

Calabria

Let's get  
together  
and  
talk!



1 ORGANISATION • 7 LANGUAGES • 30 DESTINATIONS • COUNTLESS MEMORIES...

## WELCOME TO SPRACHCAFFE

You are obviously committed not just to having a holiday, but at the same time, also learning a new language or improving your skills in a language you already know. This is why we would like to send you our warmest congratulations! It is great when people want to make the world a bit smaller for themselves.

*"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language that goes to his heart." Nelson Mandela*

It pleases us even more that you have chosen Sprachcaffe for your *language trip*. Lively teaching methods, a relaxed and stress-free atmosphere, learning through interaction and chatting (which helps you bond with others) - we have become experts with our 35 year experience in language teaching and with our 30 destinations worldwide.

In the enclosed documents you will find everything you need to know for your trip. **Please do not travel without this information sheet.**

We wish you a great holiday and lots of success

**Your Sprachcaffe Team**



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## Arrival

### By plane

The nearest and the only recommended airport is Lamezia Terme.

When packing your bags it is important to remember that the maximum baggage allowance is 20 kg. Detailed information can be found in your flight ticket. Please note that it is recommended that you arrive at the airport around 90 - 120 minutes before departure.

**Important:** make a photocopy of all your important travel documents! For example your flight ticket, insurance documents, passport, etc. In case you lose your documents it will be easier for someone to help you.

Sprachcaffe wishes you a pleasant flight!

### By train

Should you prefer to travel to Calabria by train, your destination station will be Tropea / Santa Domenica. After having arrived at Santa Domenica, just follow the road until you reach the cross-way. Cross the street and follow the main road ahead for some meters. Where the road turns left, take the country lane on the right. From now on just follow our signs indicating the school where our team will be waiting for you. It's only a ten-minute walk.

Almost all regional trains stop in Santa Domenica! If not, you can go off also in Tropea. Coming from the north (Lamezia Terme), Tropea is the station immediately before Santa Domenica and is just 3 km away from our school. To get to school from Tropea station you can call our team, if possible, somebody will come and pick you up. Alternatively you can take a taxi (ca. € 10.00) or wait for the next train to Santa Domenica.

The train station Vibo Valentia Pizzo is about 30km from the school, but often there are better connections to this train station. We also provide transfers from/to Vibo Valentia Pizzo for a small fee. Taxis are much more expensive and are not recommended.

Our head-office in Frankfurt is available for information on transfers and bookings up to one week before departure. After that date please send your enquiries directly to our school office in Calabria.

### By car

If you have booked your accommodation together with a rental car (from Lamezia Terme airport) with Sprachcaffe, you will find a detailed route description from the airport to your accommodation in the enclosed travel documents.

The most common route from the North is via Firenze and Napoli. About 100 km before Reggio di Calabria, you have to take the exit Pizzo Calabro. Here, please follow the coastal road to Tropea, but do not take the exit marked Tropea, just continue on the main road through a little tunnel and until a little rotary. 1.2km after the rotary there is the exit marked Santa Domenica (look at the milometer). Go down to the little centre of Santa Domenica and circle around the square. Follow now the one-way street which is the main road of Santa Domenica. After about 500m there is a pharmacy on your left (green cross on white background): Turn left and follow the road until it turns left. Here you will see on the right a country lane. Attention: the country lane is just in the curve! Take this country lane and follow now our signs indicating the school.

**Our mobile number also during weekends: 0039 340 3621408.**

## The transfer

### Sprachcaffe transfer:

If you have booked a flight and transfer with Sprachcaffe, we will inform our colleagues in Calabria of your flight number and arrival time and they will then be waiting for you at the airport. The transfer service is carried out by Sprachcaffe itself or by local agencies. However, on arrival at the airport and after the baggage claim just go through the first exit on the right. We will be waiting for you outside with a Sprachcaffe-Sign.

**Waiting times:** due to organizational reasons it is sometimes necessary to combine pick-ups of different flights. Thanks for your comprehension and cooperation.

If you travel to Calabria by train we also offer transfers from/to Vibo/ Pizzo for a small fee.

If you have booked a transfer with Sprachcaffe, please inform us of your arrival details at least one week prior to your arrival. After that date please send your arrival details directly to our school in Calabria.

**Important note: Sprachcaffe cannot be held responsible for transfers or for the first overnight stay if we are not informed in time about arrival times or any delays!**

**Own transfer:**

If you have not booked a transfer you can take the train: You can take the bus (every 30 minutes) or a taxi from the airport to Lamezia Terme train station (5 min, costs about 10-15 Euro) and then take a train from there to Tropea / Santa Domenica. The train ride is approximately one hour.

Taxis from the airport to the school are not recommended! They are expensive (one-way starting from €90.00 up to €150.00 according to time and season).

**Meeting Point and Arrival Times**

We kindly ask you to inform us of your arrival details at least one week prior to your arrival. We also ask all guests to arrive between 9:00am and 7:00pm (on the Sunday before the course starts). If you plan to arrive at another time, please reconfirm with our head-office in Frankfurt at least one week before departure. After that date please send your information directly to our school in Calabria.

**Meeting Point for all accommodations is the school. Here our team will be waiting for you and will bring you then to your booked accommodation.**

**IMPORTANT:**

Please inform the school always about your arrival time and especially if you need to arrive out of the normal check in time (Sunday 9am – 7pm)! Otherwise our team cannot wait for you and you will be on your own! We kindly ask for your understanding that Sprachcaffe cannot be held responsible for the first overnight stay if arrival dates or delays are not communicated in time!

Please note that our school team is always at your disposal, even during the arrival day itself, to agree late arrivals or give you any help you may need.

If you arrive on Lamezia Terme Airport after 6pm it is necessary to book our transfer service to organize the late arrival!

**Our mobile phone number also during weekends: 0039 - 340 - 362 14 08**

## Your accommodation

**It is our aim to provide the best service possible. However, if you have any issue during you stay please talk directly to the school staff.**

You will find the address of your first meeting point in the enclosed voucher. If you have any questions please do not hesitate to contact our local staff any time. In case you have NOT booked any transfers and therefore will not be picked up at the airport or train station, you can always call our local staff for advice or directions.

### Apartment / Studio

In standard apartments can be allocated a maximum of 5 people, in comfort apartments maximum of 3 people and studios only 1 or 2 people. There is a balcony or common terrace available for students in all apartment types. All apartments are just a 10 minute walk from school.

**When you receive the key for your apartment you will pay 20 € deposit. It will be given back to you when you return the key on departure.**

If you have chosen our school apartments, you will get to know a special kind of "living together". You will share the apartment, kitchen and bathroom with other course participants who usually come from different countries. This "apartment-sharing" is part of our concept for communicative learning and gives you the possibility of organising excursions and spending your free time with other course students. You can also cook delicious meals in a cosy atmosphere or exchange experiences in your simply, but fully equipped kitchen.

If you have booked a double room, we will try to match you with the "right person" to share the room with. Please note that the apartment is generally only available to course participants and not to friends or relatives. If you should like to accommodate some friend or relative during your stay, just contact Sprachcaffe in order to confirm and invoice the stay. **Please note that it is not allowed to bring local persons into the apartments!**

In case you need an extra-night (unfortunately it is not for free), please ask us and we will let you know if we have enough capacity. **Due to organizational reasons it may be necessary to change the room in case of extra-nights.**

**Please note that the apartment is not a hotel. This means that all course participants have to take care of the cleaning themselves. Please also respect the rules regarding the local waste separation. Sprachcaffe only organises the final cleaning. We provide apartments with bed linen but not towels.**

We want all our course participants to feel at home and hope that all of you treat your apartment, room and facilities accordingly. Your flatmates would surely appreciate a clean and tidy kitchen and bathroom, so please wash your dishes and take out the garbage on a daily basis and according to the local waste separation rules. You can invite other participants into your apartment after having agreed with the house-owner and the other students sharing the same apartment. You should respect everyone's privacy and avoid unnecessary noise, especially at night.

**Please note that smoking into the apartments is not permitted!**

**On departure day** we kindly ask all guests to leave their apartments at latest by 10:00am on the day of departure (usually the Saturday after the end of the course). In case of later departures you can leave your luggage at school. Please empty the fridge, leave the dishes washed and take out the garbage before leaving the apartment!

## Hotel

Accommodation in a hotel is the most comfortable and independent way of staying in Calabria. In our hotel you will get to enjoy the friendly service of an Italian mid-range hotel. You are more independent than in a school apartment and you will have the opportunity of studying or relaxing in a quieter atmosphere. Naturally, all rooms have their own bathroom; bed sheets and towels are provided. The hotels are mainly close to the school. Please find the address in the enclosed voucher.

## Our school - Sprachcaffe Languages Plus

**On the first day, we kindly ask all students to be at school on time at 8:30.** If you have booked cooking course only please contact the school to know the time schedule of your course.

All course participants have to do a placement test to determine the language level. We kindly ask you to do the test online at home before your departure (see more info on the bottom). On the first day of school there will be just a quick check and the lessons will start immediately.

**The school address is:** Sprachcaffe Calabria - Scuola Conte Ruggiero

Via Provinciale snc, (Entrance: Contrada Bagnèria)  
89865 Santa Domenica (VV) / Italien  
Tel/Fax: +39 0963 669674  
Mobile: +39 340 3621408  
Email: [scuola@calabria.cc](mailto:scuola@calabria.cc)



School director: Rosario Febbraro (see picture)  
School office hours: Mon-Fri from 09:00am till 02:00pm

Email: [scuola@calabria.cc](mailto:scuola@calabria.cc)

### The school office offers several important services:

- Ask here for the password for wifi internet access (school area only)
- Here you will get individual advice regarding the language courses, possible leisure time activities, etc.
- In case of problems or discontent our staff will always be there to do their best to help you.
- The school is the contact address for your family and friends at home! Your mail will be taken and stored for you at the reception.
- On the infoboard you will find a list of leisure time activities planned by the school for the coming week.

### The lessons

**Our teachers** have all been trained and all have an academic title. All teachers are native speakers. This means that they teach exclusively in their mother tongue. Using the modern methods of communication they will do their best to make your lessons interesting and stimulating.

**The topics of the lessons** are varied. Our course teachers use newspaper articles and include socio-political topics, theatre or literature reviews in the lessons. We find communication, such as through dialogue and role plays, an effective teaching method supported, of course, by the necessary teaching of grammar and vocabulary!

**The classes** will be formed according to the language level of the participants. This means that students of different course types will be in the same group. You may change into a lower or higher level after having consulted your course teacher or following his/her advice. The maximum number of students in one class is **10**.

Your **timetable** will be the following (Monday to Friday):

09:00am –10:30am Standard and Intensive Course (part I)  
 10:30am – 10:45am break  
 10:45am – 12:15pm Standard and Intensive Course (part II), Part Time Course  
 12:15pm – 12:30pm break  
 12:30pm – 02:00pm End of Intensive Course (part III), One to one

The time-table for the one to one lessons as well as of the part time courses need to be confirmed the first day of the course.

The cooking courses take place 3 afternoons / week, usually at 04.45 p.m. Please ask on arrival (also by phone) for the time schedule and the days of your course!

Attention! The time-table may vary for organisational reasons. As a result, particularly in summer, lessons might also take place in the afternoon! Time schedules for individual courses as well as for part time courses will be confirmed first day at school.

**Lessons are not held on the following public holidays in 2018: 01.12. - 24.03., 02.04., 25.04., 01.05., 15.08., and 29.10.2018 – 23.03.2019. Please note that lessons lost on public holidays, late arrival or early departure will not be replaced.**

**Please note!**

In the unlikely event the school won't be able to create a group course due to not having enough students at the same time/level, smaller group courses or single lessons for a reduced amount will be provided instead: 20 lessons = 12 lessons, 30 lessons = 18 lessons. Under the rare circumstances of being forced to cancel, all fees will be refunded. The minimum number of participants for examination preparation courses is 4 students."

**It is our aim to provide the best service possible. However, if you have any issue during you stay please talk directly to the school staff.**

**Language test**

Sprachcaffe has introduced a new online placement test. We kindly ask you to do it before you arrive at school. Doing the online exam in advance will allow you to start your lessons straight away.

To access the online test, please go to [www.shop.sprachcaffe.com/onlinetests](http://www.shop.sprachcaffe.com/onlinetests). You can log in using your surname (or email address) and booking number (see our documents for the correct spelling).

The test can be done at any time up to 12:00pm (CET) Friday before the program begins. Thereafter the test will be switched off and you will no longer be able to access it.

Please do not use a dictionary or any other aids when doing this exam as its purpose is to assess your language ability and place you in an appropriate class. It is better not to answer questions that you do not know, as guessing will affect your score and could result in your being placed in a class that is too difficult for you.

You have 45 minutes to do the exam from the moment you enter the site. Thereafter, the test will automatically shut down. If you finish before time runs out, you can click 'submit' at the bottom of the test. The test result will be forwarded automatically to Sprachcaffe. You will find out your teacher's name and classroom number on your first day at school.

Please note that you can only access the online test once!

Interesting facts about Calabria

**Driving in Italy:** The regulations are the same in the whole Italian peninsula: e.g. the speed limits are 130km/h on freeways and 110km/h on the state and provincial routes. Please collect detailed information prior to your departure (regarding your insurance, current speed limits, etc.) and follow the regulations carefully as violators are liable to high fines or confiscation of their licence.

The gas stations on the freeways are open 24 hours a day, on the country roads and in the villages they are usually open between 7am and 12:30pm and again from 3:30pm to 7:30pm. Except for those on freeways, gas stations are closed on Sundays. Most gas stations accept credit cards and outside business hours you may also pay with bank notes at self-service pumps.

We also recommend that you bring the automobile association insurance card with you so that the handling of a possible breakdown or accident is easier. If you need help with your car, the phone number of the ACI in Italy is 116. This service is NOT free of charge.

Rent a car: It is possible to rent a car at Lamezia Terme airport, but also in Tropea and some other places. Please ask our head-office staff in Frankfurt for more information about renting a car or talk to our local staff in Calabria.

**Banks and money:** The local currency in Italy is the Euro. Most of the banks have an ATM.

**Public Holidays:**

- 1<sup>st</sup> January: Capodanno (New Year's Day)
- 6<sup>th</sup> January: Epifania (Epiphany)
- Easter Monday: Pasquetta
- 25<sup>th</sup> April: Liberazione (Liberation Day)
- 1<sup>st</sup> May: Festa del lavoro (Labour Day)
- 2<sup>nd</sup> June: Festa della repubblica (Republic Day)
- 15<sup>th</sup> August: Ferragosto (Assumption Day)
- 1<sup>st</sup> November: Ognissanti (All Saints' Day)
- 8<sup>th</sup> December: Immacolata
- 25<sup>th</sup> December: Natale (Christmas)
- 26<sup>th</sup> December: Santo Stefano

**Climate:** In the low season from October till April temperatures are usually between 9°C (48 F) and 14°C (58 F) and in the winter months from December to February they can go down to 5°C (40 F). There might be occasional rain and storms, but these do not last very long. Often after a short rain shower the sun comes out again. In the summer (between May and September) it gets quite hot and the temperatures are between 19°C (68 F) and 30°C (90 F) and sometimes even higher. Therefore it is a good choice to bring light and comfortable clothes, and possibly a sunhat. For the evenings outside you should not forget to bring a sweater because after sunset it might be a little chilly.

**In case of illness:** In most places first aid is provided by the Guardia Medica. If you need to have information about a panel doctor please contact the local Asl (the department responsible for health insurance), where European citizens can produce their health insurance document and receive the Italian one to show to the doctor. Probably, emergency medical services will not be free of charge in the future. The so-called "tickets" are expected, the sum to be paid varying according to different emergency cases. It is, however, advisable to get all the necessary information in your own country before departure and possibly to take out a travel insurance with Sprachcaffe or a private insurance company.

**Night life:** For all of those who love to turn the night into day, Calabria offers a lot of possibilities to enjoy oneself in the months between June and September. There are many bars, discos, cafes which invite you and your friends to dance, often under a wonderful starry sky.

**Voltage:** In general it is 220 Volt. Please look out for signs in the bathroom. If your plug does not fit, you can get an adapter in almost every supermarket.

**Tipping:** In restaurants it is common to give a 10% tip.

**Emergency numbers:**

Police: 113  
**Carabinieri:** 112  
First aid: 118  
Fire department: 115

**Opening hours:**

Post office:	Mon – Fri	9:00am - 1:00pm,
	Sat	8:00am - 12:00am
Banks:	Mon – Fri	8:30am - 1:30pm
Shops:	Mon – Sat	9:00am - 1:00pm & 4:00/5:00pm - 8:00/9:00pm

(In low season, shops may be closed on Monday afternoon.)

**Tap water:** It can be used to wash or to brush your teeth, but it is not recommended for drinking in all areas.

**Telephone:** The international area code for Italy is 0039, plus the area code of the town including the zero, plus the phone number.

**Insurance:** We recommend taking out travel health insurance as well as baggage insurance. Medical care without adequate insurance can be very expensive. The loss of luggage or its damage always causes a lot of trouble and a refund without insurance takes a long time and is not always successful. Do not let this spoil your vacation and take adequate insurance into consideration.

## Leisure time activities

### Museums, places of interest & excursions

An area with lots of small villages and picturesque surroundings, where life seems to pass slowly and some things seem not to have changed for ages - this is Calabria. Discover the numerous records of ancient civilizations, which tell us about the settlements of the Brutians, the Romans, the Goths, the Byzantines and the Normans as well as the golden age of the Greeks.

Today's **Reggio di Calabria** was founded by Greek colonists around 720BC. In 1908 the city was destroyed by an earthquake and was completely rebuilt after that. Archaeological discoveries show the remains of the antique city wall, little archaic temples and Roman Baths with mosaic floors. Above all, the **National Museum (Museo Nazionale)** in Reggio di Calabria is certainly worth visiting. The archaeological department is the most interesting of its kind in the region. It holds archaeological treasures from all over Calabria, mainly those related to the Magno Greek period, but also to prehistoric times as well as the Roman and Byzantine times. Showpieces are the Riace bronzes from the 5th century BC and of Greek origin which represent two soldiers and are in an exceptional state of conservation. They were found in 1972 in a wreck along the Ionian coast. Also worth seeing are the paintings from Antonello da Messina and Mattia Preti exhibited in the "pinacoteca" of the museum, open every day between 9:00am and 7:00pm. Other interesting places to visit are the "Chiesa degli Ottimati" with its mosaic floor and the Cathedral (1300).

The traditional way of life of the Calabrian farmers can be experienced in the „**Museo Civico**“ in Palmi. Opening hours are from Mon - Fri 8:00am -2:00pm. The **Museum for Ethnography and Folklore** shows more of the Calabrian tradition and the **Aquarium** invites you for a relaxed afternoon.

The most beautiful seaside resort on the Tyrrhenian coast of Calabria is **Tropea**. Its narrow streets, the old archways, the picturesque market square and the ancient "palazzi" are perfect for a relaxing and pleasant stroll through the centre. In the middle of the historic centre of the town you will find the old cathedral, the building of which was started in Pre-Norman times.

The ledge of "**Capo Vaticano**" projects far into the sea and does not only offer beautiful sandy beaches, but with good weather even a view of the volcano of Stromboli and of Sicily. The Eolian Islands can also be seen on a clear day. Enjoying a sunset at Capo Vaticano is an absolute must. In summer, there is a large number of tourists on the beautiful white sandy beaches of this area, framed by rocks, but it is still possible to escape the crowds and find a small intimate cove from where you can watch the sunset or enjoy the turquoise sea.

At the end of the 7th century BC **Vibo Valentia** was founded by Greek settlers to ensure the protection of the trade routes to the Tyrrhenian Sea. During the 2nd century Vibo Valentia then became Roman through the conquest of the local Brutians. In the Middle Ages it then served the Byzantines and then "Friedrich the 1st". With the French Revolution came the decline of the city. Today in Vibo Valentia things are less turbulent. The Baroque Mediaeval city centre lies quietly and peacefully in front of the massive fortress (**Castello**) which is home to the **Archaeological Museum** now housing pieces of Vibo's early history as well as the ancient times. Opening hours are daily from 9:00am to 7:00pm. Worth seeing are also the Greek walls of the antique Hipponion and **San Leoluca's Cathedral** with its rich stucco decorations.

Another interesting town to see is **Pizzo**. Here you can discover a Baroque parish church as well as the old fortress (**Castello**) built by the Aragones in 1486. The "Castello" is open to visitors from June to September every day from 9:00am to 1:00pm and 4:00pm to 10:00pm. **Pizzo** is also very famous for its "Tartufo"-ice cream, which is said to have been invented here. Do not miss the beautiful "piazza" in the city centre with its view of the sea before visiting the little church "Piedigrotta" which lies by the sea below Pizzo, built by seamen into a tufa cave.

### Food

In the south, olives are an important part of the **Antipasti**, which are the starters for every Italian meal. And who can resist the unforgettable pasta dishes? Pasta meals are very often served with pulses, such as chickpeas and different kinds of beans.

Of course, on the coast, fresh fish is a fantastic and preferred main course. Big fish, such as swordfish (pesce spada) and tuna (tonno) are served in different ways, e.g. roasted on the grill or fried in the pan.

In the mountain regions of Calabria mushrooms, lamb (agnello) and goat meat (capretto) are also frequently found on the menu.

If you wish to enjoy a little snack in between you will find, in bars, delicious tidbits such as different types of fried and stuffed pastes (rustici, panzerotti) or fried rice balls (arancini).

The “granita” - a drink with crushed ice, mostly “al limone” or “alla fragola”- is a wonderful refreshment on the hot summer days.

### Shopping

People from Calabria inherited their craft skills from their ancestors, but they were also influenced by the different cultures which lived there. Copper, gold articles and selected perfumes can be bought cheaply in **Reggio di Calabria**. If you are looking for pottery, you will find it in **Lamezia Terme** and **Pizzo**. Selected perfumes can also be found in **Nuova Fiori del Sud** while excellent Calabrian specialities, like “peperoncini” and sausages are to be found by **Antonio Pellicanò** (Reggio di Calabria). Corso Vittorio Emanuele III is the main shopping street in **Vibo Valentia**.

**Recommendations:** In the restaurant “Viavai” in **Reggio di Calabria** you can taste many specialities of the region, fish and vegetable meals are especially good here. Delicious Italian cuisine with homemade Antipasti is also offered in the restaurant “Vecchia Vibo” in **Vibo Valentia**. If you visit **Tropea** we recommend a visit to “Pims”. This restaurant is famous for its excellent fish dishes. Anyway, please do not hesitate to ask our local staff in Calabria for further recommendations.

<b>Calabrian specialities:</b>	<i>baccalà</i> :	dried cod preserved in salt
	<i>bianchetti</i> :	tiny young fish
	<i>bottarga di tonno</i> :	tuna roe
	<i>capra in umido</i> :	stewed goat meat
	<i>fichi secchi</i> :	dried figs
	<i>mazzacorde</i> :	spicy giblets from the lamb
	<i>pesce azzurro</i> :	local sardines
	<i>pesce spada</i> :	swordfish
	<i>pipì siccatu</i> :	dried peppers, heated briefly in olive oil
	<i>salsiccia</i> :	fried sausage
	<i>stocco</i> :	dried cod/stockfish
	<i>sugo</i> :	strong tomato sauce
	<i>surici</i> :	local fish
	<i>zeppole/ fritelle</i> :	deep-fried vegetable, fish or yeast balls

### Culture

Throughout the whole year several events of international importance take place, such as sports events, exhibitions, conferences and plays.

#### Reggio di Calabria:

- *March / April:* bicycle race
- *April / May:* meetings for Byzantine studies
- *May:* holiday and freetime exhibition
- *June:* national awards for poets
- *Festivals in September*

#### Pizzo:

- *July:* festival of the sea

#### Palmi:

- *August:* folklore festival “La Variaì”

#### Vibo Valentia:

- *September:* international meeting of folklore groups

### Sports

Would you also like to escape from the daily routine or do some sports on your vacation?

What about plunging into some of the adventures on offer in the charming and varied landscapes of Calabria? There are a lots of opportunities if you want to spend your time practicing your favourite sport. All lovers of water sports such as sailing, windsurfing and diving can find various offers in **Tropea**, **Pizzo** or **Palmi**. With our partners, the sailing school "Moonlight" and the "Torre Ruffa Diving Club" we also have special offers.

Those wishing to keep their feet safe on the ground can go trekking on the many footpaths that cross the Calabrian Mountains. These trips can also be made by horse, or on mountain bikes. While exploring the long forgotten footpaths you will discover untouched landscapes suspended between the sea and the mountains.

Please do not hesitate to get further information from our head-office in Frankfurt up to one week before your departure or talk to our local staff in Calabria.

## Italian dictionary

### **Basic vocabulary**

hello / good morning	- ciao / buongiorno
good evening	- buonasera
good night	- buonanotte
good bye	- arrivederci
please	- per favore
(asking)	
please/ you are welcome	- prego
thank you	- grazie
yes	- si
no	- no
nothing	- niente
attention	- attenzione
left	- sinistra
right	- destra
straight	- diritto

### **When shopping**

cash	- in contanti
color	- colore
shop	- negozio
opening hours	- orario d'apertura
size	- taglia
credit card	- carta di credito
ATM	- bancomat
market	- mercato
one kilogramme	- un chilo
too expensive	- troppo caro

### **At the post office or the tobacconist's**

post office	- ufficio postale
stamps	- francobolli
letter	- lettera
post card	- cartolina
phone	- telefono
phone booth	- cabina telefonica
phone card	- carta/ scheda telefonica

### **In the restaurant**

beer	- birra
bread	- pane
vinegar / oil	- aceto / olio
bottle	- bottiglia
fork	- forchetta
knife	- coltello
spoon	- cucchiaio
glass	- bicchiere
menu	- il menù
cold	- freddo
warm	- caldo
to eat	- mangiare
to drink	- bere

**At the hotel**

bath room	- bagno
shower	- doccia
towel	- asciugamano
heating (broken)	- riscaldamento (rotto)
key	- la chiave
toilet	- i servizi / il bagno
room	- camera
single room	- camera singola

**Numbers**

1 uno	6 sei	11 undici	20 venti
2 due	7 sette	12 dodici	30 trenta
3 tre	8 otto	13 tredici	40 quaranta
4 quattro	9 nove	14 quattordici	50 cinquanta
5 cinque	10 dieci	15 quindici	100 cento

## Back home / Certificate

### Certificate of participation

You will receive your certificate from your teacher at the end of your course. Please ask for it. If you have been on educational leave you will have to give the certificate to your employer

### Inland Revenue certificate

If you wish, we can also give you confirmation for your Inland Revenue office. This shows a breakdown of the costs for the language course you have made. As additional proof we can also give you a detailed schedule of your language course. For organizational reasons we kindly ask you to send your written requests regarding the certificates to our head-office in Frankfurt along with your personal invoice number.

## Feedback

Before the everyday routine back at home sets in completely we would be very pleased if you could give us your feedback. As a participant you can tell us about your experiences. Just fill out the online form at <http://www.sprachcaffe.com/english/feedback.htm> We always welcome ideas, tips and constructive criticism!

Address: **Sprachcaffe Languages PLUS**  
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Fax: 069 (0) 603 1395  
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[www.sprachcaffe.com](http://www.sprachcaffe.com)

**We wish you a wonderful stay and a successful language course!**

Your  
**Sprachcaffe Team**

## School location



## CHECK LIST BEFORE DEPARTURE

Things you might want to think of when packing your luggage

### Important travel items

- travel guide
- reading material
- dictionary
- cash, credit card
- phone number of your credit card company, in case you have to block the card
- vaccination card
- inform Sprachcaffe about arrival time
- alarm clock
- sunglasses

### First-aid kit

- sunscreen
- any medicine required
- insect spray
- medicine for stomach trouble
- plasters
- after-sun lotion
- tweezers

### Travel documents

- identity card
- flight or train ticket
- student ID
- Sprachcaffe travel documents

### Sport/Hobby

- camera
- extra film, extra memory card
- music / radio
- batteries
- sports equipment

### Insurances

- travel health insurance
- luggage insurance
- insurance card from your car insurance
- phone number of your car insurance

## Checklist for returning home

- Buy souvenirs for friends and relatives at home
- Exchange addresses with people in the course, teachers and host family
- Pick up course participation certificate
- Tidy and clean up the room
- Pack and check the rooms for anything left behind