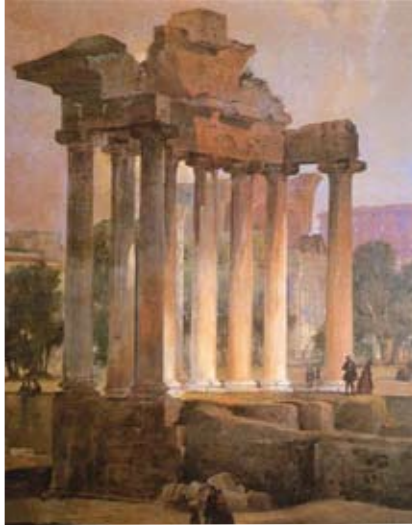




## A Layered Past

Rome is a city that preserves a glorious past. In its many layers are found a settled history that dates back to many centuries B.C., when the Greeks were the first to arrive and begin building temples. In 753 B.C., legend holds that Romulus and Remus founded Rome along the Tiber River, a city that was to dominate the civilized world for centuries. From the major stages of its history, Greek, Imperial Roman, the Christian period, and the Renaissance, Rome preserves structures and monuments that can be seen, and visited today. That many “layered” history is part of what makes Rome such a fascinating place to visit. When you walk its streets, you will be able to witness its various “layers” firsthand, from the Roman Forum to the Sistene Chapel and St. Peter’s Square.



### Did you Know?

From its earliest history Rome has been dependent upon fragile water supplies for survival. When water was plentiful, the city thrived and grew in power. However, when the city finally fell to the barbarians, a major reason was their destruction of the aqueducts that supplied the city with safe drinking water. Ancient Rome had 11 main aqueducts that brought water from distant sources. The aqueducts were stone channels often built atop high arched structures that were in continuous use for hundreds

of years. A big part of Imperial Rome’s budget was spent keeping them working. At the height of the Empire, they made possible the famous baths and lifestyle of Rome. When they were

destroyed by invaders, that lifestyle vanished.

### Coming soon! Adventure Guides

These are our students’ own personal study guides, full of interesting information and interactive materials for use at home and during program preparation sessions that take place in the months before departure. These guides are mailed to all enrolled students in the spring, and are used along with the Naturalist to help students get ready for their Adventure. The Adventure Guide is also a valuable tool that students will use while completing the journal-keeping and writing assignments required for earning academic credit, both on the high school and college levels. For more information on the various academic credit options available for students participating in an Earth Explore Adventure, go online to [earthexplore.com](http://earthexplore.com) and visit the Academic Credit link.



### Spectacular Sorrento along the Mediterranean

Overlooking the scenic bay of Naples, Sorrento has long been a place where Italians and others flock to the ocean. The Romans, borrowing from Greek mythology, considered Sorrento to be the home of the famous sirens, whose song lured seamen to their deaths. According to legend, Ulysses stuffed wax into the ears of his crew and lashed himself to the ship’s mast to escape their song. A famous seaside resort known for its views of the ocean and nearby Vesuvius, Sorrento will be part of a day trip for Earth Explore groups, following their visit to Pompeii. Perched on a bluff high above the sea, this is a great place for picture taking, shopping, and visiting the beach to sample the warm waters of the Mediterranean Sea.

## Websites to Visit

### Italian History and Culture

<http://www.tricolore.net/cgi-bin/select.html>

Of the many online resources on Italy, this is one of the easiest to navigate. Links to almost every subject.

### Pompeii: The Buried City

<http://www.fieldmuseum.org/pompeii/introduction.asp>

Chicago's Field Museum offers an interactive online introduction to the story of Pompeii.



### Vesuvius

[http://www.vesuviainrete.it/e\\_index.htm](http://www.vesuviainrete.it/e_index.htm)

Italian site with excellent overview of the famous volcano that Earth Explore students will view. Facts, pictures, and natural history links.

### The Roman Empire

<http://www.pbs.org/empires/romans/empire/index.html>

PBS offers this online resource describing what life was like at the height of the Roman Empire (the first century). Readable, engaging, and lots of interesting links.

### Florence and the Renaissance

<http://www.learner.org/interactives/renaissance/florence.html>

A concise overview of Florence, Italy with a focus on its importance as a place of cultural and artistic rebirth during the Renaissance period. Good links to learn more.

## HIGH SCHOOL AND COLLEGE CREDIT OPPORTUNITIES

### Read all About It!

Besides all of the adventures they will be having, students who participate in the Earth Explore program have the unique opportunity to take something especially valuable from the program...high school or college credit. Because of the number, quality and variety of educational experiences offered, all Earth Explore Adventures have been approved for academic credit. Upon enrollment, all students are given the chance to earn high school level field credit. Students need only complete the required work, mail it in on time, and receive a satisfactory evaluation. All of the necessary forms and instructions are available on the Earth Explore website by following the "Academic Credit" link. To be eligible for college level credit, students must have completed the 7th grade at the time of travel, and do the work described for the course. A link to that course, offered by Eastern Washington University in conjunction with Earth Explore, is available at the "Academic Credit" link on the Earth Explore website.



## Picture-taking Tips



## PASSPORT INFORMATION FOR ITALY ADVENTURE

Travel to Italy requires a valid passport for the time the student is overseas. To obtain a passport, you can visit a local passport office. Earth Explore recommends that passport application be made as soon as possible, and not later than March 15 to insure delivery well before trip departure. The normal passport processing time is four to six weeks. The Department of State provides a handy website where you can look up the location of your local passport office, and review the requirements for obtaining a first passport, or renewing an expired passport. The website is [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

## SPRING NEWSLETTER -PACKED WITH TRAVEL DETAILS

How to pack a suitcase, how to handle spending money, how to make phone calls. These are all important travel details, and they are among the items we cover in our spring edition of *the Naturalist* newsletter. Packed with information that you can use, the spring newsletter will be arriving in your mailbox in late March.



MAKE THEM COUNT!

We're often asked how to get great pictures like the one to the left. The most important part of good picture taking is to fill the frame with your subject. Also, keep the sun or other light source directly on what you want to showcase. In the case of people, always keep the sun behind your back (if you are taking the picture) and at a slight angle if possible. That way your subjects won't have to squint. And try to avoid shooting when the sun is directly overhead. That leads to deep shadows that make faces look scary! One other tip. Take plenty of batteries. That way you can use your flash indoors, or in areas where the light is dim to help "fill in" your subject. That can make the difference between a forgettable picture, and one you'd put on a wall or email to friends.

## Stay Organized to Maximize the Fun!

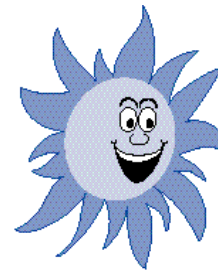
Part of the fun of an Earth Explore trip is learning to handle yourself and your gear responsibly. Before you leave, practice these organizational skills.

- Get up at a set time each morning.
- Pack your day bag for a weekend trip, and try to keep it organized the entire time.
- Load and unload your large duffel (or suitcase) with the items on the packing list until you can do it quickly and easily.
- Devise a plan to organize the spending money you'll need on your Earth Explore trip
- Write out a schedule for your day, dividing it into 30 minute blocks. Try to keep as closely to the schedule as possible.



## Travel Managers keep things organized!

Each Earth Explore group is accompanied by a full time Travel Manager. These professionals coordinate all program logistics like checking in and out of hotels, working with program partners, and keeping the group always on schedule. In addition, the TMs serve as guides on travel days, leading the group in scenic and educational walks, discussions and workshop activities. They are joined at various venues by science and history specialists and resource persons. All of these activities are coordinated with Earth Explore Leaders, and staff at the National Office in Santa Rosa.



## Travel Weather

Italy can be hot in July, and the best advice is to drink plenty of water, wear a cap, and dress in light cotton layers. For our students, zip off pants work well, as

they can be converted from full length trousers to shorts as the weather heats up during the day. Italians generally go indoors or seek the shade during the middle of the day, and do indoors activities. We do as well! Actually Italy is no warmer than much of the United States in July, and in fact can be downright pleasant. Check out the average temperatures below.

### Average July Weather

City	High	Low
Rome	83	66
Florence	85	65

### Pack for the Weather!

In Italy the weather can change dramatically from the relatively cool coast to warm inland areas. That's why our Italy Adventure packing list is heavy on items that can be layered. Layers can be removed as the weather changes, without leaving you too cold, or too warm. In Italy we always know that whatever the weather is right now...it will probably be different soon!

what to bring?

## Earth Explore Packing List

### Clothing

- Light hiking boots-1 pair
- Running shoes/sneakers-1pair
- Fleece jacket-1
- Waterproof windbreaker with hood-1
- Pants-Denim-2 pair
- Pants-Zipoff-1 pair
- Sweatpants-1pair
- Shorts-cotton-2-3 pair
- Hiking socks-heavy cotton-2pair
- Other socks-4 pair
- Underwear-5-6 pair
- Long-sleeved shirt-1
- Short-sleeved shirt-4-5
- Travel cap-1 (supplied by EE)

### For boys and girls

- Pajama/sleepshirt-1-2
- Swimsuit-1
- Sandals/Tevas/flips

### Toiletries Kit

- Toothbrush with case-1
- Toothpaste-1
- Shampoo-1
- Soap with case-1
- Hygiene products
- Small towel-1

### Personal Gear (in-daybag)

- Sunglasses-1
- Sunscreen-1 SPF 25
- Sunblock-1 SPF 45

- Lip balm-1
- Camera-1
- Extra camera batteries
- Extra memory card
- Bandana or handkerchief-1
- Ziplock bags-10 (for organizing)
- Field Journal-1 (supplied by EE)
- Pencil-2
- Phone cards-2-30 minute
- Water bottle-1
- Credentials-1 (supplied by EE)
- Optional-small flashlight
- Optional-small binoculars

### Common Sense Packing Tips

- Pack outfits that can be layered.
- Pack clothes that can be combined in many different ways.
- Pack lots of cottons and neutral colors like khaki.
- Instead of one heavy coat, bring polarfleece and sweatshirts that can be layered.

## How Much Luggage?



We ask students and Leaders to limit their luggage to *1 checked piece, and 1 carry-on in a day bag*. The limits are necessary due to luggage capacities on the motorcoach, and to insure no participant is overly burdened by excess gear during the program. Remember, since all students and Leaders must transport their own bags from hotel to motorcoach (and back), it is always best to pack lightly! We recommend that students and Leaders use a soft-sided duffel (preferably with wheels) for their larger piece, and a small day-pack for their smaller piece.

## ABOUT EARTH EXPLORE

Earth Explore was founded in 1995. We are a specialized company dedicated to providing the very finest combination of adventure, fun, and outdoor education. Due to the content of our programs, students chosen to participate can earn academic credit, both at the high school and college levels. Our staff and our partner organizations make all of the educational and travel arrangements and work with the airlines, hotels and motorcoach companies directly. That way we can be assured of the highest quality experience for our students and our teachers.

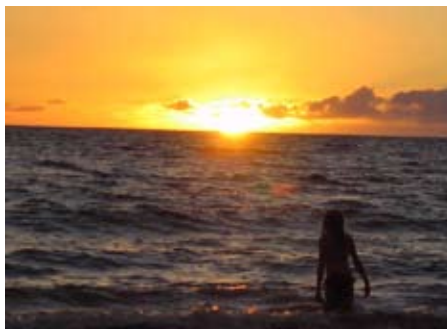
Earth Explore and the not for profit Earth Explore Foundation limit participation on each of our Adventures each summer to ensure program content meets the highest standards. Our expert on site partners design the educational program content to our exacting standards. As such each Earth Explore program is unique and the experiences and educational activities cannot be duplicated.

## THE EARTH EXPLORE FOUNDATION

The Earth Explore Foundation's mission is to provide young people access to exciting educational experiences in the natural world. This mission guides the activities undertaken on Earth Explore's Adventure programs. Each student is encouraged to extend his or her own personal horizons, while gaining a better understanding of the natural world, its cultures and complex and interrelated systems.

## CAN A FRIEND PARTICIPATE?

As spring approaches, this is a question that we hear often in the National Office. The answer is yes, in most cases. There must be space in the local group, the friend must be between the ages of 10 and 14, and he or she must be approved by the Leaders. The best way to find out for sure is to have the friend's parents call the National Office. We'll be happy to fill them in!



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