June 17 - August 8, 2018
AH 3910- Study Abroad in Art History: Visual Cultures of the Italian Peninsula

V O L T E R R A
T R A V E L  G U I D E

By Marlee Hanna

1 Professor
8 Students
7 Weeks

4 Countries
17 Cities
9,221 Miles

30 Museums
100s of Churches
1 Trip to Disneyland
THE INSIDE
SCOOP ABOUT
LIFE IN
VOLterra
&ABROAD
**DORMS**

The dorms you stay in are owned by the Detroit Volterra Foundation which are also used by University of Detroit Mercy architecture students. You only room with students from OU. There are limited single rooms. You will more than likely have a roommate. There are multiple floors with no elevator or air conditioning. The building is older, but updated, and they are very concerned about keeping it pristine. There are common areas for eating, studying, and relaxing. Every student gets a key to the front door and your room. The front door is locked at all times so you need to have your key with you.

**ROOMMATES**

You will always have a roommate and possibly a bedmate at times. Be open and friendly. If issues arise talk them out with your roommate right away, not the rest of the group first. When in the dorms, you have closet space but at the hostels/hotels/air b&b there can be much more limited space. Be considerate of those you live with and pick up after yourself. It might be a good idea to meet up a few times before the trip with the students you are traveling with so you can get a feel for who you get along best with.

**KITCHEN**

There is a community kitchen in the dorms that is shared by all that live there. Each school gets one refrigerator and some cabinet space to store food. There is a dishwasher, stove top, and some kitchen supplies but no microwave, oven or large appliances. Most of the utensils are left from past students. You may need to buy things to use in the kitchen if you need something specific. You have to supply all of your food, spices, oil, and everything needed to cook. Our group bought groceries in groups and made group meals as well as individually. You must keep the kitchen clean at all times and take care of anything you used right away.

**BATHROOM**

Some rooms have a bathroom within them and some bathrooms are shared by several rooms. You are responsible for supplying your own toilet paper and cleaning supplies to keep your bathrooms clean. There is a shower, toilet/bidet, sink, small stool, and small trash can. They supply you with two towels you will need to wash yourself.

**TRASH**

Europe is very environmentally conscious and has separate garbage cans for glass, plastic, and waste. It goes the same for in the dorms. There are several containers for disposing of different “trash” that are taken out everyday by the students. Someone will coordinate what days you are assigned to take it out. They take it very seriously and it cannot be forgotten about. We stayed in some air b&b’s that also left out directions on how and when to take out the trash.

**SHOPPING**

There are many shops with the same things, but at different prices. It’s smart to look around, but also you need to be conscious of the opportunity. In Volterra, you have time to revisit stores, but when traveling to other cities you need to make decisions a little more quickly. You want to spend your money wisely, but also don’t want any regrets once you are home. Making a weekly budget for yourself can be helpful.
**MONEY**

The more money you can bring or have access to the better. Not working for 7 weeks but constantly spending can be tough. While in Volterra you don’t need to spend much other than on food, but when you travel you will want to carry cash on you. There are several ATM’s in Volterra and they are well lit and safe to use. It’s best to get out large sums of money at once to pay minimal transaction and conversion fees. Don’t forget however many Euros you take out, it will be more in USD coming out of your bank account. The best kind of card to have is Visa and you should really only use your card for large purchases ($50 or more).

**RESTAURANT ETIQUETTE**

A very American thing we have become accustomed to is splitting the check and taking extra food home in a carry out container. Those are both pretty frowned upon. It’s a good idea to download Venmo, a money sharing app, before you leave the US so that one person can pay the bill on their card and everyone can just Venmo them back. You need to be assertive to get a server’s attention, since there is usually only 1-2 servers working at a time. Also be aware there is a sitting fee in place of tipping and you have to pay for water.

**MEAL PLAN**

The Volterra Detroit Foundation offers a meal plan through a local restaurant that you may purchase. There are certain times lunch and dinner is served and you have to eat at the restaurant. We as a group bought a package and split the tickets we were given. You were able to purchase more if you wanted. You have no option on what you are being served unless you have a dietary restriction. Lunch usually consisted of a plate of vegetables and pasta and dinner was a plate of pasta, bread and a meat dish and wine.

**PACKING**

It’s a good idea to have space in your suitcase when coming to Italy so you can pack souvenirs to take home with you. You will need a large and smaller suitcase so when you have shorter trips you can just take your little one with you. Some MUSTS are at least 1 pair of comfortable tennis shoes and sandals as well as a pair of nice dressy shoes to go out in. Some other things to think of: bug spray, pillow, a light rain jacket, portable charger, something to keep your passports and important documents organized, laundry bag, swimsuit, camera, journal, school supplies, & sunglasses.

**FOOD**

If you don’t like pasta you picked the wrong country to travel to. We ate pasta almost everyday. A normal day of eating would consist of: coffee & croissant, a sandwich from a local shop and for dinner a first plate of pasta or soup followed by a second plate of rabbit or wild bore with wine. Can’t forget pizza. There is variety but most restaurants serve very similar dishes. When you go to the grocery store you only want to buy food for a week at a time. Everything is fresh and without preservatives so it doesn’t last too long. Food is more expensive but better. The cost is worth the taste and quality.

**LAUNDRY**

In Volterra there is one laundromat in the middle of the city. You can either walk back and forth or sit up there the entire time while the laundry is going. The big machine costs 8 euros for a 16kg load while the little one is 4 euros for a 7kg load. If you don’t mind combining with someone it’s a big cost saver. Drying costs 1 euro for 8 minutes. You are not allowed to hang dry your clothes in the dorms per the director’s rules. The laundry soap and fabric softener is all in the machine. You just pick the settings and it does it all for you. Some of our air b & b’s had washers to use but no laundry soap.
**Alabaster**

Not part of the required curriculum you can take a sculpture class in alabaster. It cost 400 Euros that you pay in cash when you are there. You are taught by an alabaster master named Velio. There are also several assistants and a translator to help you as you create a sculpture. You meet 5-6 times with all the Detroit Mercy students for 3 hour class periods. You have to walk 30 minutes from the dorms to the studio. A lot of fun. Worth it if you have the money. Really relaxed setting and you can make anything you want. At the end of the program there is a gallery opening of all the sculptures and the mayor comes to see the show.

**Cleaning**

While staying in the dorm, you are responsible for keeping your bedroom, bathroom, and common spaces cleaned. They have brooms and dust pans for sweeping but no vacuums. You have to use natural supplies to clean any surfaces and you are responsible for purchasing them as well as trash bags and paper towels. The water has a lot of minerals in it and leaves residue in the showers so you need to clean them regularly with a squeegee. You also must wash your bedding and bath towels at the laundromat. The director of the program checks the room periodically so you want to keep them cleaned.

**Sculpture**

You will see a lot of the same things over and over in different shops and different cities. Do a little research and buy souvenirs that are special to the area you are traveling in. Also keep in mind whatever you buy, you will have to bring home and pack in your luggage at the end of the trip. It is very expensive if you have to pay for an over weight bag.

**Journal**

Our class required us to keep a journal, but even if your classes doesn’t, it’s highly recommended that you do. So many things happen and pass you by so quickly, it’s nice to have something to look back on and remember those small details later. Some students got creative and saved ticket stubs and added pictures to their journals for a more eye catching experience.

**Wi-Fi**

It’s Italy, what can you expect? The Wi-Fi is decent in some rooms in the dorms but some students hit dead zones in their bedrooms. Almost every restaurant/cafe has Wi-Fi, especially in the bigger cities. Other than homework and planning trips, you really shouldn’t need Wi-Fi that often. It’s best to focus on what’s in front of you and not what all your friends are doing at home. Social media can take a rest while you explore.

**Transportation**

Public transpiration is the main source of travel in Europe. There are planes, trams, fast trains, slow trains, buses, cars and vespas. Volterra is unfortunately a 45 minute bus ride to the closest train station. When planning a trip, you just need to take into account travel time, and to not miss your next form of transportation in case something is running late. You can buy tickets online or at the tourist shop in town. You can buy them in a pack which is ideal because the prices can vary over time and that way you locked it at a lower price. Just be conscious where you have your valuables and luggage on transportation.
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MARLEE

25  
Graphic Design/Advertising  
Senior

NATE

21  
Psychology/Anthropology  
Junior

RACHEL

21  
Psychology  
Senior
HANNAH
20
Art Studio/Art History/
Graphic Design
Junior

JOSHD
24
Accounting
Junior

JULIA
24
Art History
Senior

GIULIA
Director of Detroit Volterra
Foundation

VELIO
Alabaster Master

MASSIMO
Owner of the Qvovadis Irish
Pub & King in our Hearts
Volterra is a walled town southwest of Florence, in Italy. The central Palazzo dei Priori has medieval frescoes and a bell tower with expansive views. Volterra Cathedral has a marble entrance and a gilded coffered ceiling. Nearby are the remains of the Etruscan Acropolis. The Guarnacci Etrurian Museum has a rich collection of archaeological artifacts. The Roman Theater complex includes the ruins of 3rd-century baths.

Province: Province of Pisa
OUR PROS-CONS-FAVES

No matter where we travelled to in Italy or for how long we were gone for, we were always relieved to return to our dorms in Volterra where everything felt familiar and safe.

Volterra sat on a hill high above the surrounding land giving us an incredible view. It also made it much cooler and easier to catch a breeze in our bedroom windows. The sunsets we could watch from our windows are one of the things we miss the most.

Volterra was very hilly so it took a lot out of you to walk up to the town center and through town. Everyday all the shops and restaurants would close for a few hours in the afternoon for siesta, so you need to plan accordingly so you’re not stuck without lunch or something you really need.

Some of our favorite places were Christina’s and Massimo’s. Christina’s is a small cafe next to our dorms. She opened early every morning and we would get our coffee and croissant there before class and a sandwich for lunch before we explored the city. She knows very little English. You have to learn quickly to order in Italian.

Massimo’s was the restaurant/pub/discoteca where our meal plan was redeemed and where we would go for a drink at night. He and his wife were very kind to us: always giving us extra food, a hug, and a good story when we were there. Carla, his wife, knows very little English but as long as you don’t speak too fast Massimo can understand everything you say.
Florence, capital of Italy’s Tuscan region, is home to many masterpieces of Renaissance art and architecture. One of its most iconic sights is the Duomo, a cathedral with a terracotta-tiled dome engineered by Brunelleschi and a bell tower by Giotto. The Galleria dell’Accademia displays Michelangelo’s “David” sculpture. The Uffizi Gallery exhibits Botticelli’s “The Birth of Venus” and da Vinci’s “Annunciation.”

**Pros**

Everything is close together and walkable. Great night life for exploring. We saw a musician playing on the street, a dance performance and a carousel. There are copies of famous statues all over the city so you are constantly looking at art. Easy to navigate. You can drink your coffee sitting a couple hundred feet from the Duomo.

**Cons**

There is almost too much to see and we were only there for a few days. Could easily stay a week and not see everything. Very hot in June. Always have some water on you.

**Faves**

Getting the museum pass is definitely worth it. It lets you into everything you would want to see and more. It also gets you to the front of the line to some places. Some of the best gelato in Italy. Getting up early to beat the crowd to be the first in the line to see the Duomo is worth it. Lose sleep to experience great things.
Pisa is a city in Italy’s Tuscan region best known for its iconic Leaning Tower. Already tilting when it was completed in 1372, the 56m white-marble cylinder is the bell tower of the Romanesque, striped-marble cathedral that rises next to it in the Piazza dei Miracoli. Also in the piazza is the Baptistry, whose renowned acoustics are demonstrated by amateur singers daily, and the Caposanto Monumentale cemetery.
DAY TRIP WORTHY

Our professor didn’t take us to Pisa, we just took a day trip on our first weekend off.

The train station is a 30 minute walk from the Leaning Tower and again it was very hot in June. Bring water with you. It was very expensive there and very crowded. Hard to take pictures with all the tourists. I stopped to take pictures and when I put my camera down I had lost my group amongst all the tourists.

Walking through the city we stumbled upon a Keith Herring cafe and mural that we didn’t know was there, so that was a nice surprise. Some the students climbed the monument there and really enjoyed it.

If Pisa is not on your itinerary, make the trip when you have down time.
Rome, Italy’s capital, is a sprawling, cosmopolitan city with nearly 3,000 years of globally influential art, architecture and culture on display. Ancient ruins such as the Forum and the Colosseum evoke the power of the former Roman Empire. Vatican City, headquarters of the Roman Catholic Church, has St. Peter’s Basilica and the Vatican Museums, which house masterpieces such as Michelangelo’s Sistine Chapel frescoes.
THE CITY WHERE WE WEEP

Rome was the biggest and grandest city we visited. We walked the most here and saw things that literally took our breath away. Regardless of your religious affiliation, you could find beauty in all the places we visited. We each found a place we connected with that made the trip what it was. We changed after this trip. We bonded after this trip. We were inspired after this trip. We were moved after this trip. Some of the girls even got matching tattoos during this trip.

PRO TIPS

Rome is a huge destination for all tourists in Italy, so if you want to take photos in front of monuments, you need to get up early and arrive before all the other tourist flood the cities for the day. Like 6 AM early.

There are a lot of public water fountains in Rome. A majority of us drank from them and none of us has any negative results. We were also pretty far into our trip at this point so our bodies were probably pretty used to the normal bacteria in the water there. Bottled water was very expensive here.

Because the city is so busy and the streets are so crowed, this was the only place we felt uncomfortable with pan handlers and merchants trying to push things onto us. Just stick with a buddy and keep your money close and you’ll be fine.

Again, it was super hot, but honestly worth pushing yourself to see all that you can. Don’t over exert yourself, but don’t miss out on things just because you are tired. You will regret not doing all you can while in this beautiful city. After a long day of walking we visited an ice bar that cooled us right off. HIGHLY RECOMMENDED!
ADDED IT TO THE TOUR

Naples wasn’t part of the curriculum but when we were planning things out with Galina, she asked if we wanted to visit the city while in Italy, and it was a unanimous yes so she coordinated a place for us to stay.

Like in all the other cities, we were split into two apartments. We really used Naples as a base for traveling to other nearby cities. Some of us went to Pompeii, Amalfi, and Ischia based on our interest on day trips. Naples is what you envision when you think of a traditional city such as Chicago or New York. Tall industrial buildings, apartments- no houses, street art, bustling night life. Not what we had been used to in Italy thus far.

Most of us used this time to relax, eat good pizza, shop and have spa nights in. We did lose power a few times, but someone was there to fix it right away.

Something to note that was true in all Air B&B’s and hotels we stayed in is that there is a city tax you must pay in cash on the spot per person per night. It’s usually only a few dollars per person, but there were some occasions not everyone had cash on them and we had to pool up to pay them, so make sure to plan ahead and get cash out before traveling to a new place to stay.

NAPLES

40° 51’ 22.72” N
14° 14’ 47.08” E

Naples, a city in southern Italy, sits on the Bay of Naples. Nearby is Mount Vesuvius, the still-active volcano that destroyed nearby Roman town Pompeii. Dating to the 2nd millennium B.C., Naples has centuries of important art and architecture. The city’s cathedral, the Duomo di San Gennaro, is filled with frescoes. Other major landmarks include the lavish Royal Palace and Castel Nuovo, a 13th-century castle.
Pompeii is a vast archaeological site in southern Italy’s Campania region, near the coast of the Bay of Naples. Once a thriving and sophisticated Roman city, Pompeii was buried under meters of ash and pumice after the catastrophic eruption of Mount Vesuvius in 79 AD. The preserved site features excavated ruins of streets and houses that visitors can freely explore.
AND THE WALLS KEPT TUMBLING DOWN IN THE CITY THAT WE LOVE

We all took a day trip out to Pompeii to walk the ruins of the city. Make sure to purchase water on your way in because they do not have locations to buy it, just water fountains with bees flying all around them.

This day was also very hot, and you should plan to wear breezy clothing, a hat, and sunglasses. Definitely wear good walking shoes because you have to climb over rocky roads.

I felt like we wandered around a lot and the map was hard to comprehend because a lot of the roads look the same but there are key points to get to: the amphitheater the brothel, and there are impressions of bodies that existed made from the hardened volcanic rock.
ISCHIA

40° 44’ 16.55″ N
13° 56’ 55.03″ E

Ischia is a volcanic island in the Gulf of Naples, Italy. It’s known for its mineral-rich thermal waters. Hot springs bubble up at Maronti Beach, in the south. East, Roman remains lie beneath the sea floor at Cartaromana Beach. The beach has views of medieval Aragonese Castle, linked to Ischia by a stone bridge. Nearby, 18th-century Palazzo dell’Orologio houses the Sea Museum, devoted to Ischia’s fishing tradition.

ISLAND SPA DAY

Some people, including Galina, were in need of a relaxing spa day so they traveled to the Island of Ischia. There they spent their day getting massages, eating fresh fruit in ice, and relaxing in special pools that contained different minerals and treatments.
Amalfi is a town in a dramatic natural setting below steep cliffs on Italy’s southwest coast. Between the 9th and 11th centuries, it was the seat of a powerful maritime republic. The Arab-Norman Sant’Andrea cathedral at the heart of town, with its striped Byzantine facade, survives from this era. The Museo Arsenale Amalfi is a medieval shipyard-turned-exhibition space.
COASTLINES AND LEMON GROVES

This was also an optional day trip some of us went on while staying in Naples.

We took a boat ride up the Amalfi Coast on the way there to see the colorful buildings that lined the water's coast. When we docked, we went straight to the beach. The Amalfi Coast is on the Tyrrhenian Sea. There wasn't sand on the beach but rather small dark grey gravel. We paid for a few beach chairs and an umbrella for the day. We sun bathed and swam in the cool clean water until we got hungry. We set off to get food and explore the city. The streets were a little crowded with tourists but we found unique shops that sold hand made paper, art prints, and all sorts of lemon products. Amalfi is know for their lemon products. They were as big as the size of our common cantaloupe. We all were able to get relatively inexpensive souvenirs. We explored some churches and lit some candles.

On our way back to Naples we took a very hilly bus ride on the side of the mountains, and if you are prone to motion sickness, I would highly suggest you take medicine to help. It was very scary driving so close to the mountain's edge with other busses and cars on the road and bus was very crowded with people.

Beautiful city. Would highly recommend making it a stop on your trip.
Lucca is a city on the Serchio river in Italy’s Tuscany region. It’s known for the well-preserved Renaissance walls encircling its historic city center and its cobblestone streets. Broad, tree-lined pathways along the tops of these massive 16th- and 17th-century ramparts are popular for strolling and cycling. Casa di Puccini, where the great opera composer was born, is now a house museum.
A few of us took a day trip to see Lucca from Volterra on Galina's suggestion. It’s pretty quiet and not too busy. You can rent 4 person surrey bikes to ride around the city. We didn’t do that but I wish we did. We ate at a restaurant that served frozen food that was NOT good at all. Read the reviews of restaurants before choosing one. It’s worth spending a little more money for quality food. After lunch we split up and found different things we were interested in. I mostly went shopping with another girl. We also climbed a bell tower and got a beautiful view of the city.
RAINY DAY WITH GALINA

Some of my favorite days were following Galina’s lead as she navigated us through museums, churches, and cities telling us with such passion about everything. This was one of those times. Even waiting in lines with Galina was an adventure.

We started off with a sunny day as we climbed the Torre del Mangia and I was pooped on by a pigeon. Galina said it was good luck. We made our way through the city to the Siena Duomo and observed its unique marbling striped design, unlike what we had seen in an other cathedral.

As it started to rain we took shelter in Santa Maria dei Servi before heading back to Volterra.

Siena, a city in central Italy’s Tuscany region, is distinguished by its medieval brick buildings. The fan-shaped central square, Piazza del Campo, is the site of the Palazzo Pubblico, the Gothic town hall, and Torre del Mangia, a slender 14th-century tower with sweeping views from its distinctive white crown. The city’s 17 historic “contrade” (districts) extend outward from the piazza.
Rimini is a city on the Adriatic coast, in Italy’s Emilia-Romagna region. It’s known for its beachside nightclubs and shallow waters. South of the center, the Malatestiano Temple is a 15th-century reconstruction of an old Franciscan church, now a mausoleum for Sigismondo Pandolfo Malatesta, a local nobleman. Nearby, the Malatesta-built Castel Sismondo is a medieval fortress now used for cultural events.
THE “SPRING BREAK” DESTINATION FOR YOUNG EUROPEANS

Another small overnight trip we took on our own was to Rimini on the Adriatic Sea side of Italy. The Italians described this place to us as a “spring breakers gone wild” destination. Young people would go on holiday to party in Rimini.

We stayed in a cheap hostel full of young people that smelled of marijuana, but it was close to the beach. They had bunk beds and the bathroom was one giant shower. No separation between using the toilet, brushing your teeth or showering. We rented chairs and umbrellas and spent most of the day laying out and swimming in the sea. The water was murky and had a lot of plant life floating in it, but the sand was typical of the beaches we are used to.

In the evening we walked around and just explored. We bought street drinks, played putt putt, rode a Ferris wheel, ate dinner and just enjoyed the liveliness of the area.

It was just a nice relaxing trip. No art or museums involved.
The City of San Marino is the Capital of the country of San Marino – the 5th smallest country in the world – at just 61KM² (23.5 Miles). It is landlocked within Italy, mostly bordering the state of Emilia Romagna. Aside from its history and architecture, the biggest drawcard of this tiny capital city is that it is perched on a mountain with panoramic views of the Italian countryside.
PASSPORT STAMP

On our way back from Rimini we stopped in San Marino to see some amazing country side views, climb some castles, do some shopping and get visitor passport stamps. We spent the day walking the city, looking at the history buildings and monuments, and had a lunch overlooking the surrounding Italian landscape.

The only downfall I ran into was that most of the trek was uphill and up steps and we had all our luggage with us. We were just stopping for a few hours but had to carry everything with us. They did have a lot of unique shops and many of the people in our group took the opportunity to make deals with merchants for leather goods and bags.

If you have time it is worth that stop, but make sure your bring your passport with you if you want to get a visitor’s stamp. It was only a few Euros.
Venice, the capital of northern Italy’s Veneto region, is built on more than 100 small islands in a lagoon in the Adriatic Sea. It has no roads, just canals – including the Grand Canal thoroughfare – lined with Renaissance and Gothic palaces. The central square, Piazza San Marco, contains St. Mark’s Basilica, which is tiled with Byzantine mosaics, and the Campanile bell tower offering views of the city’s red roofs.
THE END OF THE ROAD

Venice was the last of our Italy trip with Galina. We asked to extend our time in Venice because there was so much to see. Venice is like no other city in the world. There are no real roads, cars, or vespas. Only walkways, bridges, and canals for boats and gondolas.

Half this trip we explored with Galina and the other half we were free to check out the different islands and goods produced there. This city was also very busy and filled with tourists. To get around, there are water boat taxis that you can get a pass for. You ride them just like a public bus system. On foot it was easy to get lost and run into dead ends. Be patient with whomever is leading the pack and try to help navigate.

On days we had to ourselves I walked the city with some of the girls looking for more modern and contemporary art museums. We stumbled upon things we weren't even searching for and saw some amazing art. The city is very vibrant in color and social life. We also visited the Jewish Ghetto and had a kosher meal together. Also highly recommended.

Of course we took gondola rides. They are cheaper during the day but worth the atmosphere at night. You can try to haggle but the prices are pretty standard everywhere you go. Just be aware of the cultural difference and attitudes of the gondoliers, which can be off putting, so don’t be offended if they are a bit short.

If you have a chance get a drink called a HUGO, it’s the Italian version of a mojito, and they are delicious.
ON HOLIDAY

Before we had left for Italy, 7 of us decided we would extend our trip 8 days and travel and explore Paris. We hit all the major landmarks and museums and took this week to enjoy ourselves a few more days before returning home. We climbed the Arc de Triomphe, drank champagne on the Eiffel Tower, and visited with some family.

We mostly stuck together but branched out individually and in smaller groups to do things that sparked our individual interests. The art kids went to art museums and the “non art kids” went on bike tours and to Normandy.

We all stayed in the same hostel. Girls in one room, boys in the other. The hostel had a club in the basement, roof top bar, diner on the main floor and a laundry room. It was modern and fun. 10/10 would recommend Generator Hostel. It was not in walking distance of monuments and museums. All of us bought some form of subway pass to get where we needed to go, or Ubered when needed.

We splurged on this last leg of the trip and took a dinner cruise together, as well as went to Disneyland for the day.

France was much different than Italy and I’m glad we took the time to see one last culture and country before returning home.
This time, these friends, these adventures, these cities, these memories will always be with me.

*In attesa del prossimo incontro - Until we meet again*