

# **Management 5940 - Global Leadership and Social Dynamics**

## **Dolomites Expedition Information Sheet 2025**

by Glenn Lux and Hartley McGrath (updated 02/13/2025)

1) **Passports/visas**: If you do not have a passport yet, apply for one as far in advance as possible. It may take a month or two to get one. If you already have one, please check the expiration date and make sure it will not expire before you leave or while you are abroad; or to be safe, not for at least 6 months after you get back. If you are carrying a U.S. passport, may need to apply for a ETIAS Visa. We are still waiting to see if this will be required in the second half of 2025 and will update you if it does become required. If you are *not* carrying a U.S. passport, check with your own country's consulate to find out if you need a visa.

2) **General Geographic Orientation**: We will rendezvous for the class in a city in the north of Italy named "Bolzano" (in Italian) / "Bozen" (in German); many cities and towns have 2 or 3 names, since the natives of the South Tyrol speak German, Italian, and sometimes Ladin. The train line you will want to get is to "Bolzano" (in Italian) / "Bozen" (in German). When you arrive at the Bolzano train station, you will walk to the Kolpinghaus, which will be our headquarters for the week. The map is on last page.

3) **Plane reservations**: You can fly into any city in Europe you may want to visit before class starts. Good places to fly in to (which have reasonable train connections to, and are not too far from, Bolzano/Bozen) are: Venice, Verona, Bologna, Milan, Florence, and Rome in Italy; Frankfurt and Munich in Germany; and Innsbruck, Austria. Many of you will be looking for the cheapest flight. But be aware that the train also costs money so, for example, if you choose to fly to Frankfurt because it is \$100 cheaper than flying into Bologna, be advised that the train ticket from Frankfurt to Bolzano in some past years has cost about \$150-\$200 more than the train ticket from Bologna to Bolzano (and it is a 4 to 5 hour longer trip from Frankfurt to Bolzano than it is from Bologna to Bolzano). Generally, it costs more if you cross a border. The prices may be different this year but do your research. Look for flights on Google Flights – put an alert on flight prices. As of this writing, round trip flight prices from Seattle to Frankfurt or Milan can be found for \$780 and up.

We do not provide transportation to/from Bolzano, but the public train system in Italy/Germany will take you directly to the main train station in Bolzano. The town is easy to navigate and is largely pedestrian-only streets. The hotel is less than a 10-minute walk from the train station.

The airports that are closest to Bolzano are Verona, Venice, Milan, Bologna, Innsbruck, and Munich.

Students are responsible for making their own travel arrangements to/ from Italy and Bolzano.

At the end of our program, the earliest departure would be on the 15<sup>th</sup> late in the afternoon/ evening. You will stay the night of the 14<sup>th</sup> at the Kolpinghaus in Bolzano, we have activities all day on Sunday and then a festive, closingdinner, and on the morning of the 15<sup>h</sup> you can decide

when you would like to depart. The check out time is 11 am. Many people take an early train to Milan, Munich, or Venice and spend one day/night exploring before leaving the next day for the USA. You might be able to find a departure flight on the 15<sup>th</sup>, but please make sure you consider how long it will take to train to the airport and have enough time to go through passport control. Less stress is to depart on the 16<sup>th</sup>.

#### 4) **Rendezvous time and place:**

Our plan is to be ready to start class at the Kolpinghaus **no later than 3:00 p.m. on Sunday, September 7, 2025. Please check in at the hotel with plenty of time to be ready to start class at 3:00 p.m.**

If you are thinking about flying into a European city arriving the Sunday morning on which the class starts, you may not be able to make it to Bolzano in time, so plan accordingly. Here are some possible safer itineraries:

a) Arrive in Europe on Saturday, the day before the class starts (which generally means flying out of Seattle on Friday), so you can take a train to Bolzano and stay one night there, before moving to the Kolpinghaus the following day. We can also book you a room at the Kolpinghaus for Saturday night that you will pay for on your own.

b) Arrive in Europe so you can get to Bolzano by Friday, stay two nights in Bolzano, and enjoy this wonderful and accessible small city (Bolzano was a favorite of the great German poet, Göthe). Then walk over to Kolpinghaus on Sunday and check in, or stay at the Kolpinghaus Friday and Saturday.

c) Arrive in Europe even earlier which will give you a chance to get over jet lag and to enjoy wherever you fly into. Then get to Bolzano as described above.

d) You may want to coordinate with some other people taking the course to travel together, so share itineraries and language competencies, especially if you have never or rarely gone to Europe.

#### **Attention!!:**

a) There are at least two other cities in Italy with the name "Bassano". Don't mistake them for "Bolzano." (One of the Bassanos is in Lombardy on a lake north of Milan and one is in Le Marche between Ancora and Perugia.) Two of our students mistakenly showed up at the one near Milan in a previous year! Bolzano is on the main train line between Innsbruck, Austria, and Munich and Frankfurt, Germany to the north - and - Trento, Verona, and Bologna to the south.

b) There are two train stations in Bolzano - the main station and Bolzano Sud (south). It is the main station where you want to disembark. Most trains don't even stop at Bolzano Sud, but if they do, don't get out there.

5) **Time to Bolzano:** Some approximate times by train to Bolzano (Bozen). The reason why there is not one set time between Bolzano & another city is because different trains go at different speeds & have different numbers of stops, so when you buy your ticket, be aware of that.

From the north - What a beautiful train ride through the Alps! (from Germany & Austria):

Frankfurt	8 hours
Munich	4 hours
Innsbruck	2 hours

From the south (from Italy) - What a beautiful train ride through the Italian countryside and through the foothills!

Rome	4.5 - 6.5 hours (or 10 hours overnight in a sleeper)
Florence	3-5 hours
Milan	3.25-4.25 hours
Venice	3-4 hours
Bologna	2.5-4 hours

## 6) **Train:**

a) Schedules: There are many websites for European train schedules. Here are a couple of good ones:

All of Europe: google "raileurope"

Within Italy: google "trenitalia"

All of the World: google "rometorio.com"

You may choose to make train reservations in advance and have your ticket on the app of the company you purchased from. Generally, you can get tickets on the spot in the train station. A downside to buying them way ahead of time is that some may not be transferable or refundable if you miss that train or change your plans. If, however, you are taking a long train trip at night and want sleeping accommodation, it *is* a good idea to make a reservation. Or if you want to guarantee you will be in any other class besides basic, making reservations on the fast trains is a good idea.

If you are joining us on the Italy Study Tour, it is recommended that you coordinate with the group training from Arezzo to Bolzano on the 6<sup>th</sup> for train tickets. There are discounted rates for groups.

### b) Italian train station words:

i) Binario = track

ii) Partenza = departure

iii) Arrivo = arrival

iv) Biglietti = tickets

v) Monoco = Munich!!! (The end of the train line going north to Bolzano is "Monoco" or Munich. Do not be fooled into thinking that you are going to "Monoco" on the French Riviera!)

c) Stamp ticket: Unless they have changed the rules, please know that after you buy your train ticket, you must stamp the paper ticket in a stamp machine on the wall in the train station before you board the train. In the past (and it may still be the case), if you possess an unstamped ticket on the train, the conductor may require you to buy a new ticket. Many of you will have train tickets on an app or in an email and will not need to worry about getting a paper ticket stamped.

7) **Hotels:** Booking.com and other online hotel booking sites are good for hotels in Europe. In Bolzano, the following are very nice hotels (possibly pricey): the Parkhotel Laurin and the Greif. Other nice hotels include the Stadt (Citta, in Italian), Hotel Regina, and the Hotel Figl. There are good Airbnb accommodation that students will usually rent together. You can stay at the Kolpinghaus Friday and Saturday, and we can book a room for you that you will pay for directly at the hotel. There is also a hostel in Bolzano that is reported to be quite nice but is a bit of a walk to the center of town. And there are many other good hotels all within walking distance of the center of Bolzano. The Sheraton is too far away for walking.

### **Class Expectations and Recommendations:**

8) **Spouses, Partners, Lovers, Family Members, Friends, etc.:** "Global Leadership and Social Dynamics" can be an intense course and requires all your attention. It can be disruptive and thus *not* appropriate to have *any* rendezvous with spouses, partners, lovers, family members, or friends from the time listed above on the day your class starts until the late morning when it ends approximately a week later, unless they are signed up for and taking the course also (something we *do* encourage). So, save your rendezvous for before the class starts on 9/07/2025 or after the class ends on 9/15/2025.

9) **Alcohol:** It is tempting to drink a lot the first night you are in Europe. Please don't do it, or don't drink a lot. You will be somewhat dehydrated from travel, and you will be jet-lagged. It is a particularly good idea to avoid spirits like grappa. In addition, all are expected not to drink alcohol anytime during the day while the course is in session. It is fine to have wine or beer with dinner, since exercises after dinner will generally be more casual. And although meals during the course are covered by your fee for the course, all alcohol you consume at any time will be at your expense.

10) **Clothes:** In September, the weather is usually warm in Bolzano, with some possibility of rain. It can also get quite hot -- *and* it may be very cold and can be below freezing, especially at the high point of our hike (about 8,000'). Indeed, in a couple of years, it snowed overnight! So, bring clothes for all those contingencies. Layers are a good way to go. And bring rain gear. And finally, we dress casually for classes and all other activities like yoga. Some people like to dress up for our last evening's dinner, but that is not necessary.

11) **Hiking Shoes:** At our meetings we have addressed/will address this, but it is worth reiterating again. If you are thinking about trying to save money by wearing jogging shoes or really anything without what has traditionally been called a lug sole, please reconsider. As in, don't do it! Two things: 1) If you like to hike, these may be good for 10 years or more, so amortizing the cost over that time makes it about \$1 per month. 2) But even if you just got them for this trip and then never again used them, it would be a good investment. We will be hiking over rocks (potentially wet ones) and dirt for several hours over a 3-day period. If you are slipping for part of the time, you will be miserable, and you will wish you had something secure

on your feet. And, more importantly, you could get hurt badly. There is lots of stuff that is optional, but this is not one of them. Salespeople at a place like REI can help you out here. Tell them you will be on wet rocks at 8,000 feet elevation in the Dolomites, humble brag, and they'll know how to help you. It also might be a good idea to test them out on a hike in the Cascades on wet rocks before you leave. Break in your shoes before the trip!

12) **Conditioning:** We will be hiking on many of the days we are in Italy. Some days involve casual walking on easy trails. But, at least three days involve moderately strenuous hiking as follows:

- On one day, we ascend from 6,000' to 8,000' over a stretch of about 4 miles.
- On one day, we hike for 3-5 hours with gains and losses of elevation of 700'.
- On one day, we descend from 8,000' to 6,000' over a stretch of about 4 miles.

If you are not in reasonable physical shape, these hiking days can be really challenging, and you may be more prone to injury. So, if you choose to take this course, please make sure you get into reasonable shape. In the 3 months before you arrive in Europe, this could involve:

- something like 30-60 minutes of walking with elevation gains 2 or 3 times per week
- several-hour hikes in the mountains on the weekends

If you regularly do moderate aerobic exercise such as running, swimming, or bicycling, and/or you can hike up and down Mt. Si in North Bend, you should have no trouble with hiking in the class.

13) **Class Schedule:** Isn't it great that you do not have to plan, schedule, facilitate, manage, or make reservations this week?! You can let go of needing to know what we are doing every hour of the day and use that energy to focus on your own development and growth? You will not get a day-by-day schedule for this trip. We are often dealing with changing weather conditions that require us to make scheduling changes on the fly. This is more challenging to do when a group is already attached to what is supposed to happen.

We base the schedule on our experience of delivering this course over 70 times domestically and 22 times in the Dolomites. We are intentional about how we schedule our time together, and the week is quite structured. You will not have a lot of time that is not structured. We do have breaks, and many people use them to do laundry – 2 blocks from the hotel. Usually, you will be outside for at least part of each day. Many of the activities you will be engaging in while outside will be self-facilitated in small groups – done without a primary instructor or staff. Your group will decide where they want to hike that day. Your group will manage their own time to make sure everyone has equal time in the activity.

You will be surrounded by people who are like-minded as they have also chosen to travel halfway across the world to focus on learning about themselves, the work of EQ, and building relationships. The people in this class will be a great support system for you as you work toward goals and identify opportunities for growth that you might not have seen on your own. Let go of the schedule and drop into the experience. We all have each other on this trip!

14) **Embracing Growth: Learning Goals:** What you plan to learn on this trip may not be what you ultimately take away. Often, the most valuable lessons are the ones we don't expect, the ones that challenge us, shift our perspectives, and reveal new aspects of ourselves.

Be open to discovery. You'll receive meaningful feedback throughout the trip that will help you identify areas for growth—things to refine, enhance, or even let go of. Before we depart, take some time to reflect on the skills, habits, or mindsets you'd like to develop. At the same time, remain open to discovering new insights you hadn't considered before.

This journey isn't just about learning from experience, it's about learning through the experience. Stay curious, embrace the unexpected, and trust that the lessons meant for you will reveal themselves along the way.

15) **Emotions and Travel: Embracing the Full Experience:** When we step outside our comfort zones—away from our routines, familiar foods, daily workouts, and the comforts of home—unexpected emotions can surface. This is completely normal. And, at times, challenging.

Travel has a way of stretching us, creating space for personal growth and insight. There may be moments of frustration, exhaustion, or even the urge to withdraw. But remember, you are not alone. We encourage you to talk with staff and classmates about what you're experiencing. We are here to support you, and open conversations can help you process and move through emotional moments more easily.

Feeling emotionally overwhelmed for the entire trip isn't ideal, and you don't have to be. You have a choice. By setting the expectation that this journey is a full learning experience of the mind, body, and emotions, you'll be better prepared to embrace all aspects of it.

This will be one of the most incredible experiences of your life, messy moments and all. Lean in, stay open, and trust the process.

#### 16) **Assignments and Classwork:**

- Please read all the required readings before departure. You do not need to bring these reading materials to Italy.
- Students do assignments 1-3 and turn them in by September 3rd on Canvas.
- Guests, it is optional to do the written assignments, though we recommend you do to get the most out of the readings.
- Everyone is required to do the readings and autobiography.
- **Bring 4 printed copies of your 4-page, single-spaced autobiography, printed back-to-back.** Do not rely on printing options abroad.
- Students will also submit their autobiography through Canvas.
- Bring a notebook that you can take notes in during our sessions and for reflection. **You will need a notebook/journal and pen with you every day.**

17) **Action Plans:** Students taking the class are required to do an action plan. We encourage those of you who are guests to also write an action plan, so you get the most out of the course. Before you go to Europe, please review the action plan sections in the EQ Primer (Chapters 10-12 and the appendix). A lot of our work in Italy is prepping you for conceiving of and writing your action plan, and if you know what the action plan consists of ahead of time, you will be more focused on the right things to include in the action plan as you progress through the course.

18) **Logistics:** Many of you have asked about altitudes of places, and elevation gains, times, and distances that we will walk (or ride). Here they are:

Elevation (metres/feet):

Bolzano: 262m / 860'

Top of the gondola ride from Seis: 1,857m / 6,093'

Lunch (on the way up to and down from the Tierser Alpl Hütte): 2,021m / 6,630'

Tierser Alpl Hütte: 2,440m / 8,005'

Schlernhaus: 2,450m / 8,038'

So:

a) **The bus ride from Bolzano to Seis for the hike up to the hut:** The bus or taxi ride from Bolzano to Seis has an elevation gain of about 3,200 ft and takes about an hour. It is a tortuous route with beautiful views but may bother some of you who have motion sickness or are bothered by heights. If you are hungover, the ride will feel like a trip to Purgatory, feeling more like 4 hours than 1 hour.

b) **Approximately Day 5 of class:** We leave for high country and two nights at an Alpen hut (the Tierser Alpl Hutte). You will leave most of your luggage in Bolzano and take only things like a change of clothes and toiletries in a day pack. The Tierser Alpl Hutte has beds, bedding, and heat. Plus, a full restaurant with beer and wine. You won't be roughing it! The day consists of:

i) A curvy bus ride from Bolzano to the gondola in Seis. We will then take the gondola to the top, Compatch. There will be an elevation gain of about 2,750 feet and the gondola ride takes 16 minutes. It is a gorgeous ride if the weather is good. It is reputed to be the longest gondola ride in the world!

ii) A slow hike to lunch of 1.7 miles has an elevation gain of about 600 ft and takes 1-1.5 hours, since we will be doing walk and talk exercises along the way.

iii) A slow hike from lunch to the Tierser Alpl Hütte of 2.7 miles has an elevation gain of about 1,375 ft (so a total of about 2,000 ft up this day), and it is 2-3 hours of hiking and 1-2 hours of class work at planned stops. We will take all afternoon to travel this distance. We don't rush the hikes.

c) **Approximately Day 6 of class:**

a) The hike from the Tierser Alpl Hütte to the Schernhaus has an elevation change of only a few feet, but it goes down about 300 ft, then up about 700 ft, then down about 600 ft, then up about 200 ft. We return to the Tierser Alpl Hütte in the afternoon. It is anywhere from 1.5-3.0 hours (one way) depending on planned exercises (which depend on the weather). Lunch at Schlernhaus. There is also an option to stay at the Tierser on this day where you will do the

same exercises as the hikers but get some more down time to rest your legs for tomorrow's hike down.

d) **Approximately Day 7 of class:**

i) The hike on the way down from the Tierser Alpl Hütte to our lunch stop is about 2-3 hours (1,375 ft down).

ii) From lunch to Bolzano:

aa) Ski lift to Gondola: if you are over walking down and want to save your knees, the chairlift is a nice way to get down to the Gondola. Though walking takes about 20 minutes and is on a paved road, so it is not that bad.

bb) Take the bus to Bolzano. It takes about an hour to get to Bolzano from the gondola in Seis. Walk to the Kolpinghaus. Be ready for class at 4:30 pm.

19) **Communication:**

- Please sign up for WhatsApp. I make a group chat for us, and this will be the main way we communicate when we are in Italy.
- This is a free texting app that you can use to text while abroad, and at home, over Wi-Fi. You can be on Wi-Fi and text without getting charged roaming and international fees.
- We will create a Dolomites group chat to stay connected while in Italy.
- Making calls over WhatsApp can sometimes be challenging, as it does not always work. If you need to call home a lot or be in touch over the phone, you should look at what the international options are offered for your cell plan.
- You will be able to reach me via WhatsApp, email mcgrahar@seattleu.edu, and cell phone 206-245-6999 when abroad.
- You will really not be able to work while on this trip for many reasons: we meet from 8:30 am to around 8:30 pm each day, you will be tired, you will want to immerse yourself in the work we are doing and build relationships, and it is respectful of your classmates and the course to stay focused and present with the people you are with. This trip is truly a gift, a full experience. It is good to make sure you have everything tied up at work and home before you depart so you are not needed while abroad. The less you look at your phone, the more your brain and classmates will like you!
- I do not recommend bringing a laptop as it is just more weight to carry in your suitcase and there is little time to use it.

20) **Hotel Accommodations/Meals:**

- We are staying at the Kolpinhaus Bolzano Largo Adolph Kolping 3, I-39100 Bolzano, South Tyrol / Italy Tel. 0039 0471 308400. Sunday the 7<sup>th</sup>-11<sup>th</sup>, and then the 13<sup>th</sup>-15<sup>th</sup>.
- We will be at the Tierser Alpl on the 11<sup>th</sup> and 12<sup>th</sup>. Via Ratzes, 7, 39040 Siusi BZ, Italy Tel. +39 0471 727958
- Most people will be in double rooms. If you have not told me your roommate preference yet, please email me. Otherwise, you will be in a room with someone of the same gender – if you are coming as a couple, I will have the two of you together.
- I send the roommate list to the hotel before arrival so they will know the room breakdowns when you check in.



- We will have breakfast and some lunches and dinners at the Kolpinghaus. Some dinners will be offsite. All meals are covered in the trip cost.
- Drinking alcohol is not permitted until dinner and is an additional expense you pay on your own. Please adhere to the policy of no day drinking with respect for the emotional intelligence work we are doing, the overall group experience, and everyone's relationship with alcohol. You will see tall beers being served at lunch to other customers. Do not order them!
- If you do drink alcohol, please pace yourself: wine, water, wine, water. Being hungover in class is just the worst and will not only interfere with your learning, but it will interfere with your group's learning. Up at the hut, we are at a different altitude than Seattle (8005 feet) and you will get dehydrated quicker and inebriated faster than you do here in Seattle, 174 feet above sea level.
- The good thing about the hut is that bedtime for all guests and staff is around 10 PM. You will be tired and happy to be in your comfy bed and with your great comforter for a long night of racking out.

## 21) **Hut Accommodations:**

- On the 11<sup>th</sup>, we will trek up the Tierser Apl Hutte.
- We will check out of our room at the Kolpinghaus and store our luggage at the hotel, so you only need to bring your backpack packed with clothes and necessities for three days, two nights, to the hut.
- I (Hartley) have a 30L backpack that I use to hike up. You may want something smaller or larger. It is up to you what you want to hike with. Just be comfortable with the fit and weight. REI is a great place to go to learn about packs and find one that fits your frame. You do not need an overnight camping with a metal frame or trekking-for-a-year-around-Europe backpack. We will only be staying two nights in the hut. You will most likely also use your backpack as a day pack for light hiking around Bolzano.
- Make sure you get a day pack that is suitable for hiking, not just holding laptops around town. Good padding on the shoulder straps, possibly waist and chest straps, ventilated back panel, a place for a water bottle, and enough pockets and storage space for your needs.
- I will be buying water at lunch to fill your water bottles.
- Bring travel toiletries to the hut, sleeping attire, and a change of clothes for the next day's hike across the plateau, and for going down on the 13<sup>th</sup>. We will stay on the nights of the 11<sup>th</sup> and 12<sup>th</sup> and then hike back down to Seis on the 13<sup>th</sup>. Bring enough clothes for hiking on the 12<sup>th</sup> and then down on the 13<sup>th</sup>. Plan for one set of clothes to potentially get wet, you might want a backup set. Dry socks! Wool!
- You will be in rooms that have lovely bunk beds with nice comforters and pillows. If I could buy the comforters and duvet covers and bring them back to Seattle, I would!
- You will potentially be bunking with up to 6-7 of our people. I do not get the room options or configurations until I get up to the hut on the 10<sup>th</sup>, so I do not know what the breakdown will be, or who will be in each room until that time. If you prefer to sleep in a room with only people of the same gender, please email me. Sometimes we have mixed

rooms just based on how many beds we are given. Many times, I put all of the couples together in one room. You will only be in rooms with our classmates.

- Bring earplugs. Bring backup earplugs.
- Crack the window at night as it can get hot in the room with that many people.
- There are communal showers - based on gender - with free, cold water, but you can buy a token for 3-4 Euros that you will pop into a box next to the shower and you will get a blissful 5 minutes of steaming hot water. Not everyone chooses to shower up there. That is up to you.
- These are showers for all the people staying in the hut. They are kept exceptionally clean. Some hikers care less about vanity than others so you might see people in their underwear exiting the shower. This is normal.
- The showers do not have shampoo, conditioner, or soap. Bring your own.
- You cannot wear hiking boots in the hut. This helps keep the hut clean. You will have access to slippers and house shoes at the hut. Most people use what is there, or you can bring your slippers that have not been worn outside and have soft soles. Or a pair of socks. Lots of people just wear their socks. Again, the areas are kept exceptionally clean, especially since there is no dirt being brought into the main areas.
- The hut has a full kitchen and bar. We will have a 4-course dinner here – you do not have to get all the courses. But just so you know, the food is aplenty, and it is very good!
- If you would like a crisp beer or a nice glass of wine (or a few) with your dinner, please bring Euros. They also take credit cards. Euros are appreciated at the bar as they can make quick transactions.
- There are also souvenirs there that you may want to purchase such as postcards, T-shirts, key chains, etc. Try to purchase these on the 13<sup>th</sup> when we get back from that day's hike so that we do not have a ton of people trying to make the purchase before 9 AM on the day we leave. If you see something you like when you get there, buy it. We are visiting at the end of the season, and it is common for things to be at low inventory.
- The hut has been owned by one family since it began construction in 1957. The daughter of the father who built the hut and her husband have been continuing the work of her father for the past 30 years. The staff is wonderful. It is always great to tell them how much you appreciate their service! They are unbelievably efficient and keep things very clean. Things run like clockwork! They love our group.
- Hut contact information: Fam. Judith and Stefan Perathoner, Via Ratzes 739040 Siusi, Phone: +39 0471 727958 (Refuge)

## 22) **Packing Suggestions:**

You do you. Meaning, you may not want to bring everything on this list. These are reminders and suggestions for you when you are packing. You may bring more or fewer items. Think about how you will be outside for the afternoons to all day for 8-9 days – hiking, walking around, sitting on hills and in valleys. Half of the day may be inside, so think about comfortable clothes for that period. We usually do yoga every day in the morning and at night. Mats are provided by the hotel. Comfortable, stretchy clothing is good for those sessions. Think of comfortable layers that can be worn through the changing elements. We tend to have pleasant weather when we are

there with some rain. Usually, it is sunny or partly cloudy and in the mid 70's. But be prepared for it all!

Bolzano has everything you need in case you forget something, or your bag doesn't make it with you to Europe. There are numerous pharmacies and grocery stores where you can pick up necessities like toothpaste and toothbrushes, face wash, allergy medicine and band aids. There are also many hiking stores and places to buy any gear that you might need. Zara, H&M, COS, Sephora and fashionable pop-up stores are also there. We are not in the middle of nowhere.

**Detailed Packing Suggestions at the end of Tip Sheet on Page 18.**

- You will be outside almost every day. Hiking clothes, and things that wick moisture, which keep you warm and dry are all good choices.
- Weather in Bolzano can be unpredictable in September. From potentially chilly rain to hot days and cool nights, it is a bit all over the map. This doesn't really help you narrow down packing options.
- We can see all four seasons in one day especially when we are hiking up to the hut. Be prepared for rain and cold temperatures and peeling off layers in the sun.
- A waterproof jacket is key. Rain pants are good to bring.
- Layers, layers, layers. You might wear a T-shirt/ tank top along with a long sleeve and a slim, puffy vest, with a waterproof shell. You will be taking off layers and putting them back on throughout the day.
- Have good hiking pants that you feel comfortable in. Leggings, shorts, and hiking pants are all good options.
- Cotton is not your friend!
- Wool is good. **Good pairs of hiking socks are worth investing in.**
- Sunscreen, sunscreen, sunscreen!
- Sunglasses, ball cap, stocking cap/beanie, gloves for warmth, water bottle, extra cash for souvenirs and treats around town.
- Shoes – look for shoes with a lug sole or good traction that can take walking over slippery rocks. I wear trail runners that have Gore-Tex with lug soles. Some people find Gore-Tex too hot. Find something that is comfortable, keeps you stable, and is water resistant. You do not need heavy hiking boots, but if you prefer them on gravelly trails, wear them. Just think about the weight on your feet and how much weight that will be in your suitcase. There are great hiking shoe options that go over the ankle/trail runners that are not too heavy. Again, REI would be a wonderful place to get information on shoes. You will probably also be wearing these shoes around town when you hike in Bolzano so you do not want something too clunky or technical. Some people bring hiking sandals for hiking around Bolzano.
- **Break in your shoes before you arrive in Italy!**
- Small first aid kit. Everyone should have one with them to help keep us all safe. **Buy one before you leave!**
- Bolzano is a mix of Italian, German, Austrian, and tourist types of dress. Many tourists will be dressed in hiking clothes.
- At our final dinner on the night of the 13<sup>th</sup>, some people like to dress up – at that point in the trip, it feels nice to wear something that is not hiking attire. So, if you want to bring something to wear for that dinner – that could mean wearing jeans to celebrate being out

of hiking clothes, or a dress or skirt, or button-down shirt. This is optional. Not required. We will be going out that night for dinner.

23) **Other (in alphabetical order):**

**ATM, credit/debit cards, and cash:** Italy uses the Euro, as does much of Europe. If you are using an ATM card and/or a credit card, it is also good to log on to your card's account and put in your travel plans so the company knows you will be traveling for specific dates and will not block the card. ATM's are everywhere, and they generally are the best way to get Euros and other currencies. There will usually be a charge assessed for the ATM transaction by the ATM's bank *and* your bank at home. It could cost \$5.00 in fees to get money from an ATM. This is standard. You can also get Euros from your bank before departure – please call your bank ahead of time to make sure they have Euros on site or can order them in time for your departure.

In addition, Mastercard and VISA are widely accepted (American Express less so) in Europe for purchases but be sure to check for a posting of the credit card symbols as you enter an establishment. Also, make sure you have on your person phone numbers to call if you have trouble with your cards in Europe (if you lose them or if they don't work or if the company puts a block on them). And it is best to get non-800 numbers (although recently it seems that it does work much of the time if you call an 800 number from your cell phone in Europe). Get your credit card pin, you have one, in case you need it to make electronic transactions, like at a ticket kiosk in a train station.

**Car Rentals:** For before or after the trip. An excellent resource for car rentals anywhere in the world is AutoEurope, a business based in Portland, Maine. They know everything (and I mean *everything!*), including the hours car rental offices are open in obscure places in the world. Their phone number is 888-223-5555. Consider always picking up and dropping off cars at **airports**. The downtown rental places are harder to find and sometimes are difficult to get to. Even if you are downtown, you can take a cab to the airport just to get the car. And you don't need a car in town - it is really a liability there. Rent at airports and then drive directly to wherever else you are going, not back to town! When you rent with AutoEurope, they set you up with the local car rental companies, some of which are American companies like Hertz, Avis, etc.

**Car Rental Insurance:** When you rent with AutoEurope, you pay for the rental up front. That includes some insurance (but generally not for injury to people inside the car, as well as other stuff). When you actually get the car, they will offer other insurances (like a no deductible, or injury to people inside the car, etc.). When on the phone with AutoEurope making the reservation, ask them about all that stuff. Often, the credit card that you book with will cover insurance costs. If you take the insurance offered by the car rental company, the credit card insurance will be void.

**Card key for hotels:** Hotels in Europe frequently have keys card like many now do in the U.S. Sometimes you insert the key in the lock, and sometimes you just wave it in front of the lock. One additional thing in Europe is that frequently, after you have opened your door, you must insert the card key in a slot next to the light switch by the door in order for you to be able to turn

on any lights in your room. If your hotel has keys, it is customary to leave your key with the front desk when you go out.

**Customs:** When you enter Europe, you will go through passport control, but in most places, you don't need to go through customs. When you re-enter the United States, you will go through customs at the first city in which you land. When you go through customs in that city, it may take more time than you think. Customs at some airports in the US are quite slow. So make sure you have a layover of at least several hours. You may want to participate in a program called Global Entry. You need to apply a long time in advance for this. When I got it a few years ago, it was \$100 for 5 years. They do some sort of security check on you, and once you qualify and get the card, there are two advantages: 1) you can always use the TSA-precheck line in airport security, so your departure from any US airport is expedited, and 2) on reentry into the US, you have a different (and much faster) passport and customs process. They scan your retina and then move you through expeditiously. Pretty seamless.

**Dates:** In Europe, when writing the date, it is day-month-year, unlike in the U.S. where it is month-day-year. So, July 5, 2016 is 5/7/2016 (or more often 05/07/2016) in Europe, whereas in the U.S. it is 7/5/2016. It's obvious when you see July 20, 2016 as 20/07/2016 (since there is no 20th month), but not so obvious for July 5. When you make reservations on trains, etc., you must be aware of this, or you might make a reservation for the wrong month.

**Electricity:** You need a plug for Italy that you can plug into the wall and then plug your American plug into. Italy's electricity is 220 volts. If you are bringing an electric razor or hair dryer, make sure it runs on 220 volts or you have an appropriate plug/adaptor/converter. **Buy an adapter before leaving America!** Think about two-prong and three-prong plugs you might have with a hairdryer or computer and USB charging.

**Floor numbers in hotels:** In Europe, one flight up from the hotel desk is the *first* floor (i.e., Floor 1 - which would be the *second* floor in the U.S.). The ground floor in Europe is Floor 0.

**Greetings:** In northern German speaking regions, you may have heard people greet each other by saying, "Guten Tag!" However, in southern German speaking regions (Bavaria, Austria, and Tyrol), the greeting is "Grüss Gott!" You will hear this from many people you encounter on the trail. They love it if you return the greeting in their language. On the other hand, you may be spotted as an American from a distance, and then many will just smile and say "Hello" to you!

**Hydration:** We will be at high altitude, so you will be losing more water than usual in sweat and insensible perspiration (which you don't sense as sweat). Drink lots of non-alcoholic liquids, especially while hiking.

**Italian name for prominent cities (English/Italian):**

Rome - Roma  
Florence - Firenze  
Venice - Venezia

Milan - Milano

Munich - Monaco (again!) - [Munich is "München" in German]

**Laundry:** It is a good idea to bring at least some clothes that you can launder in a hotel sink and hang out to dry quickly. Having a hotel do your laundry in Italy can be expensive. There is, however, a self-service laundromat in Bolzano close to our hotel that is reasonable.

**Medicines in Carryon:** It is a good idea to pack any medicines you use in your carryon luggage. If your checked luggage gets lost, it could be several days before you can get your medicines.

**Change of clothes in your Carryon:** If you are checking luggage, please pack a change of clothes in your carryon in case your checked bag gets lost or delayed.

**Passport copies:** It is a good idea to keep a copy of your passport in a different place than where you keep your passport. If you lose your passport, the information on it is important for embassy officials to get you a new one. Email yourself a copy.

**Passports:** It is common for hotels to require you to turn in your passport to them upon check in for a few hours or a day. This is so they can register you in the security system for the city. They will give it back to you!

**Phones, Messaging, Data:** If you want to use your phone in Europe (for calls, messaging, and data), contact your telecom carrier before you leave, and they will tell you how that could happen. Your regular U.S. cell phone may not work there without some changes made by your telecom carrier. Most carriers have foreign packages available for phones, messaging, and data. Verizon has a TravelPass (which is easily registered for online) which automatically activates when you leave the country. Verizon charges \$10 for every 24 hours from when you use your phone. Hartley has Verizon, but she gets a 30-day package from Verizon for international travel at a lower rate. AT&T also has an international travel package for a month that is good value. Do your research on this one to find the package and services aboard that will suit you the best.

Not everyone will get an international plan and can get by on WiFi. This is why we use WhatsApp for our main communication – it can be used by all carriers over WiFi – no clunkiness between iMessage and Android phones.

**Sunscreen:** We will be at higher altitude than you are used to in Seattle, so the sun can do more damage. Bring sunscreen and clothes that cover your skin and head.

**Time:**

a) "Military" time is used all over Europe, so 6:15 a.m. is written as 0615 or 6:15. And 6:15 p.m. is (usually) listed as 1815 or 18:15 (add 12 hrs for p.m.).

b) In most western languages (including English and Italian), half past an hour mentions the hour *prior* to the time being described. Examples for 7:30:

English - half past seven or seven thirty

Italian - sette e mezza (literally, "seven and half")

*However*, if you are in a German-speaking country (Germany, Austria, Lichtenstein, Luxembourg, Switzerland, the South Tyrol in Italy, and Alsace Lorraine in France), German uses the hour *after* the time being described. So, although "acht" is the German word for eight (8), "halb acht" (literally "half eight") is actually 7:30, not 8:30. If the *numbers* are written out, 7:30 will be "7:30" just like we are used to, but if the *words* are written or if someone is speaking to you, the words will be "halb acht" for "7:30". Don't miss a class or a train because you translated something literally!

c) Time Zones: Italy is nine hours ahead of Seattle.

**Tiping:** In general, tipping is not expected in Italy (it is usually included in the price, although that may not be obvious from the bill). If you get exceptional service, it is nice to give the waiter some Euros in cash.

#### 24) **The Südtirol or South Tyrol (the Italian name of the province is the "Alto Adige"):**

Tyrol is an ancient region in Western Central Europe. Presently the areas of North Tyrol (capital: Innsbruck) and East Tyrol (capital: Lienz) are part of Austria, and the South Tyrol (capital: Bolzano) is the province of Alto Adige in Italy. Tyrol's rich history includes being part of the Ostrogothic Kingdom in the 5th and 6th Centuries AD, the Langobard Kingdom of Italy conquered by Charlemagne, and the Holy Roman Empire from the 10th Century through Habsburg rule (frequently misspelled "Hapsburg") in the 18th Century. Then during the Napoleonic Wars, Tyrol became part of Bavaria in 1805, and then after a tumultuous nine years, part of Austria in 1814-15. This lasted until the end of World War I (WWI), when the Treaty of Versailles between the Allies and Germany gave Austria back its independence, and a few months later, the Treaty of Saint-Germain-en-Laye between the Allies and the new Republic of Austria gave the South Tyrol to Italy (remember Italy won this one with the Allies; it was WWII that they were on the German side.). After WWII, South Tyroleans were hoping to become part of Austria again, but it was not to be. The region does, however, enjoy a larger amount of political autonomy than one would expect - probably to keep it from trying to secede, for which there has been a variable appetite over the past century. So, from this historical backdrop, you can see why the Südtirol's predominant culture is Tyrolean/Austrian/Germanic, even though many cultural Italians now live in the region, especially in the larger cities.

There is a third cultural group in Südtirol, living mostly (but not completely) in three remote valleys. These are the Ladin people. Their language, Ladin, is one of the Rhaeto-Romance languages descended from the Vulgar Latin spoken by Roman era occupiers of the region in ancient times. It resembles Romansh which is spoken in the valleys of southeastern Switzerland. The Ladin people are described as shorter than average, however, foreigners do not easily distinguish them from Tyroleans. I (Glenn) took a 1-hour cab ride in Val Gardena in 2011 with a Ladin cab driver. He spoke on the phone for almost the entire trip - Ladin to his family, German to his friends, Italian to a policeman, and English to me. All quite fluently.

After WWI, there was an effort to "Italianize" the South Tyrol, so in Bolzano, there are many non-Germanic people who speak only Italian. Indeed, the native language distribution in Bolzano is now Italian-73%, German-26%, and Ladin-1%. But as soon as you leave the cities and find yourself in the small towns and countryside, the culture is almost exclusively Tyrolean/Austrian/Germanic. For example, the native language distribution in Kastelruth, which is near Ortisei is German-82%, Ladin-15%, and Italian-3%).

Although the cultural Italians who live in the Sudtirool do not usually speak German, the native Tyroleans generally speak both German and Italian. And, although they are generally extraordinarily friendly people anyway, they will smile at you even more when you speak to them in German. Many (but not all) people in the service industries also speak English. Cities/Towns in the South Tyrol usually have two names, one Italian, one German. [And in certain valleys, the cities/towns may have a third name as you saw in paragraph #2 above.] Bolzano is Bozen in German. The combination of German and Italian is quite wonderful - you can go to a restaurant built in German architectural style with an Italian flag flying outside, be greeted by blond, blue-eyed servers speaking to you in Italian (and German), have pasta for the first dish, Wienerschnitzel for the second dish, and have a good German beer or a lovely northern Italian red wine made from the Lagrein (a German name) grape! Guten Appetit und/e Buon appetito!

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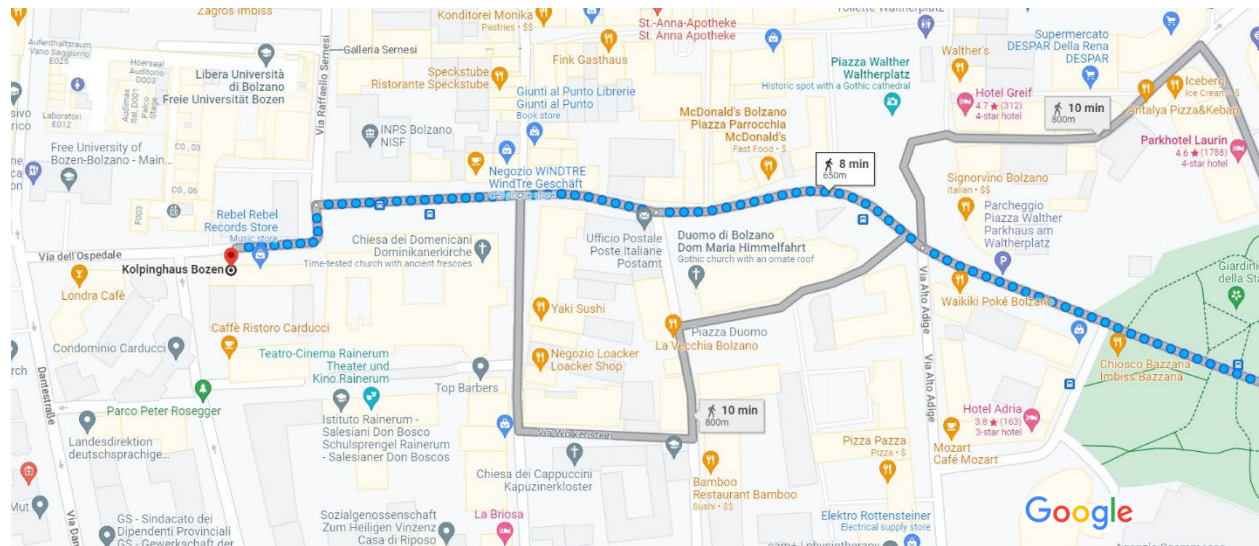


Emergency contact numbers (in Europe and the U.S.):

Hartley McGrath: 206-245-6999

(If you are dialing from Europe, you may need to add "+1" or "001" before the above phone #s, although with changes in the past few years, you probably will not have to do this.)

Getting to the Kolpinghaus from Bolzano Train Station – 8 to 10 minute walk from Train Station. Kolpinghaus Bozen - Largo Adolph Kolping, 3, 39100 Bolzano BZ, Italy



Head southwest on Piazza della Stazione toward Via Garibaldi/Garibaldi – Straße 28 m

Exit the roundabout onto Bahnhofsallee/Viale della Stazione 230 m

Continue onto Pfarrpl./Piazza della Parrocchia 140 m

Continue onto Via della Posta/Postgasse 69 m

Continue straight onto Dominikanerpl./Piazza Domenicani 100

Turn left onto Adolph - Kolping - Str./Largo Adolph Kolping. Destination will be on the left.

**CLOTHING SUGGESTIONS - pack for 8-9 days *without* the option of doing a full load of laundry. A lot of people wash undergarments and socks in the sink at the hotel. We do have an excellent laundromat two blocks from where we are staying and participants will use that usually mid-week.**

- **Hiking/ Trail shoes** - lug soles.
- **Rain jacket** - A shell that is waterproof and does not weigh a ton.
- **Insulated jacket** - Can be a fleece or a thin puffy. Think about weight and space when packing. A thin puffy is nice. Vests are also very good.
- **Long-sleeve hiking shirts (1-2)**
- **Short-sleeve hiking shirts (3-4)**
- **Hiking pants (2-3)**
- **Shorts – or convertible hiking pants**
- **Sports bras (2-3)**
- **Tank tops or yoga tops**
- **Sweater/Hoodie**
- **Quick Dry/Travel Underwear**
- **Running or Yoga pants** - Great to wear under your pants or shorts on cool days, or their own.
- **Rain pants** – really good to have for warmth and not getting wet.
- **Hiking socks** – Wool, polyester, wicking materials. Not cotton.
- **Gloves for warmth**
- **Warm hat/ beanie**
- **Sun hat/ Ball cap**
- **Sleepwear** – Note: You will be sleeping in the hut for two nights where the bathrooms are located outside of the rooms, so pajamas or pants you can slip on might be good for walking in the halls with mixed company. Hikers do walk around in their underwear at night when going to the bathroom or getting out of the shower, so to each their own.

#### **FOR AROUND TOWN, TRAVEL, AND AT NIGHT SUGGESTIONS**

- **Lightweight backpack** – can be the same as the pack you are taking up to the hut.
- **Pen, paper, journal**
- **Non-hiking outfits**
- **Non-hiking shoes**
- **Slippers for inside the Hut, no hard soles or Teva's or Birkenstocks (optional)**

#### **PERSONAL ITEM SUGGESTIONS**

- **Sunglasses**
- **Ear plugs**
- **First aid kit** (required to carry with you when hiking)

- **Prescribed Medications**
- **Also good to bring otc cold medicine like Dayquil and anti-diarrheal medicine like Kaopectate, Pepto Bismol, or Imodium, and allergy meds like Claritin or Zyrtec for stuffy noses and the antihistamine piece for any allergic reactions or itching.**
- **Probiotics**
- **Cold Medicine**
- **Band-Aids – Blister Band-Aids**
- **Travel towel – comes in handy at the hut**
- **Comb and hairbrush**
- **Hair ties**
- **Eyeglasses, contacts, solution – Maybe bring an extra pair of glasses or contacts in case one gets lost.**
- **Tampons, pads, cup**
- **Electrolyte tablets or powder (optional)**
- **Meal bars like Cliff, Luna, etc. (optional)**

## **TOILETRIES SUGGESTIONS**

- **Toothbrush, toothpaste, and floss**
- **Shampoo and conditioner**
- **Soap - they do not have soap in the showers at the Hut. Bring your own.**
- **Deodorant**
- **Face wash**
- **Travel laundry detergent – quick washing in the room**
- **Sunscreen - 30 SPF or higher**
- **Lip balm with SPF**
- **Wet wipes**
- **Razor, shaving cream**
- **Hand sanitizer**
- **Moisturizing skin cream**

## **ELECTRONICS AND CAMERA SUGGESTIONS**

- **USB plug adapter for Italy/ EU**
- **Electric socket adapter for Italy/ EU**
- **Phone, cord**
- **Battery charger, cord**
- **Camera**
- **Camera batteries, charger**
- **Headphones**

## WALLET AND DOCUMENTS SUGGESTIONS

- **Passport**
- **Cash** - ATMs are everywhere.
- **Credit and ATM cards** – Suggested to bring at least two cards that can withdraw cash or give advances. Know your pin!
- **Credit Card Pins** – call your credit card company now and get your pin for your credit card. Yes, you have a pin for your credit card. You may not know it, but you do. In Europe and abroad the pin can be asked for when making electronic transactions. Call now, get it, and remember it.
- **Go online and put in your travel plan with your bank and credit card companies so your card does not get denied while abroad.**
- **Medical insurance policy** – you will all be enrolled in Travel Medical Insurance. Download the app once enrolled.
- **Copies of your passport** - Copies make it easier to replace a lost or stolen passport. You can email a copy to yourself before you go, and it is good to have a paper copy with you.
- **Emergency phone numbers** - For an emergency anywhere in Italy, dial 113 (police) or 118 (ambulance and mountain rescue).