



Tour Information



The Science of the Renaissance





Travel

Passports

Please ensure your 10-year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to Italy.

Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy.

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Email: consolato.londra@esteri.it

Website:

http://www.conslondra.esteri.it/Consolato_Londra

Open Mon-Fri 0900-1200



Tickets

Included with your detailed itinerary is an e-ticket, which shows your flight reference number. You will need to quote/show this reference number at the check-in desk and you will be issued with your boarding pass. Online check-in is available 24 hours prior to departure.

Your Group Scheduled or Club Class ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With British Airways your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45x 25cm including handles, pockets and wheels, and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20cm including handles, pockets and wheels.

For more information please visit

www.britishairways.com

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Transfers

On arrival in Bologna, transfer by coach (approx. 20 minutes) to Hotel Internazionale.

Departure Tax

The departure tax is included in the price of your flight tickets.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



Accommodation

Grand Hotel Adriatico

Located within a 10-minute walk from the Duomo and the Palazzo della Signoria, the 4-star, family-run Hotel Adriatico offers a restaurant serving classical Italian cuisine, bar, lounge, garden and fitness room. The cosy bedrooms have private bathroom with bath/shower, hairdryer, air-conditioning, TV, telephone, minibar, safe and wi-fi.

For more information please visit the hotel's website:

<http://www.hoteladriatico.it/en>

Hotel Internazionale

Located close to the station and within easy walking distance of the main sights, the four-star Internazionale is housed in a traditional Bolognese palazzo building. Hotel facilities include a cocktail bar, breakfast room and free wi-fi. Rooms all have private bathroom facilities, TV, free wi-fi, minibar, safe and hairdryer.

For more information please visit the hotel's website:

<http://www.hotelinternazionalebologna.com/en/>



Food

Italian food rivals French in the hearts and taste buds of many gastronomes and the regional cuisine, of which the locals are very proud, wonderfully reflects the climate and local produce. Delicious pizza, pasta and risotto dishes are present everywhere throughout Italy with provincial specialities and sauces.

Tuscan cuisine is based on four core ingredients: unsalted bread (crisp crust on the outside, light and airy inside), olive oil, meat (beef and game), and wine. Traditional food is simple and abundant, using the produce from the surrounding countryside, with most dishes being meat-based – *bistecca alla fiorentina* (large T-bone steak), *tagliata* (sliced rare beef), *arista* (roast loin of pork), *bistecchine di maiale* (pork chops), and well-braised game (boar, deer, rabbit).

Bread salad (*Panzanella*) or thick and rich soups are a popular first course – *zuppa di cipole* (onion soup), *pappa al pomodoro* (bread and tomato soup), *ribollita* (vegetable and bread soup), and *stracciatella* (egg and parmesan cheese soup).

Sliced meats (prosciutto and salame), *Crosti toscani* (sliced bread topped with a chicken liver pate), and *Fettunta* (bread with olive oil) are common *antipasti*. Side and vegetable dishes often use chick-peas and beans. Typical Florentine desserts include *Castagnaccio* (chestnut cake), *Bongo* (chocolate profiteroles), *Schiacciata alla fiorentina* (sponge cake), *Schiacciata con l'uva* (sweet grape bread), and *cantuccini* (almond biscuits).

Strong Italian espresso coffee is served after the meal and will be black, in small cups, unless a *cappuccino* is requested.

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



Drink

The world's largest wine producer, Italy is home to some of the oldest viticulture regions. The wines are named according to their grape variety or after their village or area of origin. Excellent wines are produced throughout Italy and Sicily, with local wines offering great value and quality.

Tuscany's viniculture regions produce a wealth of high quality, world famous wines, with 80% of the production being reds, predominantly based on the *Sangiovese* grape variety. *Chianti*, *Brunello di Montalcino*, and *Vino Nobile di Montepulciano* are popular reds, the dry *Vernaccia di San Gimignano* an excellent white.

The renowned Tuscan dessert wine *Vin Santo* (holy wine) is generally made from *Trebbiano* and *Malvasia*, although *Sangiovese* is also used to produce a rosé version.

Apéritifs such as *Campari* and *Punt e Mes* are excellent appetisers, while Italian liqueurs include *Grappa*, *Stregga*, *Galliano*, *Amaretto*, *Sambuca* and *Limoncello*.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – is included on 4 evenings



Destination

When one considers Italian art, Florence, perhaps, is the first place that springs to mind and with good reason. As the birthplace of the Renaissance, it is packed with countless masterpieces, both in its museums and its public buildings, reflecting its pre-eminence in the 15th and 16th centuries. This tour investigates this momentous artistic period with lectures by Andrew Spira and David Wootton and a series of visits to the city's main sights.

Places of interest included in the tour:

Bologna

Bologna has been inhabited for over 3,000 years, with Etruscan, Celtic and Roman settlements, before becoming a major urban centre in the Middle Ages. Home to the world's oldest university, it is a vibrant city, with thousands of students enriching the social and cultural life. The well-preserved historical centre with its narrow-cobbled streets, lovely piazzas lined with cafes, imposing churches and medieval defensive towers, boasts a stunning mix of medieval, Renaissance and Baroque monuments, architecture and art.

For more information about Bologna, please visit:

<http://www.bolognawelcome.com/en/>

Basilica di San Petronio

Dedicated to the Bologna patron saint Petronio - 8th bishop of the city from 431 to 450, the Basilica is the most imposing (a length of 132m, a width of 66m, a height of 47m) and important church in Bologna. The construction started in 1390 under the supervision of the architect Antonio di Vincenzo. In 1514, Arduino degli Arriguzzi proposed a new project with a Latin-cross aimed to overtop St Peter's Church in Rome. According to the legend, Pio IV stopped the construction of this megalomaniac dream and requested to build up the Archiginnasio. Even the facade was left incomplete; the central nave covering and the apse shooting, designed by Girolamo Rainaldi and directed by Francesco Martini, were completed only in 1663; the lower naves were closed by rectilinear walls.

For more information about the Basilica, please visit:

<https://www.bolognawelcome.com/en/home/discover/places/architecture-and-monuments/religious-places/basilica-di-san-petronio/>

Palazzo Archiginnasio

The construction of the Palace was commissioned by Cardinal Borromeo between 1562 and 1563 following the project by architect Antonio Morandi called Terribilia; it was to house the lecture halls for the University Study (Law and Arts). Up to 1803 it was the seat of the University and since 1838 it has been housing the Civic Library. The palace was heavily damaged by a 1944 bombing and subsequently rebuilt. The main front presents an arcade with 30 arches, with two stories around a central courtyard. Two grand staircases lead to the upper storey with classrooms (closed at present) and two great halls one for Artists (today Reading rooms) and one for Jurists (called Stabat Mater Hall). The room walls, the vaults of staircases and open galleries are decorated with commemorative inscriptions and monuments dedicated to the teachers of the Studio and thousand coats-of-arms and names of students. In front of the entrance there is the chapel of S. Maria dei Bulgari. The **Anatomical Theatre** in carved wood, was built by Antonio Levante in 1637 for anatomy lessons. Inside, the famous statues of the Spellati - Skinless - by Ercole Lelli.

For more information about the Palazzo Archiginnasio, please visit:

<https://www.bolognawelcome.com/en/home/discover/places/architecture-and-monuments/historical-buildings-and-streets/palazzo-dellarchiginnasio/>

Palazzo Poggi

The palace, designed in the mid-16th century probably by Pellegrino Tibaldi with the contribution of Bartolomeo Triachini, who is attributed in particular the inner courtyard, became the new seat of the National University, after the reform of Napoleon's period (1803). The academic vocation of the building was already announced at the onset of the previous century by the opening in its premises of the Institute of Sciences founded by Luigi Ferdinando Marsigli. In the 19th and 20th centuries the original structure was adjoined with the 15th-century Cà Grande dei Malvezzi and the Library designed by Carlo Francesco Dotti and inaugurated in 1756.

For more information about Palazzo Poggi, please visit:

<https://www.bolognawelcome.com/en/home/discover/places/architecture-and-monuments/historical-buildings-and-streets/palazzo-poggi/>

Florence

A centre of European trade and finance in the Middle Ages, Florence became an artistic and cultural hub during the Renaissance, partly thanks to the patronage of the wealthy and powerful Medici family. The majority of the town, now considered one of the world's most beautiful, was built during the Renaissance; statues, art, architecture and history turn the town into an open museum, with a hidden gem to be discovered at every street corner. The vibrant markets, the shaded café-lined squares and the many *gelateria* are equally delightful.

For more information about Florence, please visit:

<http://www.visitflorence.com/>

La Specola Museum of Natural History

The largest and best-known wax anatomical collection, La Specola is part of the Museum of Natural History in Florence and also houses some wonderful taxidermy, including now extinct specimens and a very questionable-looking hippopotamus. La Specola is the oldest public museum in Europe, having started as the personal collection of the Medici family. It was opened to the public in 1775. Anyone could attend as long as they "looked clean." The wax anatomical models were a huge hit, and the museum was attended by luminaries such as Goethe (who later wrote *The Sorrows of Young Werther*) and Emperor Leopold who funded the museum. Of special interest are the wax anatomical Venuses, wax models of naked women posed in old-fashioned semi-erotic poses, but with their rib cages and stomachs pulled open to the world. These gutted female forms were a favourite of the Marquis de Sade.

For more information about the museum, please visit:

<https://www.atlasobscura.com/places/la-specola>

Tribune of Galileo

The Tribune of Galileo is a Neoclassic architectural addition to La Specola, completed in 1841 to commemorate the famous Florentine scientist, Galileo Galilei and to house some of his scientific instruments. Built under the orders of Leopold II (1797-1870). The House of Lorraine-Habsburg was foreign to Tuscany; and the embrace of Galileo can be seen as an attempt to co-opt local patriotism. It contains a large statue of Galileo and a series of lunettes and frescoes depicting events in scientific history relating to Florence. It once contained some of his original instruments such as his geometric and military compass, an armed loadstone, two telescopes, and the objective lens of the telescope

with which Galileo discovered the four largest moons of Jupiter.

For more information about the Tribune, please visit:

https://en.wikipedia.org/wiki/Tribune_of_Galileo

Museo degli Argenti

Covering twenty-five rooms the museum occupies the left wing of Pitti Palace, added during the 17th century to the original 15th century core. The rooms on the ground floor of Palazzo Pitti, originally the grand ducal summer apartments, and the mezzanine rooms were chosen in 1861 as the location of the Silver Museum, which collects various kinds of precious objects (gems, cameos, semi-precious stones, ivory, jewels, silver...) to document the sumptuous life of the princes and the collections owned by the dynasties that ruled Tuscany, with specific attention to the Medici and Lorraine families.

For more information about Museo degli Argenti, please visit:

<https://www.uffizi.it/en/pitti-palace/treasury-of-the-grand-dukes>

Brancacci Chapel

The foundation of the church dedicated to Our Lady of Carmel dates from 1268, but its construction was protracted until the end of the 15th century. Little remains of the mediaeval building, not only because of the extensive 16th-century alterations but also because of a disastrous fire which gutted the church in 1771. What we see today is in large part the result of the late-baroque rebuilding carried out after the fire by Giuseppe Ruggieri. From that period date the paintings on the ceiling (Ascension of Christ) and in the dome (The Trinity and the Virgin in Glory with Saints of the Old and New Testament) by Giuseppe Romei and Domenico Stagi. The fire did not however affect the old sacristy, which still has its chapel with Scenes from the life of St Cecilia attributed to Lippo d'Andrea (c. 1400), the Brancacci Chapel or the Corsini Chapel.

The Brancacci Chapel has one of the supreme masterpieces of renaissance painting: the fresco cycle of Scenes from the life of St. Peter, mostly painted in collaboration by Masaccio and Masolino between 1425 and 1427.

For more information about the Brancacci Chapel, please visit: https://en.wikipedia.org/wiki/Brancacci_Chapel

Fondazione Scienza e Tecnica

The *Fondazione Scienza e Tecnica* was founded in 1987 as an initiative of the Tuscan Region and of the Province and Municipality of Florence, with the scientific support of the *Museo Galileo*. Its aim was

to promote and spread scientific and technological culture, starting from the recovery and enhancement of the historic and scientific patrimony of the 19th-century *Istituto Tecnico Toscano*.

For more information about the Fondazione Scienza e Tecnica, please visit: <http://www.fstfirenze.it/?lang=en>

The Pazzi Chapel

In the picturesque cloister to the side of the Church of Santa Croce one finds one of the greatest works by Filippo Brunelleschi: the Pazzi Chapel. It dates from just three years before his death (1443). The plan of the chapel is the circle and the square. A rectangular base is covered with a conical central dome supported by fine "veiled" vaulting that one also finds in the porch. The spaces are divided up with a geometric lucidity; the white intonaco (plaster) of the walls is in the cool contrast to the pilasters in grey "serene" stone, and the beautiful decorations in glazed terracotta which adorn the interior are by Luca della Robbia. It is considered to be one of the masterpieces of Renaissance architecture.

For more information about the Pazzi Chapel, please visit:

http://www.museumsinflorence.com/musei/Pazzi_chapel.html

Galileo in Santa Croce

The tomb of Galileo Galilei (d1642) at Santa Croce in Florence was erected in 1737. It was designed by Giulio Foggini and contains a bust of Galileo Galilei (by Giovanni Battista Foggini), and figures representing Astronomy (by Vincenzo Foggini), and Geometry (by Girolamo Ticciati). When he died in 1642, the Inquisition at first refused to allow his burial on consecrated ground. They later relented, and his patron Grand Duke Ferdinando II planned a large memorial to him, and money was collected for a tomb. However, Pope Urban VIII refused to allow it to be built and Galileo was buried in an unmarked corner of the church of Santa Croce, and it was some 30 years before any inscription was added to his burial place. When Galileo's pupil Vincenzo Viviani died in 1703, he left money to build a tomb for both Galileo and himself. The tomb was paid for with additional money from the architect and mathematician Giovan Battista Nelli who was himself a pupil of Viviani. When the tomb was completed in 1737 the remains of both Galileo and Vincenzo were disinterred and placed under it.

For more information about the tomb, please visit: <http://professor-moriarty.com/info/en/section/church->

[monument-art/18th-century-church-monuments-tomb-galileo-galilei-santa-croce-floren](http://www.fstfirenze.it/?lang=en)

Instituto e Museo Storia della Scienza

The museum features the valuable scientific instruments from the Medici Collections which were first displayed in the Stanziino delle Matematiche (Mathematics Room) in the Uffizi Gallery. They were later on moved to the Museo di Fisica e Storia Naturale (Museum of Physics and Natural History) founded by Grand Duke Peter Leopold in 1775. During the reign of the Lorraine Grand Dukes, new instruments were added to the scientific collections. In 1929, the First Italian Exhibition of the History of Science in Florence highlighted the importance of scientific collections within Italy's cultural heritage. As a consequence, in 1930 the University of Florence gave birth to the Istituto di Storia della Scienza con annesso Museo (Institute of the History of Science and attached Museum). The Institute was housed in Palazzo Castellani and was entrusted with the instrument collections of the Medici and Lorraine dynasties.

For more information about the museum, please visit: <https://www.museogalileo.it/en/>

Cathedral Museum

The present museum was founded in 1891 and has continued to receive all the works that were removed and continue to be removed (to grant their preservation) from S. Maria del Fiore and from the Baptistery. The collection is therefore the best guide to the several changes that have occurred in Florentine official sculpture originating with the building of the cathedral and extending over the centuries.

The vast majority of sculptures preserved in the Museum are those that Arnolfo had chosen for the facade, which was only partially completed while the architect was still living. The partially erected façade remained in this condition until 1587, when the Grand Duke, following the suggestions of the architect Bernardo Buontalenti, decided to replace it with a more modern look, in accordance with the general plans for the renewal of the town.

For more information about the museum, please visit: http://www.museumsinflorence.com/musei/cathedral_florence_museum.html

The Baptistry

The Baptistry is one of Florence's most important religious buildings, dedicated to his patron saint, John the Baptist (whose feast is celebrated on 24 June). Raised on the foundations of a Roman building, it is a characteristic example of the Tuscan

Romanesque style, dating according to some authorities from around the 11th century (it was consecrated in 1059); others believe that it is an early Christian building later remodelled. Intended for the liturgical function of baptism, in the 11th century it also acted as the city's Cathedral. Like all mediaeval religious buildings, the Baptistry contains tombs of prominent individuals. Outstanding among these is the tomb of the Anti-Pope John XXIII, who died in Florence in 1419. This is one of the earliest and most interesting wall-tombs in the renaissance manner, made between 1421 and 1427 by Donatello and Michelozzo. Donatello sculpted the figure of the dead prelate in gilded bronze, while Michelozzo was probably responsible for the Madonna and Child and the Theological Virtues.

For more information about the Baptistry, please visit: <https://operaduomo.firenze.it/en>

Zodiac Marble Floor

According to tradition, the martyr St. Miniatus, who was suffered during the persecution of Decius in the 3rd century, was buried on the hill where the church bearing his name now stands. It was the idea of the bishop Hildrebrand to build the basilica, together with the adjoining Benedictine monastery, on the site where it was believed that the relics of the saint (today preserved in the crypt of the church) were found. Work was begun in 1018 and was completed about 1207. The new church which was built on the site of an earlier church reflects the various stages of its construction in its different parts, from the crypt to the elaborate marble floor of the nave. The mosaic on the pediment showing Christ in benediction between the Virgin and St. Miniatus dates from the beginning of the 13th century. The church, which is one of the masterpieces of the Tuscan Romanesque, combines a basilical plan of classical origin with typically romanese elements; some of the capitals are Roman and others are romanese. The oldest decoration is the mosaics and the marble inlay work, of which the most important is the central part of the pavement. This area, which retains its original decoration, shows interesting figurative motifs, enriched with symbolic significance. The beautiful Zodiac, which is originally a pagan motif, here assumes a Christian symbolic value, according to some, by its subdivision into twelve signs which allude to the twelve Apostles.

For more information about the marble floor, please visit:

http://www.museumsinflorence.com/musei/san_miniat_o.html

Piazza del Duomo

The religious centre of the town, the impressive *Piazza del Duomo* is dominated by the exquisite *Basilica di Santa Maria del Fiore*. Work on this enormous edifice started in 1296, and was completed over 100 years later, in 1436, when the dome was raised. The largest brick dome ever constructed, Brunelleschi's outstanding piece of architecture and engineering required ingenious solutions and careful planning.

The striking façade, covered in green, white and pink marble, was only finished in the 19th century, based on Italian architect Emilio de Fabris' design, as Giotto's original ideas were considered outdated. Known as the 'Gates to Paradise', Lorenzo Ghiberti's *Baptistry doors* took 21 years to complete and depict the life of Christ from the New Testament, through the most stunning gilded bronze work.

For more information about the Piazza, please visit: [https://en.wikipedia.org/wiki/Piazza del Duomo, Florence](https://en.wikipedia.org/wiki/Piazza_del_Duomo,_Florence)

Your lecturer / Guide

Andrew Spira. Andrew graduated from the Courtauld Institute of Art before completing a MA degree in Museum and Gallery Management at City University, London. He worked at the Temple Gallery, London (specialist in Byzantine and Russian icons), and as a curator at the Victoria and Albert Museum where he specialised in 18th century British Art and Design, and Metalwork. He also specialises in Russian art, publishing 'The Avant-Garde Icon: Russian Avant-Garde Art and the Icon Painting Tradition' in 2008 (Lund Humphries). For 20 years he has been taking tours to cultural sites in Western Europe, Russia, Armenia and Georgia. He was Programme Director at Christie's Education for 10 years before going part-time to focus on his current research project - on personal identity and the way it is reflected in the material culture of Western Europe from the Middle Ages to the present day.

He will deliver two lectures:

"Celestial Heights: The Poetics of Space in Renaissance Art and Astronomy".

"Vital Forces: Soul, Mind and Body in the Human and Animal Worlds".

David Wootton. Anniversary Professor of History at the University of York. He works on the intellectual and cultural history of the English-speaking countries, Italy, and France, 1500-1800. He is currently writing a book on Voltaire. His most recent book is *Power, Pleasure, and Profit* published by Harvard University Press. He has given the Carlyle and Besterman Lectures at Oxford, the Raleigh Lecture at the British Academy and the Benedict Lectures at Boston. He was educated at Oxford and Cambridge and has held positions in history and politics at four British and four Canadian universities, and visiting positions in the US, before his current base in York.

David will deliver two lectures during the tour.

Reading Suggestions

Paul Strathern, *The Medici: Godfathers of the Renaissance*.

From the core of the ruling Medici, to family members making their fortune elsewhere and artists and architects supported by the Medici family, this study of the rise and fall of the powerful and successful Medici family and their role in the Italian Renaissance is an excellent and informative read.

Richard Turner, *Renaissance in Florence: The Invention of a New Art*.

An overview of the social, political, economic and cultural events happening in Florence at the time of the emergence of what came to be known as the Renaissance.

Judith Testa, *An Art Lovers Guide to Florence*.

More than a guide book, Judith Testa offers an in-depth description of Florence's Renaissance art, putting the works she studies into a political, religious and familial context. A fascinating and inspiring read.

Ross King, *Brunelleschi's Dome: The Story of the Great Cathedral in Florence*.

Considered one of the great wonders of the world, Brunelleschi's dome does not stop to amaze – a feat of beauty, engineering and genius, time, rivalry and ingenuity were combined to create what it still now considered Florence's most compelling symbol.

Henry James, *Italian Hours*, 1909.

Published at the end of his life, Henry James portrays his love of Italy through this series of essays, written over nearly four decades.



The Basics

Climate – The weather in Florence at this time of year is likely to be pleasant, but evenings can be quite cool and there is the chance of the odd shower. Our best advice is to come prepared.



Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – Italian

Religion – Roman Catholic

National holidays – New Year's Day (01 Jan); Epiphany (06 Jan); Easter Monday; Liberation day (25 Apr); Labour Day (01 May); Republic day (02 Jun); Assumption of Mary (15 Aug); All Saints' day (01 Nov); Immaculate conception (08 Dec); Christmas day (25 Dec); St Stephens day (26 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to

carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops & Museums – Department stores are open 0830-1930 Monday to Saturday. Most shops are closed between 1230-1530. Please note that some museums close on Mondays.

Although very common in tourist towns in Italy, please note that street vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good flat/grip walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Consulate general Milan

Via S. Paolo, 7

20121 Milan

Italy

Tel: +39 (0)6 4220 2431

Fax: +39 (0)2 8646 5081

Italy.consulate@fco.gov.uk

Open Mon-Fri 0930-1230 and 1400-1600. Phone lines open 0900-1700. Outside these hours a consular Emergency Service is in operation and can be contacted on +39 (0)6 4220 2431.

Travel Editions

3 Youngs Buildings, London EC1V 9DB

Tel: 020 7251 0045

Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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