journal 1/8) • Lunch time is on your own. <p>• 7pm-9pm – Aperitivo at Ristorante Del Sole</p>
<p>Day 3 July 7th</p>	<ul style="list-style-type: none"> • Breakfast on your own • 10-1pm – Class at Umbra Institute <ul style="list-style-type: none"> o Review of course topics which involve group activities at Umbra. <p>Exertion level: 1</p> <p>§ Classes will be held on the Umbra Campus with optional times being outside (weather permitting).</p> <p>§ Activities will be exertion 1 as they will all be vocal/verbal responding and in-class group work.</p> <ul style="list-style-type: none"> • 1-1:30pm – Journaling Time (Journal 2/8)
	<p>****FLORENCE/FIRENZE DAY TRIP****</p> <ul style="list-style-type: none"> • Breakfast is on your own <ul style="list-style-type: none"> o This is HIGHLY suggested to eat and drink something early so that you are comfortable on the trip to Florence. • 7am – Arrive at Umbra Institute to walk over to Piazza Italia <ul style="list-style-type: none"> o If you miss this timing, the bus to Florence/Firenze will be leaving at 8am. If you are running late, you must contact instructor Dr. Rocco Catrone as soon as possible. o It is suggested that you bring a big bottle of water along with a small snack to stay hydrated and fed before we walk around.

Day 4 July 8th

o Please wear comfortable footwear, put sunscreen on, and wear sunglasses as summertime in Italy is hot and sunny – prepare accordingly.

- 8am-10am – Travel by bus to Florence/Firenze to Piazza Santa Maria Novella Railway Station

o Exertion level: 1 (bus travel)

- 10am-11am – Visit Scuola Nazionale Cani Guida per Ciechi

o The class will bus together to Florence Italy to first visit the internationally recognized Scuola Nazionale Cani Guida per Ciechi (The National School for Assistance Dogs) where dogs are raised and trained to support individuals with visual impairments or emotional support needs.

o Following this visit, there will be a tour of the Florence city-center led by a tour guide and Kimap – a GPS program that finds the most accessible path for individuals with physical impairments or additionally considerations.

o Exertion level: 3 (Interaction with animals)

o Be sure to wear comfortable clothing so you can be active during this activity. If you have any allergies to animals and/or mobility restrictions, please let instructor Dr. Rocco Catrone know ahead of time.

- 11am-12pm – Take Kimap Tour to Lunch location

o Exertion level: 2-3 (Walking on uneven ground around

- Breakfast on your own

- 8am – Meet at Fontana Maggiore di Perugia (right next to the Umbra Institute)

- 8:15am-8:45am – Travel via MiniMetro

<p>Day 5 July 9th</p>	<ul style="list-style-type: none"> o This travel includes the walks to and from the MiniMetro stops as well as the travel on the MiniMetro itself. o The MiniMetro is slow-moving tram that starts in the Perugia city center (at stop Pincetto) and ends by the soccer/futbol stadium (at stop Pian di Massiano) for a minimal (less than 4 Euro) to travel. o During busy times, we may not all be able to fit on the MiniMetro as one group. Rocco Catrone will coordinate as the first and last stops are as far as you can go on the MiniMetro (15minutes one way) and you will wait for the rest of the group so that we may walk to the Market together. • 8:45am-10:15am – Walk about in the Perugia Saturday Market in Pian di Massiano o Every Saturday, Perugia hosts a very large market that is held on Saturdays. We will travel together to get the feel of a real Italian market by using basic Italian to buy items that you would like (if you chose to buy). o MiniMetro Travel = Exertion Level 1 (Travel is disability accessible and low energy is needed overall) o Walk around Market = Exertion Level 2 (Hot weather and larger crowd – plan outfit accordingly) • Travel back is easy as you start and end at the last stops on the MiniMetro. o If you would like or need help travelling back to the city center, <u>Rocco Catrone can help you get back or you can travel back with</u>
<p>Day 6, July 10th</p>	<p>****OPTIONAL MUSEUM ACTIVITY****</p> <ul style="list-style-type: none"> • This is completely optional, but you may join the professor in this experience if interested. • Breakfast on your own • 10am – Meet at Fontana Maggiore di Perugia (right next to the Umbra Institute) • 10am-10:05am – Walk to Galleria Nazionale dell’Umbria o For a small entrance fee (8 Euro), we will walk around this multi-level museum while engaging in a self-guided tour. o Afterwards, you may chat with professor over gelato on the church steps to talk about the works viewed. • Lunch & Dinner are on your own • 10:05am-11:30pm – Walk around the Museum
	<ul style="list-style-type: none"> • Breakfast on your own • 10-11am – Class at Umbra Institute o Review of course topics which involve group activities at Umbra.

<p>Day 7, July 11th</p>	<p>o Exertion level: 1 (engaging with in-class activities and group work)</p> <p>§ Classes will be held on the Umbra Campus with optional times being outside (weather permitting).</p> <p>§ Activities will be exertion 1 as they will all be vocal/verbal responding and in-class group work.</p> <ul style="list-style-type: none"> • 11am-11:15am – Travel to local library • 11:15am-1:15pm – Volunteer Reading for Children <p>o Students will read a children’s story in English to local children. This will be recorded (if students consent to doing so) and will be saved so that library patrons who are visually impaired can access the recordings and engage in story times.</p> <p>o Exertion level: 1-2 (reading to students in English)</p> <p>§ Students do not need to have their voices recorded or engage if they are worried about reading in front of others but you will be expected to stay and listen o the other students reading.</p> <p>§ The library is within 15-minute walking from the Umbra Institute.</p> <ul style="list-style-type: none"> • 1:15pm-1:30pm – travel back to Umbra Campus <p>o You may also stay in the neighborhood where the library is located to have lunch on their own.</p> <p>Please let Rocco Catrone know if this is your plan and we will</p>
<p>Day 8, July 12th</p>	<ul style="list-style-type: none"> • Breakfast on your own • 10am – Meet at Umbra Institute • 10:15am-10:30am – Travel to Volunteer location • 10:30am-1pm – Volunteer at Re.Leg.Art Visit <p>o Led by community volunteers, this organization supports inclusive work environments, hires people with disabilities, and teaches their employees how to create items with leather (bookmarks, purses, etc.). This organization helps to create an inclusive work and social space for both people with disabilities and the community at large.</p> <p>o During the time at this organization, students will visit, assist with programming that day as led by the community leader.</p> <p>o At the conclusion of the program, you may walk back with your professor or explore the neighborhood. If you do not come back with the group please let Rocco Catrone know so that you can</p>
	<ul style="list-style-type: none"> • Breakfast on your own • 9am – Meet at Umbra Institute (earlier than usual/previous day) - although during the first week you meet

<p>Day 9, July 13th</p>	<p>at 8am</p> <ul style="list-style-type: none"> • 9:15am-9:30am – Travel to Volunteer location • 9:30am-12pm – Volunteer at VIVA Sports Association Visit <p>o By using an inclusive model, VIVA provides people with disabilities access to athletic programming to help foster confidence while connecting with others in the community.</p> <p>o Student will engage in the programming for that day including helping to support organization leaders to games with the individuals.</p> <p>o At the conclusion of the program, you may walk back with your professor or explore the neighborhood. If you do not come back with the group, please let Rocco Catrone know so that you can plan on how to get back on foot.</p> <p>o Exertion level: 1-3 (sports related activities)</p> <p>§ You chose how involved you would like to be and which activity</p>
<p>Day 10, July 14th</p>	<ul style="list-style-type: none"> • Breakfast on your own • 10-11:30am – Art Therapy Workshop at Umbra Institute <p>o During this workshop, Phillipa Stannard will lead students through a workshop to explore the concepts of art therapy as well as discussing the process and outcomes as well as how this can be applied to support individuals with disabilities.</p> <p>o Exertion level: 1 (engaging with in-class activities and group work)</p> <p>§ Classes will be held on the Umbra Campus with optional times being outside (weather permitting).</p> <p>§ Activities will be exertion 1 as they will all be vocal/verbal responding and in-class group work.</p> <ul style="list-style-type: none"> • 11:45am-1:30pm – Lunch with the group at Pizza Mediterranea • 1:45pm-3:15pm – Emotions and Culture Workshop at umbra Institute <p>o During this workshop, Dr. John Dennis will discuss the universality of some facial expressions and how and why culture influences these expressions. The workshop focuses on Dr. Paul Ekman's research about micro-expressions, which are facial expressions that last for only a fraction of a second and can indicate someone's true emotions. Ekman's micro-expression training has been taught to the FBI, CIA, Scotland Yard, and various other forensic specialists around the world.</p> <p>o Exertion level: 1 (engaging with in-class activities and group work)</p>
	<p>**** TRAVEL TO ROME/ROMA ****</p> <ul style="list-style-type: none"> • Breakfast on your own

Day 11, July
15th

- 8am – Arrive at Umbra Institute to walk over to Piazza Italia
 - o Please bring all of your possessions as we will not be travelling back to Perugia.
 - 8:30am-10:30am – Travel to Rome/Roma via Bus
 - o Exertion level: 1 (bus travel)
 - o FINAL JOURNAL (8/8)
 - 10:30am-12:30pm – Visit Visit Il Museo Laboratorio della Mente (The Museum of the Mind)
 - o Once a mental health hospital for foreigners in need of support, this museum now offers visitors insight into the history and evolution of mental health institutions while challenging stigmas towards individuals with mental health considerations.
 - o You will leave your materials on the bus while we are in the museum.
 - o Exertion level: 1 (walking around the museum on self-guided tour)
- *The program is officially over at this point and you may leave to return home or choose to stay in Italy. Please contact your instructor, Dr. Rocco Catrone about your travel plans so that we are aware of where you are going.. Taxi to Rome Fiumicino is very expensive, so we recommend going by bus with the group, or by shuttle or tram from Roma Termini train station *
- There are TWO major airports in Rome/Roma – Fiumicino and Ciampino – MAKE SURE you know which airport

Location

Airport

- Rome Fiumicino

Fiumicino (sp) Perugia

- Umbra Institute

- L'Amore per la

Pizza – Welcome

Dinner

- Housing

accommodations

will be assigned upon

arrival and handled

through Umbra

Institute.

- Umbra Institute
- Ristorante del Sole – Aperitivo

- Umbra Institute

Travel

• Firenze Italia Meet

- Piazza Italia – meet
for the bus
in Perugia

- Piazza Santa Maria
Novella

Railway Station – stop
in Florence/Firenze
Florence

- Scuola Nazionale
Cani Guida per
Ciech – Guide
dog school

- I Ragazzi del Sipario –
Where
lunch will be done

- Fontana Maggiore di Perugia – Meeting place before travel to the marker
 - Perugia Saturday Market in Pian di Massiano – Saturday Market Location
 - Pincetto Stop of MiniMetro – How to get down to the market
- L'Artigiano del Gelato – Gelato place/Gelateria

- Fontana Maggiore di Perugia - Meeting place before travel to the marker
 - Galleria Nazionale dell'Umbria – Museum experience

- Umbra Institute
 - Library

- Umbra Institute
 - Re.Leg.Art –
Location of
volunteering

- Umbra Institute
- VIVA Sports

Association – Location
of association activities
depend on activity
being run

- Umbra Institute
- Pizza

Mediterranea – Lunch
Location

- Piazza Italia – Meet
for the bus
in Perugia
- Il Laboratorio della
Mente –
Museum experience
location
- Lo Scallino Risotrante
–
Restaurant for
goodbye lunch