Your Trip to Lucca, Italy

2015

A guide to help you prepare for and enjoy your visit.

Studio Borgo
ARTIST WORKSHOP IN TUSCANY
Choosing to study art in Italy is an exciting and important decision to make. Consideration should be given to what the program, the region and the environment offer. The Studio Borgo program takes place inside a beautifully renovated art studio in the town of Borgo a Mozzano and excursions in the city of Lucca. Because of our location, Studio Borgo provides artists and students with an ideal journey for studying art in the storied region of Tuscany. The combination of drawing, painting and local art history come together, forming an incredibly educational and enjoyable art experience of a lifetime.

When traveling abroad knowing just a few simple tips can make your trip virtually stress free and more pleasurable.

So as a service to our artists and students thinking of joining our program, we have prepared this guide for you to help you get the most from your trip and your time in Lucca, Italy.

### Packing For a Foreign Country

See the packing list at the end of this pdf for a full list of suggested items.

In addition to your usual clothing and personal articles, know that there are brands of medicines and personal health items not available in Italy, or the packaging is written in Italian making it difficult and confusing to purchase should you need it. Here are a few recommended items you should bring just in case.

- Headache or sinus/cold medicine
- Allergy medicine (if you take it)
- Band-aids (blister band-aids by Band-Aid brand are excellent for your feet!)
- Dramamine if you suffer from motion sickness
- Feminine hygiene products
- All prescriptions you may need

*It is advisable to put at least a small amount of each in your carry-on so you have it with you.

*Be sure to put all items in Ziplock bags for easy inspection by TSA agents.

### TSA Luggage Locks

TSA performs random luggage checks on all flights. It is wise to buy TSA locks for which a master key is used by TSA agents in the event they have to open your luggage. These can be purchased online or at stores like Target and cost about $20.

### Using a Cell Phone

Europe uses a different cell phone system than the US and other countries called GSM and some phones do not work on their system. If you plan on using a cell phone in Italy, you need to call your carrier at least one week in advance so you can sign up for a global plan and they can activate your phone for use overseas. If your current phone is not GSM compatible, your carrier should give you a loaner phone for free.

### Arriving at the Airport

You should arrive at the airport at least 2 hours in advance when traveling abroad to give yourself time to check in and go through the security checkpoint.

### Staying Hydrated and Refreshed

When traveling, it is important to stay hydrated and to not go hungry. We recommend bringing healthy snacks in your carry-on. You can purchase a bottle of water once you get past the security checkpoint. And if airline food isn't your thing, check out “Denise's Healthy Travel Salad” at the end of this pdf which you can bring in your carry-on.

### Did You Know...?

1. The ancient city of Lucca reveals all of its layers of history from the ancient Roman period through the Renaissance and 17th Century.
2. Lucca, unlike other Italian cities, is flat which makes it perfect for biking and walking.
3. From its world renowned olive oil and truffles to its cheeses and prosciutto, it is thought that perhaps Lucca boasts the best food in all of Tuscany.
4. The superior location and excellent train system of Lucca allow for easy access to some of the best cities and towns of the region including Florence, Pisa, Montecatini and Pistoia.
5. The nearby airport of Pisa International provides low-cost flights to amazing European cities such as Paris, Barcelona, Brussels and Palermo.
Exchanging US Dollars to Euros
Be sure to exchange at least some money at the departure airport because taxis and bus terminals in Italy usually only take cash. There are many ways you can exchange US dollars for euros so research your bank and other exchange services for the best rate. We use XE.com for current currency exchange rates. Keep in mind that using your ATM card in Italy could get costly because you will not only be charged the standard 3% fee from your bank, but you will get the current exchange rate which changes day to day and you will also be charged by both banks for using a foreign ATM.

Transportation To and From Lucca
AT PI SA, GALLILEO GALLILEI AIRPORT
Pisa airport is small and very easy to navigate. After collecting your luggage we advise taking the bus directly to Lucca. It is an inexpensive and scenic ride through Pisa and Tuscany. Tickets are around 2.50 euros.

After exiting the baggage carousel area, the ticket booth is directly to your right. Upon exiting the building, the bus terminal is directly to your right. The bus ride is approximately 1/2 hour.

ARRIVING IN LUCCA
The bus terminal in Lucca is very close to Hotel Universo. If you are bringing your cell phone, be sure to have it activated to accept phone calls in Italy. (You will need to restart your phone).

GETTING AROUND BY TRAIN
Workshop Students: Studio Borgo will provide you with train tickets to and from the art studio. Borgo a Mozzano is only a 20 minute train ride to Lucca. From Lucca, it is a hour and a half ride to Florence should you want to take a day trip on your day off from the workshop. (Tickets for personal day trips are not provided by Studio Borgo). Tickets to Florence from Lucca cost approximately 10 euros, round trip.

Resident Artists: The walk to the train station is only 5 minutes from San Rocchino. We recommend arriving at least 15 minutes before your train departs to purchase tickets. In Borgo a Mozzano, train tickets can be purchased at the local café in town: Càfe il Borgo. Be sure to purchase a return ticket. Round trip tickets between Lucca and Borgo a Mozzano cost 5 euros.

After purchasing your tickets at the window, be sure to validate it using the machines just inside the automatic doors to the platforms.

Things To Do in Lucca
Like most old Italian cities, Lucca is an open-air museum with sights in every direction. If you would like to arrange a tour of the city, a wine and olive oil tasting, or if you would like to attend an opera performance, this can all be arranged with the concierge at the front desk at Hotel Universo. The staff speaks English and they are very helpful.

Lucca is known as “The City of 100 Churches,” and each of these structures represents a marvelous example of the various architectural periods in history. Inside each church, there are important works of sculpture and painting. There are also various museums and palazzi to visit also containing great works of art and gardens. Here are just a few of the more prominent sights associated with the city:

THE CATHEDRAL OF SAN MARTINO (IL DUOMO DI LUCCA)
Construction began in the 11th Century and the cathedral houses the greatest relic in Lucca: a wood-carved cross by Nicodemus, a contemporary of Jesus Christ. Among the paintings inside the cathedral are works from Jacopo Tintoretto and Domenico Ghirlandaio (below), the teacher of Michelangelo.
THE WALL SURROUNDING LUCCA
The most distinguishing feature of the city of Lucca are the massive and beautiful walls that surround it. Originally built for protection, today they feel more like an elevated park-like setting with tree lined paths and beautiful views. The earliest foundations are ancient Roman and fortifications continue throughout history with most of the work occurring during the Renaissance.

RENTING A BICYCLE FOR SIGHTSEEING
Lucca's flat terrain makes it ideal for sight seeing on two wheels. You can bike the wall that surrounds the city for a relaxing afternoon. There is a bike rental store very close to Hotel Universo which charges 2.50 euros/hour (at the time of the creation of this brochure). Refer to the map to find the bike rental store.

ANTIQUE MARKET
Every third weekend of the month there is an antique market beginning in front of Hotel Universo and winding throughout the surrounding streets and piazzas where you can find new and old treasures to take with you back home as a memento of your time in Lucca.

GUINIGI TOWER
Erected by the powerful Guinigi family, the most important tower in Lucca is also one of the most unique in the region of Tuscany due to the trees that grow on top.

OPERA AND CLASSICAL MUSIC
Here in Lucca there is a centuries-old tradition of opera and classical music. Two giants, Giacomo Puccini and Luigi Boccherini were born in Lucca and there are several venues for performances including Teatro de Giglio, the church of San Giovanni and the Puccini La Sua Lucca International Festival.

About Borgo a Mozzano
Borgo a Mozzano is a medieval town located in the Province of Lucca. Within Borgo a Mozzano there are small villages such as Cerreto where the art studio is located. Each village is unique in its residents and terrain.

The earliest settlement of the village of Cerreto is from the Ancient Roman period. Here are a few facts about Cerreto and Borgo a Mozzano and sites you may want to visit during a relaxing walk.
Lunches at the Art Studio

During days in the art studio a family style lunch is provided by Studio Borgo and enjoyed on the patio outside the studio overlooking the Serchio Valley. Delicious homemade dishes are prepared from family recipes as well as old Tuscan recipes from friends and neighbors in Borgo a Mozzano. Ingredients are always fresh and locally grown.

One of the many dishes served on studio days is fresh mozzarella and tomaton with local basil and olive oil cultivated right in Borgo a Mozzano.

THE CHURCH OF SAN JACOPO

Originally built during the Middle Ages, much of its present appearance is from the Renaissance period with later construction from the 17th Century. Inside, you will find a work of art by the Tuscan painter Benedetto Buglioni (1505) and a sculpture from 1510 of Mary Magdalen by Andrea Della Robbia.

THE CHURCH OF SAN ROCCO

With the earliest building taking place during the Renaissance, the church of San Rocco was built between the 16th and 18th Centuries.

CONVENT OF ST. FRANCIS (below)

The convent boasts a beautiful Baroque church, 16th century cloisters and centuries-old frescos. There are breathtaking views from the grounds.

About Borgo a Mozzano

HOME OF ST. GEMMA GALGANI

Walk down the street from Studio Borgo and you will find the home of Saint Gemma Galgani who the street is named after. Gemma Galgani was beatified by Pope Pius XI on May 14th, 1933, and canonized by Pope Pius XII on Ascension Thursday, May 2nd, 1940. She was known to receive the Stigmata and miracles attributed to her include healing the sick.

PONTE DELLA MADDALENA (PONTE DEL DIAVOLO)

One of the most interesting architectural pieces of the middle ages is the Ponte Della Maddalena (a.k.a. Ponte del Diavolo). Countess Matilda of Tuscany had this unique bridge built between 1080 and 1100 as a way to continue the Via Francigena, the great religious pilgrimage from France to Rome. This historic site is one of our great plein air painting locations.

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Recommended Places to Eat

BORGO A MOZZANO

Pizzeria Rusticanella – located in the heart of Borgo a Mozzano serves some of the best pizza in Tuscany.

Da Gherardo – located inside Piazza Anfiteatro Romana

Da Felice (pizza by the slice) – located on Via Buia

Casual Fare

K2 – located just outside Piazza Anfiteatro Romana

Dinner (It is recommended that you have the hotel staff make a reservation for you.)

Osteria Via San Giorgio - Via San Giorgio (Casual)

Da Leo - Via Tegrimi (Casual)

Ristorante Giglio - Piazza Giglio next to Hotel Universo (Upscale).

Cantine Bernardini (pictured below) – Via del Suffrage in the cellar of Palazzo Bernardini (Upscale). Also offers wine and olive oil tastings in their cellar. Enjoy your meal in a true Renaissance space with vaulted brick ceilings from the 16th Century.

LUCCA

Pizza

I Macelli – Borgo a Mozzano’s very own Michelin rated restaurant. Very affordable.

WINE

You can taste and purchase in town or throughout Lucca. The wine from the “Colline Lucchesi” (hills of Lucca) is especially good and not normally found outside of Lucca due to limited production and distribution. We can happily recommend some delicious local wines for you to purchase.

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Helpful Italian words and phrases

Italians are very polite and expect good manners from others. In any foreign country, you are not expected to know the language fluently, however, approaching people with an attempt at their native language goes a long way. Here are a few key phrases for you reference.

Greetings

Excuse me – Scusa (Scooz)

Please – Per favore (Pair Favoray)

Thank you – Grazie (Graaze-e-ay)

You’re welcome – Prego (Pray-go)

Hello – Ciao (Chow)

Good morning/Good day – Buon giorno (Bwon journo)

Good evening – Buona sera (Bwona Suhra)

Do you speak English? – Parli Englese? (Parlay Inglaysay)

I am studying art in Borgo a Mozzano – Sto studiando arte a Borgo a Mozzano. (Stow too-dee-ando art-ay ah Borgo ah Mowtz-zano)

At Restaurants

Good evening. Table for... – Buona Sera. Tavolo per...

I would like...[name of dish] Vorrei... (vor-ray)

May I have... – Posso avere... (poe-so ah-ver-ay)

Bottle of water – Bottiglia dell’ acqua (bow-teelia delakwa)

Natural (no carbonation) – Naturale (Nah-too-ral-ay) or senza gassata (gos-atta) or no gas

Carbonated – Con gassata or frizzante (freez-ant-ay)

Wine – Vino (veeno)

Red – Rosso (row-so)

White – Bianco (bee-anko)

May I have another – Posso avere un altro... (poe-so ah-ver-ay oon-altro)

Where is the bathroom – Dove il bagno? (doe-vay eel bahn-yo)

The check please – Il conto per favore (eel cone-toe pair fa voray)

May I pay now? – Posso pagare adesso? (poe so pa-garay ah-desso)

At the Train Station

One ticket please – Uno biglietto, per favore. (oo-no bill-eet-toh)

Return trip – Ritorno viaggio (ree-torno vec-ajo)

Which platform – Qualo binario? (kwa-lay bee-nar-ee-ow)
Packing List

**Toiletries**
- Shampoo
- Conditioner
- Deodorant
- Qtips
- Makeup
- Toothpaste
- Mouthwash
- Toothbrushes
- Floss
- Hair dryer (Hotel Universo usually has a hair dryer in each room).

**Health Aids**
- Sinus/headache medicine
- Allergy medicine
- Feminine hygiene products
- Band-aids
- Dramamine

**In the Carry-on**
- Healthy snacks
- Cameras/iPod/Cell phone and chargers (We do not recommend putting these items in your suitcase as luggage is often handled roughly).
- Passports
- Hotel Vouchers
- Plane tickets
- iPod, phone, cameras and all chargers and cables
- Tissues
- Antibacterial hand wash
- Toothbrushes, toothpaste, mouthwash (3oz. TSA)
- Extra underwear

Do not pack your suitcase over 50 lbs. or you will be charged a fee by the airline. Also, you are allowed one checked suitcase per passenger.

We recommend putting these items in your carry-on in the unlikely event your luggage is lost. You can also freshen up before landing.

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**For Your Artist Workshop**

**Brushes**
- large flat
- medium flat
- medium round
- two smaller flat and round brushes
- Baby wipes
- iPod (if you prefer to listen to a particular type of music while you work).

**Recommended Miscellaneous Items**

**Passport Holder/organizer by L.L. Bean.** at:
http://www.llbean.com/llb/search?init=1&freeText=ticket+organizer

**Sturdy and keeps you organized!**

**TSA Luggage Locks**
Random luggage checks are done by TSA agents after your luggage is checked in at the counter. Use TSA locks (for which they have a master key) or they may otherwise break your locks in the event they need to open your suitcase. Sold at Walmart, Target, Amazon and other retailers.

**WhatsApp**
Send and receive texts on your smartphone anywhere around the world including images. 99 cents/year to download.

**Skype Phone App**
Buy credits and make extremely low cost phone calls when you’re in a wi-fi hotspot.

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**Denise’s Healthy Travel Salad**

- **Lettuce of your choice** (as your vegetable)
- **Avocado** (to keep you full)
- **Walnuts** (for protein and to keep you full)
- **Dried Cranberries** (for flavor)
- **Cheese cubes** (flavor of your choice, for protein and to keep you full. Will stay fresh without refrigeration for a few hours.)
- **Dressing - Olive oil, balsamic vinegar and honey measured to taste.** (3oz. container for TSA regulations). *Put Press’n Seal over the container before closing the lid so it does not leak.)

- **A piece of whole grain bread on the side.**
- *Bring a banana for a snack.

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**Contact Info**
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deniserruggio@gmail.com

Be sure to get calling instructions from your cell provider before departing. If calling a U.S. number from Italy dial 001, then area code and phone number to call our American cell phones.

*Studio Borgo has no affiliation with items or restaurants recommended in this packet. We are recommending them for the sole purpose of making travel enjoyable and have used these items and visited these establishments ourselves during our travels.*