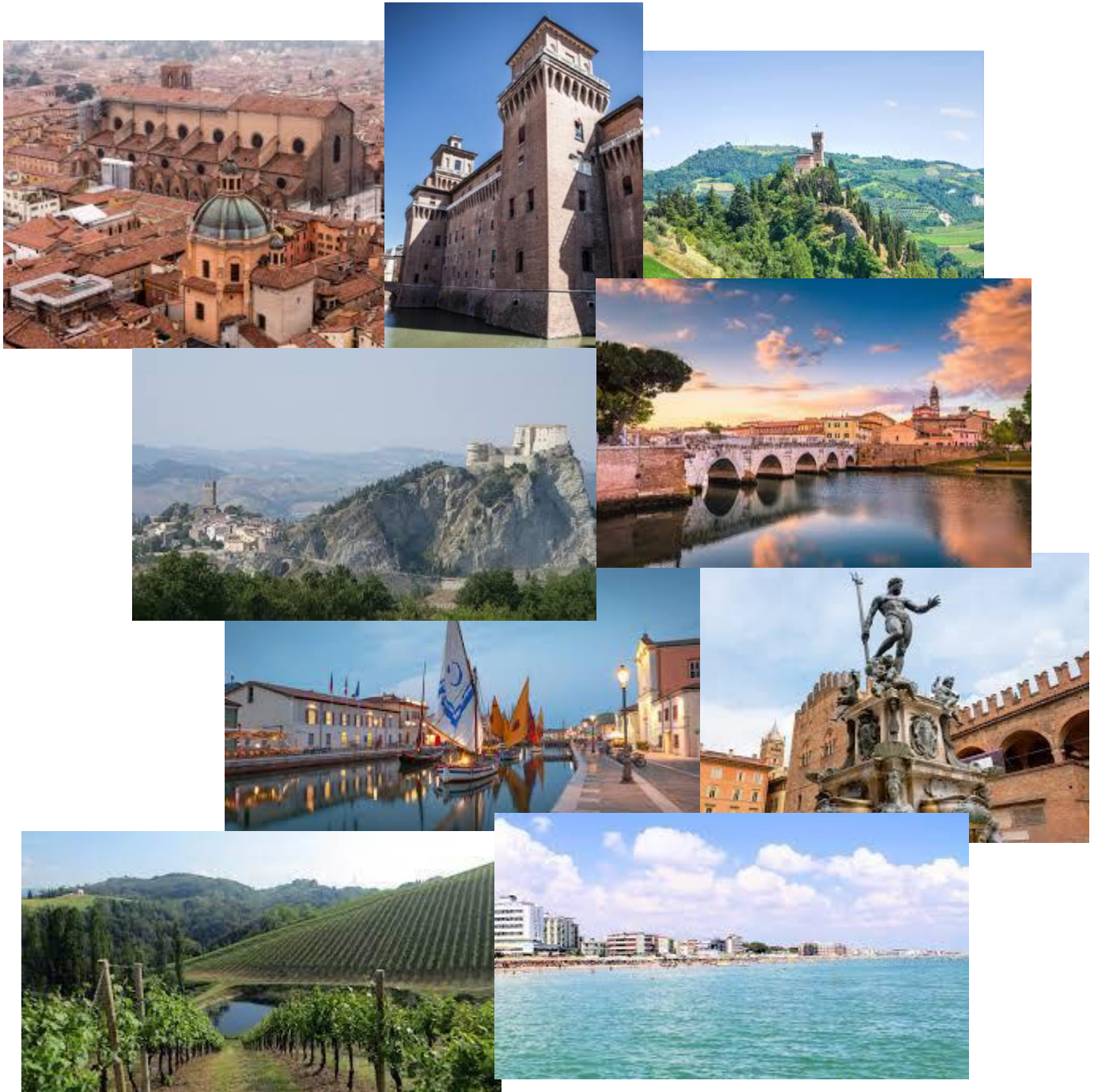


Welcome to Emilia-Romagna



Version 2 – March 2025

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Ambulance (Ambulanza).....	118
Fire Dept (Pompieri).....	115
Road Assistance.....	116
Child Emergency	114
DACCC Duty Officer (after hours)	0039 335 780 3227
Canadian Support Element Naples Chief Clerk.....	0039 081 721 3261
Orderly Room	2376/3276
Det Comd.....	3878
Cell.....	0039 347 494 8431
CFSU (E) Duty Officer (after hours) GK	0049 1725 345900
AJAG	0049 2451 717165
Social Worker (GK).....	0049 2451 717309
Canadian Chaplain (Shape).....	0032 65 44 6030
Canadian Forces Member Assistance Program	001 800 875 070

Country Code

Italy.....	+39
Canada.....	+1
Germany.....	+49
Belgium.....	+42

Information on how to use the phone

Dial “exit code” (Most of Europe = 00) + Country code + area code + number

Italy to Canada: 001-area code - seven digit number Eg: 001- (418) - 123 4567

Canada to Italy: 011- 39- area code- number Eg: 011- 39 - (081) - 123 – 4567

Using cell phones, you can normally use a “+” in place of exit codes. (+39 081 123 4567)

Please print and keep a copy on hand

WELCOME TO ITALY

Welcome to your posting to the Poggio Renatico Air Force Base, where you will have the once-in-a-lifetime opportunity to explore Italy and be immersed in Italian culture. It is always challenging to move to a new country and live within a community that is culturally and linguistically different. This handbook will hopefully provide some basic information to assist our new Canadians to become familiar with what is available in our area and to help answer some of your questions.

Canadian Contingent Poggio Renatico (CANCONPR) is commanded by a Commanding Officer, the Senior National Representative (SNR) who reports to the CO of Italy in Naples and assisted by a Deputy SNR and Contingent Sergeant-Major. There are currently nine positions in Poggio Renatico, ranging from MCpl to LCol/Cdr. In a lot of ways, this is a remote posting; the nearest Canadian support is nearly seven hours away in Naples. Thus there are no PSP or MFS facilities or personnel directly in our community. On the other hand, Ferrara is a large population center, with many others nearby for sports, the arts, tourism or shopping; as well, the Swiss, Austrian, Slovenian and Croatian borders are under four hours away, with France and Germany not much further.

While the posting is to Poggio Renatico, the focus of this book is more about the area surrounding Ferrara, as that is where the Canadians, and much of the NATO community, live. There is also a “Canadians in Ferrara” Facebook page where all questions are welcome! Once you have your posting instruction, please feel free to ask to be added. Also, feel free to reach out to your sponsor. Any question you may have has probably already been answered. Enjoy your posting, there is so much to see and do here in this part of Italy!

NATO COMMUNITY

The Canadian community here in the Ferrara area is currently a very small one. We do not have a Military Family Resource Centre on location, but we do officially now fall under the one in Naples. As this situation is fairly new, Naples has been looking into what kind of services they can offer the Canadian community here. Currently there are 9 families with 2 children.

As this is a relatively new as a NATO community, there are not many official groups /activities for family members. However the spouses of Canadians and other NATO nations have started to organize many groups and activities for ourselves. This is done primarily through Facebook and WhatsApp. There is a main group called Ferrara Spouses to which one can be added before arrival. Activities and events are organized this way, as well as much information about life in Ferrara is shared. There are also many clubs that have started up, ranging from crafts and book club to many sporting activities such as running and swimming. Additionally, as something that is situationally dependent, as dictated by the NATO service agreement, spouses are not permitted to work for any host nation (HN) employer. If a spouse is working, consider acquiring a remote Canadian job/position to allow for continued employment. In the future there may be local CAF based positions available.

There is a Morale and Welfare Association (MWA) on the base that sponsors a number of clubs as well as occasionally organizing discounted trips and tours. The MWA is an on base shop (similar to CANEX) that provides support for local purchasing as well as store discounts. They also have a shop

on base to purchase some local goods and formation kit and host social events on base and in the city. More information can be provided by your sponsor.

Canadian Forces Morale and Welfare Services (CFMWS) offers some supports during your OUTCAN posting. Your Military Family Services (MFS) supports are offered by a team located in Naples, Italy. They provide supports such as craft kits for children, funding to support community gatherings, host nation language support, virtual offerings like trivia nights, etc. Your Personnel Support Programs (PSP) supports are offered by a team located in Geilenkirchen, Germany. They provide supports such as the Chalet Program, deployment support and hospital comforts. The CFMWS team will be in touch with you prior to your arrival.

EMILIA ROMAGNA

Emilia-Romagna is one of the 20 administrative regions of Italy, situated in the northeast section of the country, comprising the historical regions of [Emilia](#) and [Romagna](#). Its capital is Bologna. It has an area of 22,446 km² (8,666 sq mi), and about 4.4 million inhabitants.

Emilia-Romagna is one of the wealthiest and most developed regions in Europe, with the third highest [GDP](#) per capita in Italy. Bologna, its capital, has one of Italy's highest quality of life indices and advanced social services. Emilia-Romagna is also a cultural, economic and tourist center: being the home of the University of Bologna, the oldest university in the world; containing Romanesque and [Renaissance](#) cities (such as [Modena](#), [Parma](#) and [Ferrara](#)) and the former [Roman Empire](#) capital of [Ravenna](#); encompassing eleven [UNESCO](#) heritage sites; being a center for food and automobile production (home of automotive companies such as [Ferrari](#), [Lamborghini](#), [Maserati](#), [Pagani](#), [De Tomaso](#), [Dallara](#), and [Ducati](#)); and having popular coastal resorts such as [Cervia](#), [Cesenatico](#), [Rimini](#) and [Riccione](#). In 2018, the [Lonely Planet](#) guide named Emilia-Romagna as the best place to see in Europe. Emilia Romagna is also known for its spas; there are several areas with natural thermal waters. Many believe these waters have healing properties leading to many European visitors to the region specifically for these spas.

The climate in Emilia Romagna is a very humid one. Winters tend to be mild but foggy; there may be days where there is some snow, but it does not last long. It is mostly rainy during the winter months. Summers are very hot and humid, more humid than other parts of Italy. Spring and fall weather is almost perfect with temperatures in the 20s.

POGGIO RENATICO

Poggio Renatico ([Poggese](#): *Al Puz*; [Ferrarese](#): *Al Pògio*) is a commune (municipality) in the Province of Ferrara in the Italian region of Emilia-Romagna, located about 30 km (19 mi) northeast of [Bologna](#) and about 12 km (7 mi) southwest of [Ferrara](#).

About 5 kilometers (3 mi) outside Poggio Renatico is one of the Italian Air Force's biggest radar stations, which was formerly used to monitor air traffic over



Yugoslavia and southern [Warsaw Pact](#) countries. In 2010, [NATO](#) controlled its air forces in southern Europe from the Poggio Renatico radar base, and in March 2010 it provided military control over the airspace between the Danube delta and the Atlantic Ocean. In May 2011, this [Italian Air Force radar station](#) was used by NATO as the nerve center for coordinating [air strikes](#) during the [Libyan Civil War](#).

Poggio Renatico was hit by the [2012 Emilia earthquakes](#) which caused the Lambertini Castle clock tower to collapse. The earthquake also damaged the dome and bell tower of the Abbey Church of St. Michael the Archangel. On 4 June 2012 (several weeks after the earthquake) the steeple of the church was demolished with explosives.

The military base is located approximately 3 km from the town of Poggio Renatico. The town had a population of 9884 as of 31 Dec 2019. Due to its smaller size, most of the NATO community has chosen to live in or around the community of Ferrara.

[FERRARA](#)

Ferrara is a medieval walled city which is a UNESCO world heritage site. It is situated on the river Po, approximately 45 km from Bologna and approximately 110 km from Venice. Ferrara is in the province of Ferrara, in the Emilia Romagna region of Italy, with a population of approximately 135,000. In many ways Ferrara is almost two cities; one within the ancient walls, and a far more modern one outside the walls. Within the walls, the old medieval part of the city includes the castle (Castello Estense), which dates back to 1385, and the cathedral (Basilica Cattedrale di San Giorgio) which began construction in 1135. The medieval part of the city has many cobblestone streets which twist and turn and still have the original buildings. The renaissance part of the city was built on a grid system, one of the first cities in Europe to do so. The ruling family of Ferrara was the Este family. The Dukes ruled this city until 1597 when the Pope reclaimed it as a papal state. Outside the walls of the city center, one finds a modern city with many amenities, similar to what we would find in a city this size in Canada.



[Living in Ferrara](#)

Ferrara is also known as “*città delle biciclette*” or city of bicycles. Everyone, young and old, ride their bikes here. The city has many bicycle paths outside the walls. Within the city center they do not have the room for separate bike paths, so sidewalks, walkways and streets are all shared with the bikes! It is not uncommon to see bikes being ridden up one way streets the wrong way. Be aware, especially at night! Provided below are some details which may help you in determining whether or not living in Ferrara is for you:

[Weather](#)

Ferrara has a typically humid climate, due to its location in the Po river delta. Winters are VERY foggy. This city is known for its fog, the kind where you cannot see buildings or the car in front of you! Occasionally, Ferrara will have a day or two of snow. Temperatures do get below 0°C, but not often. There tends to be more rain during the winter months. Summers are long, hot and humid. The city almost comes to a shutdown in August due to *Ferragosto*, when locals head to the mountains or seaside for vacation and to escape the heat. Spring and fall have near perfect temperatures ranging in the 20s.

Shopping

There are many different stores within the walls of Ferrara. These range from *Coin* and *Zara* (the department stores) to small grocery stores and boutiques. Within the city center, most of the stores close between 12:30-3:30 for *Riposo* (an afternoon rest time). However, chain stores often remain open all day until 7:30pm. You will eventually become familiar with the opening hours of your favorite stores. Outside the old city center, Ferrara is much more modern with malls and “box” type stores looking very similar to what we would find in Canada. These stores have longer hours, typically remaining open all day.

Shopping Centres

Centro Commerciale Il Castello

Via Richard Wagner, 44124 Ferrara FE, Italy

www.centroilcastello.it

Il Castello is the largest mall, south of the city where you will find many stores you would typically find in a mall in North America (Foot Locker, GameStop, H&M, Sephora, Timberland, Vans and ZARA). Major stores include Ipercoop (similar to Wal-Mart) and Euronics (similar to Best-Buy) as well as a large variety of other stores.

Parco Commerciale Diamante

This is a “box-type” mall near the Ferrara Nord exit of the A13. Major stores include Iper Tossano (similar to Wal-Mart) and Media World (similar to Best-Buy).

Le Mura

A smaller mall located just outside of the walls to the East. The major store is *Ipercoop*.

Other Stores

BricoMan (similar to Home Depot)

Via Bolonga 470 - 44124 Ferrara

www.bricoman.it

Decathlon (sports equipment and clothing attire):

Via Aldo Ferraresi, 1320 Ferrara

www.decathlon.it

Semeraro (furniture)

Via Padova, 44122 Pontelagoscuro, FE

shop.semeraro.it

This is only a small selection of the stores available. There are IKEAs nearby in Bologna and Padova, a Costco-type store called Metro, as well as outlet style shopping malls close to Bologna.

Grocery Stores

In Ferrara, you will find many types of grocery stores. These range from chain type ones (DesSpar, Conad City and Meta) to smaller, neighborhood ones. Outside the old city center you will find your larger chain stores such as Iper Tossano, IperCoop, InterSpar and Lidl. Within the walls you will find the grocery stores are much smaller than those outside the walls but, almost every neighborhood will have one. You will also find small corner store type shops, similar to “Max Milk, Quickie or 711” from Canada. Many neighborhoods will have butchers and fresh pasta shops. Most will have limited opening hours and selections, but this is very much a part of the Italian experience!

Gluten-free products can be found at **Happy Senza Glutine**: Via Marconi, 156, Ferrara, FE, 44124 Tel: +39 0532 770094, www.happysenzaglutine.com (you can also find them on Facebook). Many of the larger local grocery stores are now starting to stock sections of their shelves with gluten-free products

Cell phones, Home Phones and Internet.

Most new phones nowadays are not region locked and can be used throughout the world. Italy has a vast selection of phones to be found. Unfortunately, as we are not residents, we cannot make installment payments when purchasing a phone and have to pay they have to be purchased outright. There are many options for a service provider some of which are listed below.

TIM (Telecom Italia)

You can find a Telecom Italia Mobile (**TIM**) store in the center (**PIAZZA TRENTO TRIESTE 75**) or in the malls mentioned above, as well as other locations around Ferrara. **TIM** also offers internet and home phone service. To find out more about their packages visit a **TIM** store or visit their website at www.tim.it. Note that **TIM** is similar to Bell, in the sense that all the infrastructure is owned by them and other providers lease space/bandwidth from them.

Wind3

You can find a **Wind3** store in the center of Ferrara located at **Piazza Trento Trieste 15** in the cathedral shops or in both malls as well as other locations around Ferrara. Something to note is that it seems a large number of people in the NATO community tend to use **Wind3** for their cell phone service so sending text messages between **Wind3** clients using the same provider is free. **Wind3** also offers internet and home phone service. To find out more about their packages visit a **Wind3** store or visit their website at www.windtre.it

Vodafone

You can find a **Vodafone** store in the center located at **Piazza Trento Trieste 8** (near McDonald's), or in both malls as well as other locations around Ferrara. **Vodafone** also offers internet and home phone service. To find out more about their packages visit a **Vodafone** store or visit their website at www.vodafone.it. It is not uncommon for people to omit a home-phone from their plans, opting for a cell phone only and home internet.

When you register for your phone plan, you will be required to bring you *Codice Fiscale*, photo identification, and your bank or credit card to setup the monthly payment. You can opt to pay your bills either automatically, through any of these service providers or you can pay your bill at any postal outlet of ItaliaPoste. You can pay at most **Tabacchi** shops (smoke shops) around Ferrara.

APPLE PRODUCTS

There is an Apple Store in **Bologna** located at **Via Rizzoli 16**. It is open from 9 am -8pm. You can purchase iPhones, iPads, laptops or any other Apple products. **JUICE** is an Apple Premium Reseller located at **Via Borgo dei Leoni 2** (across from the Castle). This store also sells many Apple product accessories. Monday to Saturday, 9:30-1:00 pm and 3:30 -7:30 pm, closed Thursday afternoons and Sundays. **Apple products** as well as other electronics can also be purchased at the Exchange Store on the USAG in Vicenza.

Recreation and Fitness (Gyms and Pools)

There is a small gym with limited hours on base, available for use by military personnel only. Within the city of Ferrara, there are two main recreational and gym facilities. Additionally there are numerous pools in the area. Note that in those considered public pools, often everyone must wear a bathing cap (including men).

McFIT Ferrara

Via Reggiani, 4, 44121 Ferrara (behind Bricoman)

Tel: +39 0532 091948

www.mcf.it

servizioclienti@mcf.it

If you join, please note that your membership is automatically renewed each year and cancel your membership a registered letter must be sent to their office in Milan at least 15 days prior to the renewal period.

Centro Universitario Sportivo Di Ferrara

CUS1, Via Gramiccia 41, 44123 Ferrara

CUS2, Via Liuzzo 41, 44123 Ferrara

Tel: +39 0532 708520

www.cusferrara.it

The *Centro Universitare Sportivo* (CUS) is a large facility including a pool, tennis courts, multiple gyms and an 18-hole golf course. To use these facilities, you must pay a €30 membership fee, in addition to specific fees for the facilities being used. While all on the same property, there are two separate complexes.

Piscina Comunale Bacchelli

Via Riccardo Bacchelli, 103, 44121 Ferrara

Tel: +39 0532067267

www.parcobacchelli.it

Piscina Beethoven

Via Ludwig Van Beethoven, 37, 44124 Ferrara

Tel: +39 0532 900886

www.nuovasportiva.it

Piscina Comunale Pastro

Via Luigi Pastro, 2, 44123 Ferrara

Tel: +39 0532 764070

For spouses there are many unofficial clubs that have been formed within the NATO community. These include running, biking, swimming, Nordic walking and golfing. Interested spouses can be added to the Facebook groups upon arrival.

If you wish to enroll your children in some form of sport (soccer, basketball, etc.) it is best to start the process early, in order to play in games (they will still be able to practice) your child will have to be registered with the National Italian Federation for your sport. This will take time. You will need to first obtain your child's Permesso di Soggiorno, then apply for a residence certificate from city hall. Most likely you will need help from the Host Nation (HN) Office on base. The office is more than willing to help but be prepared for it to take a couple of months.

A health certificate or a *Libretto Sanitario Dello Sportive* is required to participate in any extracurricular activity or to be eligible for membership for swim, golf, dance classes, etc. if you are 6+ yrs. of age. The same is required of adults for competing in 5/10k runs or bicycle races etc. health certificate can be obtained at the following:

Poliambulatorio Medico Specialistico – Centro Medicina Dello Sport

Via Bologna 135, 44122 Ferrara.

Tel: +39 0533 792042

Appointments can be booked by calling (some staff spoke English). It is not unusual to have to wait 2-4 weeks for an appointment and must be completed annually. The fee for 2021 was €25.

Theatres and Clubs

Teatro Comunale di Ferrara

The Teatro Comunale in Ferrara is an Opera House located in the centre very near the Castello Estense at Corso Martiri Della Libertà. It was built between 1786 and 1797 with seating for 900 people. For more information visit www.teatrocomunaleferrara.it

Teatro Nuovo

A Performing Arts Theatre located in the center of Ferrara at Piazza Trento-Trieste 52. For more information visit www.teatronuovoferrara.com.

Apollo Cinepark Theatre

Piazza Carbone, 35. This is an Italian language movie theatre. It plays an original language movie (film in lingua originale) on Monday nights and often these movies are in English. Movies usually begin late at 9 pm and often have a 10 minute intermission at the half way point. (www.apollocinepark.it)

UCI Cinemas Ferrara

Via Darsena, 73. This is an Italian language movie theatre that normally plays an original language films on Wednesday nights. (www.ucicinemas.it)

Cinema Boldini

Via Gaetano Previati, 18. An Italian language movie theatre that sometimes plays movies in original language. (www.cinemaboldini.it)

Jazz Club Ferrara

Via 167, Rampari di Belfiore. (Located along the wall near Corso Porta Mare)

Tel: 339 788 6261 www.jazzclubferrara.com

BOLOGNA

Bologna is the capital and largest city of the Emilia-Romagna region in [Northern Italy](#). It is the seventh most populous city in Italy with about 390,000 inhabitants and 150 different nationalities. Its [metropolitan area](#) is home to more than 1,000,000 people. Originally [Etruscan](#), the city has been one of the most important urban centres for centuries. First under the Etruscans, who called it *Felsina*, then under the Celts as *Bona*, later under the Romans, who called it *Bonōnia*, then again in the Middle-Ages, as a free municipality and [Signoria](#), when it was among the largest European cities by population. Famous for its towers, churches and lengthy [porticoes](#), Bologna has a well-preserved historical centre, thanks to a careful restoration and conservation policy which began at the end of the 1970s. Home to the [oldest university in the Western world](#), the [University of Bologna](#) established in AD 1088, the city has a large student population that gives it a cosmopolitan character. In 2000 it was declared the [European capital of culture](#) ^[12] and in 2006, a [UNESCO](#) "City of Music" and became part of the [Creative Cities Network](#).



Bologna is an important agricultural, industrial, financial and transport hub, where many large mechanical, electronic and food companies have their headquarters as well as one of the largest permanent trade fairs in Europe. According to the most recent data gathered by the European Regional Economic Growth Index (E-REGI) of 2009, Bologna is the number 1 Italian city and the 47th European city in terms of its economic growth rate. As a consequence, Bologna is also one of the wealthiest cities in Italy, often ranking as one of the top cities in terms of quality of life in the country. In 2020 it ranked 1st out of 107 Italian provinces.

Living in Bologna

As a newcomer to Poggio Renatico Air Forces Base, it is important to inform you that Bologna is absolutely an option for you to consider when finding a place to live. Bologna is a wonderful international city located between Modena and Imola (very convenient for F1 fans), where you will find everything you need and more.

The city is located south of Poggio Renatico and there is no traffic during the work transit either to or from the Base. The fastest route (a pleasant 40 min drive) from Bologna to Poggio Renatico Air Force Base (Base aerea di Poggio Renatico) is highway A13 to Altedo exit and then SP20 and SP4/SP8

Provided below are some details which may help you in determining whether or not living in Bologna is for you.

Weather

Summers are relatively the same weather and temperature that you will find in Ferrara, however much drier and more comfortable. Winters are also drier and barely any fog. So consequently, sunnier and warmer by roughly 5 degrees.

Language

Being a larger and more international town, as well as a larger university town, you will have diminutive difficulties being served in English at stores, restaurants, bars, cafés, internet/phone companies and government offices. This is especially important to consider for your spouse who will have to function independently on a daily basis. Less of a language barrier can make daily outings for essential items and overall integration much easier.

Activities & Restaurants

Lots of activities and restaurants are available in Bologna. Activities such as; golf, tennis, gyms, rock climbing, pools and, most importantly, the Bologna hills in your backward for those who love to trek. There are an abundance of great Italian restaurants, and as an international city, you will find a very diverse selection of international cuisine such as; East Indian, Mexican, North American, Japanese, Chinese, Thai, Middle Eastern and so much more.

School

Similar to Ferrara, Bologna offers many good elementary schools. As for high school, the most established and generally preferred (CEM accepted), is located in Bologna. The International School of Bologna (ISB) offers the International Baccalaureate (IB) program which has a very excellent (low) student/teacher ratio. The nearest boarding school is in Florence and Bologna is easily accessible by train or car, only 1h30 to get there. This is a great option if you consider sending your kids to a boarding school and on weekends, you can discover Italy and enjoy activities with them. The parents from ISB (+40% expat.) are a great source of support for everything, being very helpful and interested in meeting and supporting newcomers.

Transportation

Bologna has a large train station that services all major cities in Italy and is within easy walking distance if you live in the heart of the city. Day trips to Florence, Milan, Verona, and Venice are easy to take for yourselves, and for any visitors you may have that want to get out and about. International Airport is only 10 min from downtown (Centro) Bologna with a regular, fast train “*Marconi Express*” linking the main Bologna station and the airport.

Shopping

There are several major shops like the Apple store, IKEA, Leroy Merlin, Media World, Celio, Maison du Monde and Kasanova. If you like the finer things in life, there is Roche Bobois, Hermes, Louis Vuitton, Armani and Versace. Bologna also has a huge number of fantastic, historical local shops and markets (too many to list), but needless to say, you will have plenty to do during the evenings, or on a Saturday/Sunday afternoon.

Medical/Dental

Bologna is well served by major hospitals all over the city. There is an English-speaking doctor from the USA (Dr. Williams +39 347 816 4535) who has a clinic in Bologna and also does house visits if needed. There is also a dental clinic with Canadian and American dentists who have studied in the USA and have married local Italians. More information on medical and dental clinics is provided in the MEDICAL/DENTAL section of the document.

Proximity to Colleagues/Commuting

Living in Bologna, you are naturally going to be further away from your Canadian or International colleagues who mostly live in Ferrara, this may be either a positive or negative depending on your personal situation. I have always preferred to live away from the “base town”, even when in Canada, so Bologna was a great choice for me to have that separation. Keep in mind, services and activities organized by the base or the Canadian contingent, are often oriented for people living in Ferrara. It will require a bit more coordination and travel to attend these activities, but most are voluntary and it would be up to you, I have had no trouble attending key functions/parties. Distance between home and work is greater than from Ferrara however the Commuting Assistance Allowance (CAA) will

compensate financially for mileage and tolls. The drive to Vicenza USAG is approximately 20 min longer than from Ferrara.

HOUSE HUNTING

It is suggested to plan your HHT for a full week (Monday to Friday). Plan to arrive in Ferrara/Bologna on a Saturday and take the Sunday to rest and get acquainted with the area, as many business are closed. Your first full day will then be Monday. **Prior to arriving it is crucial that you should have your Codice Fiscale.** This is the Italian equivalent to the Canadian SIN and is required in order to rent a house, open a bank account, get a phone/SIM card and in reality, to buy many things around the country.

In Italy, realtors will typically help you locate a house, show you the house and negotiate a contract with the landlord that will work for the duration of your posting. The realtor will also register the contract with the local Revenue office (*Agenzia delle Entrate*). Italian Realtors usually have very little contact with their clients after the contract is signed. Currently there is no specific contract with any agent, nor with a translator/interpreter, a necessity during the HHT.

It is quite important to not plan your HHT during a week with a designated Italian holiday as many local offices may be closed. Also, some landlords may not make themselves available to show houses on Sundays.

Some things to consider before your HHT are:

- Do you wish to live inside the walls or outside the walls of Ferrara? Closer to the larger NATO community.
- Do you wish to live further out in Bologna? Further from the NATO community, but a larger urban city.
- Do you have children that will be attending School? There are several options in both cities; Smiling International School in Ferrara, International School of Bologna as well as local Italian schools.
- Do you wish to drive, walk or bike your children to school?
- Do you wish to live in a country house in a small town/village outside of Ferrara?
- Do you wish to live in a Condo/Apartment time home?
- Do you wish to live near the NATO base at Poggio Renatico?
- Do you prefer:
 - An old renovated house?
 - A modern house?
 - Outdoor space/terrace?
 - A parking garage?

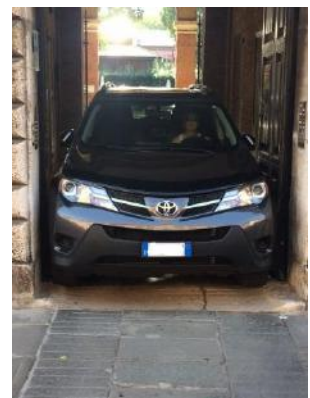
House Hunting Information for Ferrara

The real estate agent that we have had success with and used for all Canadians posted to Ferrara so far is Barbara Vaccarella. Barbara works with a translator/interpreter named Yvonne Gallani. Yvonne is perfectly fluent in both English (raised in Australia) and Italian (born in Ferrara and lives here with her family). Yvonne and Barbara work together to ensure that the contract negotiations run smoothly between yourself, the landlord and the Realtor. As Barbara speaks very little English, Yvonne acts as translator/interpreter for all parties. Your sponsor will inform you how the payment for this team works.

Yvonne will also be available to you non-contractually throughout your entire posting here in Ferrara. She is able to assist you with hotel stays during your HHT, your initial move, car rentals, banking, school interviews, getting your codice fiscale, and getting your Permesso di Soggiorno at the Questura (Police Station) etc. She can also help with your landlord should the need arise during your posting. Although Yvonne and Barbara are not officially employed by the Canadian Government, they are recommended for NATO members posted to Poggio Renatico/Ferrara and also work with other Nations within the community.

Your sponsor should put you in touch with Yvonne as soon as you begin planning your HHT (even before you get your actual posting instruction!) as she and Barbara need time to contact landlords to make appointments for you to view houses. It is equally important for you to send Yvonne a detailed email with your wish list before you come on your HHT

Yvonne will accompany you to help with this. That afternoon you may have time to look at houses. You will also continue looking at houses on your second day and third day if needed. Yvonne and Barbara work with other realtors to ensure that you are able to see all houses for rent in Ferrara. One thing to note before you come on your HHT is the width of the car at its widest point with the mirrors folded in. As you see from the picture, some of the parking garages or courtyard entrances to your parking access are quite narrow. Don't worry, you will soon get used to it!



House Hunting Information for Bologna

The key to success with relocation to Bologna, is retaining the professional services of a relocation specialist/agent. In the case of Bologna, you will want to use **Mrs. Silvia Fontana**. One word to describe Silvia and her team...exceptional. Silvia will provide you the full range of relocation services making your transition as easy as possible. Some of the key services offered are:

- House/Apartment Search on your HHT – will setup all the viewings with landlords based on your criteria, will suggest alternatives and highlight compromises where necessary based on Italian standards/availability and will take you around to viewings.
- Negotiation with Landlord/Property Managers – for lease inclusions/exclusions and full translation services that are often required in these key discussions.
- Lease development – suitable lease format for the CAF (CFSU Naples Housing) and the local requirements of an Italian lease.
- Banking – will direct you to an established banking contact (Banca Generali) for account setup and to establish your online banking for bill payments.
- Coordination of Lease finalization and final occupancy inspection.
- Utility/Phone Setup Assistance – Will setup your Gas, Electricity, Water contracts and will assist with Internet setup at a local provider. Assistance with Mobile Phone contract on your HHT so you have Italian connectivity right away.
- ZTL Parking Permit - application and renewals (if required, i.e. living inside the old city)
- Permesso Di Soggiorno – appointments for dependents at the Questura for application, pickup and renewals

Below is her information. You can contact her directly via her email or WhatsApp.

- Silvia Fontana
Tel: +39 338 992 1612
Available on WhatsApp
Email: info@relocatebologna.it



Arriving in Italy

The period between your HHT and move will be a busy, challenging and stressful time. It is not uncommon for new arrivals to spend up to eight weeks in a hotel awaiting their sea container. Your initial transition to life in Ferrara will normally require more assistance from your sponsor than a posting within Canada or even Germany. You should not feel uncomfortable about this situation. Your sponsor has been through it previously and the whole community will be available to assist you during this time. Independence is admirable, but balance it against the stress of a completely different culture. One important task you need to accomplish between your HHT and arrival is to get Italian Visitor Visas for each of your dependents official Special (green) Passports. The form to submit with your special passport application may only be in Italian. At the end of this book is a translated version to help you complete the form. You will also need at least five ITALIAN sized photos to include with the application. They are a different size from Canadian passport photos that are normally 4.0 cm x 4.0 cm. Make sure you start this application process early as the Italian Consulate requires a MINIMUM of 15 working days to process your visa! You will need a copy of your flight itinerary for your TNL along with your signed Special Passport (green) to accompany your visa application.

Where to Stay While Waiting (For F&E)

While waiting for the arrival of your F&E, you will be required to stay at third location of your choosing that falls in suit with BGRS policies. Since the shipment of F&E can take anywhere from four to eight weeks, it is important to find a location that will meet your needs. There are several places that have breakfast included and locations that provide long-term rental with a well equipped kitchen. They are also used by other nations as reputable choices.

Antica Corte Hotel Residence di Charme Ferrara

Typically used by Americans while they wait for their F&E. Offers free breakfast.

Via Mascheraio, 29, 44100 Ferrara

Tel: +39 0532 247785

Residence Carlton Ospitalita

Residence is used by many people working on base. They are also used by the local university students. They have two separate places to stay. The hotel side and the long stay side. Long stay has kitchenets and cleaning service, but no breakfast is offered.

Via Garibaldi, 88, Ferrara, Piazza Saccati, Ferrara, FE, 44121

Tel: +39 0532 211130

Fax: +39 0532 205766

info@hotelcarlton.net

www.hotelcarlton.net

Astra Hotel

Nice hotel with free breakfast. Plenty of suites and services. Often used for events and located close to downtown.

Viale Cavour 55, Ferrara, FE, 44121

Tel: +39 0532 206088

www.astrahotel.info/

info@astrahotel.info

Maxim Hotel

Nice hotel used mainly by the UK military.

Via Ripagrande, 21, Ferrara, FE, 44121

Tel: +39 0532 1770700

www.maxxim.it

info@maxxim.it

Requirement to Carry Identification Papers

Contrary to the practice in Canada, as a foreigner in Italy, you must by law carry proper identification. If you do not have a piece of identification on your person, you may be escorted to the police station

until you can prove your identity and produce legal authority for being in the country (for dependents, this is your permesso di soggiorno). Acceptable identification shows your picture, and date of birth. Examples of acceptable identification documents are:

- NATO ID card;
- Canadian military ID; and
- Passport (with permesso di soggiorno, for dependants)

Banking

Canadians are entitled to use any bank they desire within Italy; however the current contingent has developed a relationship with the BNL (Banca Nazionale Del Lavoro) at several locations in and around Ferrara. You will be at the bank for approximately 2 hours during your first visit to sign all of the documents. Please bring your passports, your new Codice Fiscale card/number, and your Posting Instructions.

DRIVING IN ITALY

Licensing

You and your family members (18 years or older) will be allowed to drive in Italy for the duration of your tour on the basis of a valid Canadian driver's. This entitles you to apply for an Allied Forces Italy (AFI) license from United States Army Garrison (USAG) in the city of Vicenza. **It will be your responsibility to ensure that you maintain a valid Canadian license throughout your tour.**

Check with your provincial licensing authority before you depart to ensure that there will be no problems in renewing your license while out of the country. Your AFI license allows you to drive within Italy, and while on duty travel within other NATO countries. While many European countries have, or are developing agreements with Canada with respect to drivers' licenses, some may still require an International Drivers Permit (IDP) in conjunction with your Canadian license. IDPs can be obtained from the Italian licensing authorities for a nominal fee as long as you can provide a valid Canadian driver's license as well as a passport-sized photo.

Alternatively, you can also obtain an IDP in person at any CAA office prior to your departure from Canada, or via mail. Be aware, the license may only valid for one year, can be valid for up to ten years. Note that there have been several instances within the European community whereby, despite the expiry date reflected on your Canadian Driver's License, the province of departure may consider your license null and void a short time after you cease to reside in that province. Sometimes that necessitates special waivers from the province of departure to ensure that the license remains valid throughout your posting.

Ontario has in place a process for CAF members posted overseas, whereas other provinces have not set-up such process and may require each family to enter in discussions to be granted extended validity to their licenses while overseas. This is a situation that the NMR's office is working on.

One member coming from Nova Scotia was able to renew their provincial license outside the regular renewal time frame by submitting a copy of their posting message with a signed letter from the CANCONPR CO to Service Nova Scotia in Halifax. The letter simply indicated the requirement to maintain a license throughout the posting period.

A written test may be required prior to obtaining your AFI from the USAG. A driving guide and sample test is available for download through the USAG Vicenza site at http://www.italy.army.mil/files/dt/drivers_guide.pdf

Registration and Insurance

Vehicles are registered on an annual basis through USAG Vicenza as well. Vehicle inspections are required upon first registration, and when the vehicle turns four years old, six years old, and annually after that. Your initially registration and inspection fee after arrival are covered by BGRS.

Up to now, insurance has been arranged through two companies in Vicenza who cater to the US community and offer NATO discounts. Agenzia ITAS is the main insurance company that we use, as well as AVIMA Dueville. However, be prepared for a hefty increase over what you paid in Canada. For example, “full” coverage on a two-year-old RAV4 (clean record, two drivers over 40) was quoted between: €1100 - €1400 (\$1600 - \$2000). This insurance charge can sometimes be expected every 6 months. We are in the process of investigating other companies in/around Ferrara as other options. Your sponsor will have more information when you arrive for your HHT.

Agenzia ITAS

Serena Bianca

agenzia.vicenzaovest@gruppoitas.it

Tel Cell: +39-340-360-0316

AVIMA Dueville

Alice Martini

dueville@avima.it

Tel Cell: +39-340-360-0316

Tel Off: 0444 590150

Fuel Card

You can obtain a Routex Forax fuel credit card, which is tax-exempt, and is used to pay for your fuel similar to a credit card. They are accepted at most (but not all) AGIP and ENI gas stations throughout Italy. The fuel cost per litre is adjusted on a monthly basis to approach the cost paid for fuel in the USA. This can be used only for the first registered vehicle. Limits are applied and are linked to engine size (four cylinders entitles you to 300 l/month; six or more cylinders = 400 l/month). You will receive your fuel card from a specified representative after you have fully registered and inspected your vehicle at USAG Vicenza. Your sponsor will be able to direct you to said representative.

Winter Tires

Winter tires or the physical carrying of tire chains are mandatory in this area of Italy during the period of 15 November to 15 April, as well as many other places within Europe. A winter tire is one marked M&S, MS, M+S (for mud and snow), or with the Three Peak or snowflake symbol shown below.



Note that 'All-Weather' tires marked with M&S are also acceptable. Studded winter tires not recommended as they are not permitted in certain areas.

Highways (Autostrade)

The Autostrada network has approximately 6,000 kilometers of highways throughout Italy. Autostrada directional signs are green as opposed to blue for the secondary and non-toll roads. Toll payment depends on distance travelled. When entering the Autostrada, a ticket is issued showing your point of entry and the toll, based upon how far you have traveled, is paid upon exiting the Autostrada.

If you lose your ticket, you will have to pay the furthest toll (e.g. if traveling south to Rome, with no ticket, you may have to pay the toll from Trieste even though you entered from Ferrara. When you exit the Autostrada you can normally choose a lane to either pay with a Card (credit or bancomat); cash; or sometimes through an actual person. Do not go into the Telepass lane unless you have a Telepass device. Telepass users can drive through the telepass lane and then toll charges are sent to them on a monthly invoice or automatically debited through your personal Italian bank account. Telepass devices can be obtained at most local banks.

A *tangenziale* is normally a bypass or ring road through or around major cities. These normally are not toll roads (although the Naples tangenziale is); often these roads are parallel to the Autostrade.

Speed Limits and Tips

Italian drivers tend to drive very fast and are unreasonably aggressive, but be careful because there are speed limits. Speed is monitored by cameras on the highways and tickets are issued automatically. Tickets are sent to drivers or car rental agencies in the mail. Rental agencies will attempt to contact you if you receive one, but with an administrative fee attached to it. Except when posted otherwise, the following speed limits apply:

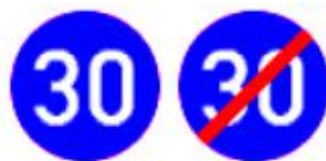
- 130 km/h on Autostrada;

- 110 km/h on non-major highways outside of major urban areas;
- 90 km/h on local roads outside of urban areas; and
- 50 km/h in urban areas. Note that the definition of "urban areas" often extends to the stretch of highway passing a small town, especially around its exits. So keep your eyes opened for signs indicating lowered speed limits, even on the highways.

Note that there are minimum speed signs posted in some places, primarily in the left lanes of multilane highways.



Maximum and End of Speed Limit



Minimum/End Minimum Speed

The principle of “keep to the right” is more absolute in Europe than in North America. If you are not actively passing, stay out of the left lane. Only pass on the left, and once you’ve passed the vehicle, return to the rightmost lane that makes sense for your speed (slow traffic keep right). If you prefer to drive slower or are not passing anyone then you should move to the right lane. If you’re being flashed from behind, you’re in somebody’s way and should move to the right. This can apply even on two-lane roads. It’s not unusual to see two-lane roads become three-lane roads as vehicles move as far to the right as they safely can to allow traffic to pass.

Other safety rules are the same as or very similar to those in North America. Seatbelts are mandatory and lights are required to be on while driving on major roads outside of urban areas. Use of cell phones is prohibited without a hands-free device (although you wouldn’t know it based on the number of phones you will see!) The legal limit for alcohol is 0.05% in Italy, although it varies by country throughout Europe; some including many of the Eastern European countries have a zero alcohol policy.

[Zona Traffico Limitato \(ZTL\)](#)



Many Italian cities, including Ferrara, have adopted Limited Traffic Zones to cut down on congestion in the downtown cores or historic city centers. This means that you must have a special pass that allows you to drive in these areas, normally only for residents that live in the area or commercial vehicles. The tricky part is that these areas are not actually physically blocked off; there are simply signs notifying that these are ZTL zones, and normally enforced by traffic cameras. Be especially careful in rental cars; when tickets are sent to the rental agency, they will pass them along to you with a hefty “Admin” fee. A card can be obtained through the help of Barbara or Silvia.

Low Emission Zone (LEZ)

From the dates 1 October to 31 March, Ferrara falls under the Low Emission Zone regulation which places heavy restrictions on what vehicles can be driven within the city. Information including the minimum standards can be found at the following link: [Ferrara LEZ Page](#).

To find out what level your car is, please check this link: [Euro Emissions Standards](#). Additional information specific to Ferrara including penalties for violating the regulation can be found at this link: [Blocchi alla circolazione](#)

Pedestrians and Bicyclists

Priority is giving to pedestrians and bicyclists at cross walks. If driving, and a pedestrian or bicyclist is attempting to cross, come to a safe stop and allow them to cross. Be attentive as they sometimes cross without looking or waiting.

PLANES, TRAINS AND...BUSES!!

Airports

The closest commercial airport to Ferrara (Poggio Renatico) is Aeroporto G. Marconi (BLQ) in Bologna. It is located about 40 minutes from Ferrara at Via del Trionvirato, 84, just off the tangenziale. For more information, including both long and short term parking options, see www.bologna-airport.it

The main Venice airport is called Venice Airport Marco Polo (VCE), located about 90 minutes from Ferrara (Poggio Renatico) at Via Galileo Galilei, 30, Tessera, Venezia. It is located on the mainland just north of the city of Tessera (near Mestre) www.aeroportodivenezia.it

There are also smaller airports nearby in Verona and Venice Treviso from which flights to/from other European destinations can be taken.

Trains

Stazione Ferrovia di Ferrara, located at Piazzale della Stazione 28 is Ferrara's train station. Go to www.trenitalia.com to see train times, destinations, or to book online. To book you may also go directly to the train station. If you have a smartphone look for the app "locomotimes". It's a very handy guide to train travel in Italy.

There are a number of high-speed trains in Italy:

- **Frecciarossa** high-speed trains, operated by Trenitalia, reach speeds of 400 km/h and travel between Milan, Rome, Naples, Turin, Florence and Bologna. There are no stops in Ferrara;
- **Frecciargento** trains connect Rome to Venice, Verona, Bari/Lecce, Lamezia Terme / Reggio Calabria on both high speed lines and traditional lines. Frecciargento trains reach speeds up to 250 km/h. There are limited stops in Ferrara on the Rome/Venice runs; and

- ***Frecciabianca***, while not specifically a “high-speed” train, do run at higher speeds than the regional or intercity trains, and are much more comfortable. These trains run outside the high-speed network and connect medium and large cities throughout Italy, including some limited stops in Ferrara.
- ***Italo*** runs from Torino to Rome (via Bologna) or Venice to Rome (via either Padova or Bologna).

Travelling from Italy to other European destinations is possible, but can be complicated as you have to switch between various providers. It may be simpler to contact a travel agent and pay the small fee.

Bus Shuttle

This bus service goes back and forth from the Bologna Airport to Ferrara Centro and stops at Largo Castello (across from the castle near Via Cavour) as well as from the train station and Il Costello mall. www.ferrarabusandfly.it

SCHOOLING/EDUCATION

School options in Ferrara are few for Canadian children. Typically NATO children whose parents work at the base in Poggio Renatico will attend school in Ferrara. Schools in Italy place children in classes depending on their birthdays. The grade placements are determined based on the child’s age from April to April. To speak about your educational options, it is advisable to make contact with a guidance counselor and to discuss your children’s educational options as soon as you receive your posting message to Poggio Renatico.

Alisa Hanrahan (for families with surnames A-K)
Guidance Counsellor / Conseillère en Éducation
Children’s Education Management / Gestion de L’Education des Enfants
Military Family Services / Services aux Familles des Militaires
Alisha.Hanrahan@forces.gc.ca

Or

Caroline Turner (for families with surnames L-Z)
Guidance Counsellor / Conseillère en Education
Children’s Education Management / Gestion de L’Education des Enfants
Military Family Services / Services aux Familles des Militaires
Caroline.Turner@forces.gc.ca

For help with the payment of school fees you can contact:

Theresa MacLennan
Children’s Education Allowance Coordinator (E), Children’s Education Management
Department of National Defence / Government of Canada

Theresa.MacLennan@forces.gc.ca / Tel.: +49(0) 2451 717 212 / From Canada 011 49 2451 717 212
*note that you may also qualify to have travel reimbursed since there is no school provided transportation.

Smiling Service International School - Ferrara

This is a school that begins in very early years (age 2) and goes to Grade 12. Most children of NATO members posted to Poggio Renatico attend SMILING SCHOOL. This is an English Immersion school for Italian children with many international students from other nations. The language of instruction is in English. Students up to grade 5 learn Italian and Chinese as well in grade 6 Spanish is also added to the curriculum. www.smilingsservice.it. The principal (owner) is Caterina Azzini and she can be reached at principal@smilingsservice.it. It is recommended that you send Caterina an email in order to make an appointment to visit the school during your house hunting trip

The International School of Bologna (ISB) - Bologna

This school is located in the city of Bologna at Via D'Azeglio, 55. If residing in Bologna, it is located just 2 km from the city centre and central train station. It is however, approximately 58 km from Ferrara. The highway between Poggio/Ferrara and Bologna can be very busy at times due to heavy traffic and heavy fog in winter.

Presently, (at the time of publication) there is no publically funded transportation; if you would like to enroll your children in this school you would have to drive them. This is an English language International Baccalaureate School (IB Program) and classes are taught in English. For further information please go to their website at www.isbologna.com

Neuchatel Junior College - Neuchâtel, Switzerland

Neuchatel Junior College is a member of the Canadian Accredited Independent Schools (CAIS) Council of Advanced Placement Schools in Ontario and Swiss Group of International Schools (SGIS), grade 12 year curriculum & AP credits. Residence is with a French-speaking family. www.njc.ch

San Vincenzo Scuola Materna - Ferrara

This is an Italian language school located in the city of Ferrara. At the time of publication no Canadian children have attended this school. There have been American children and British children that have attended the early year's program and elementary school years. There may be some assistance provided in the first few months with English translation to help with early integration. Other than that initial assistance all classes are taught in Italian. (From ages 2 to grade 8) Piazza Ariostea 12
www.istitutosanvincenzo.wordpress.com

Blyth Academy – Florence

A new Canadian School has opened up in Florence for the 2017/2018 academic year. Blyth Academy Florence (blythflorence.com) is associated with Blyth Academy in Canada; however, it is not an approved school under Children's Education Management (meaning you can enroll, but will not be subsidized.) Normally they will not consider a school until it has been established for five

years, although that may consider it earlier due to its affiliation with Blyth Academies internationally. If this interests you, it is suggested you put a request through CEM for consideration.

Distance Education and Virtual Learning Online

Online and virtual courses may be a possibility. For more information on how to access these courses and to see find out if your children are eligible please contact, in your first year of posting the following office:

The Dependent Education Allowance Coordinators Office (Coordonnatrice des indemnités des personnes à charge – Gestion Europe), Selkant-Kaserne, Quimperles Str.100, 52511 Geilenkirchen, Germany. Tel: +49 (0) 2451-717212 or www.cmp-cpm.forces.gc.ca/dem-epcg/index-eng.asp

School Documents

It is important to have the following documents available for schools in Italy:

- Your children's most recent school report cards; and
- Immunization records.

It is advisable to contact the school in Italy to determine which, if any, other documents are required for school registration.

MEDICAL/DENTAL



Poggio Renatico is considered a remote posting and as such Canadian NATO members and their families must find their own doctors and dentists in Ferrara. To visit a medical professional you must pay your bill and then submit all receipts to your insurance company. While some doctors speak English, many of their office



staff do not, therefore, it is advisable to go to the office in person to make your first appointment. For military members, you must seek prior approval before making medical appointments (except for emergencies). Many members of the community have made connections with local services and can direct you to those locations that understand how our Canadian system functions, making it easier for you to get service. For those that have prescriptions, it is encouraged to come with a long term supply as the pharmaceutical system may not have the exact medication that you need. This may require to recreate the prescription in Italy which requires multiple medical appointments. For those who have kids, it may be easier dealing with the larger hospitals if the children have their respective Italian Health cards. The services in hospitals are free for kids (not including surgeries). Application for a card can be done via appointment using the link (<https://prenota.zerocoda.it/>). The website is in Italian but there are people available to help with the translation.

Hospitals and Clinics

Sant'Anna Hospital (The University Hospital in Cona)

Also known as Ospedale (or Arcispedale) Sant'Anna, Ferrara's hospital is located 15 minute drive from Ferrara.

Via Aldo Moro, 8, Cona, FE, 44124

www.ospfe.it

Cona is a very new and modern hospital affiliated with the University of Ferrara and is a research and teaching hospital. There are also some offices located within the walls of Ferrara at the "old" hospital, Corso Della Giovecca, 203.

Camp EDERLE (US Base)

CANCONPR is still in the process of identifying if we have medical or dental privileges at the US base.

Via delle Casermette, 11, Vicenza, 36100

www.home.army.mil

S.Orsola - Malpighi Hospital (Bologna Hospital)

G. Massirenti Street, 9, Bologna, 40138

Centro Medico

Piazza di Porta Mascarella, 7, Bologna, 40126

Tel Office: +39 051 240 651

Tel Cell: +39 033 565 4961

F Medical (Private Polyclinic)

Center of Specialists in many different field including surgery.

Via Darseba, 84/86, Ferrara, FE, 44121

www.fmedicalpoliambulatorio.it

infofmedical@pec.libero.it

Tel Off: 0532-186-3876

Tel Cell: 393-811-5882

Poliambulatorio Citta di Ferrara

MRI Specialists.

Via Annibale Zucchini, 63, Ferrara, FE, 44121

www.cupsolidale.it

www.polife.it/current/

segreteria@polife.it

Tel: 0532772021

Dentists

Ambulatorio Odontoiatrico San Matteo

Family practice of Dentists and Orthodontists.

Vicolo San Matteo, 16, Ferrara, FE, Tel: 0532-206930

www.ambulatoriosanmatteo.it

info@ambulatoriosanmatteo.it

Some dentists also speak English and German (The office staff do not speak English). It's best to make your first appointment in person, future appointments may be booked by email or WhatsApp. This dentistry and orthodontics office is located in close proximity to the Porta Mare location of Smiling Services School. This location is able to direct bill for military members, for dependents provide receipts to your insurance company.

Endodontist

Dott Maria Giovanna Barboni, MD, DDS, PhD

Medico Chirurgo Specialista in Odontostomatologia

Professore a Contratto International MDP

Viale XII Giugno, 26, Bologna, 40124

Tel: 0514-72763

Maria speaks excellent English and several members have used her with great success and her office provides many other dental services as well. Please note her receptionist does not speak English and the office can be difficult to locate the first visit.

Avant Dental and Medical Clinic

Dr. Gianni Roncarati speaks English however there is no guarantee any of the other staff do.

Via Pomposa, 20b, Ferrara, FE

Tel: 0532-740831

www.ambulatorioavant.it

COBE Dental

For an English-speaking orthodontist, Dr. Cristina Incorvati.

Via Bazzanese, 32/4, Bologna, 40033

Casalecchio di Reno

Tel: +39 051 613 2796

LAROSA Care & Smile

New provider with high-quality healthcare services both to NATO personnel and their families. Has experience with US and UK insurance procedures.

Via Comacchio, 194/A Int. 4, Ferrara, FE, 44124

Tel: +39-0532-098-088

info@larosacareandsmile.com

Doctors

Ospedale Sant'Anna

Dr. Bernadette Codeca, General Practitioner. Speaks English. Call or text (SMS) to make an appointment. Used by the British and Canadian NATO community. Fee is 70 euros per visit/per person in cash (Contanti) for Canadians. Office is located in the “old” hospital: Ospedale Sant’Anna, Corso della Giovecca, 203 in Settore 2. Mobile +39 340 088 8348

Corso Della Giovecca, 203 in Settore 2, Ferrara
Tel: +39 0532-235358 or mobile +39 368 382 9469

Dr. Daio Gozzi, General Practitioner

Serving in different hospitals in the Ferrara area. Speaks Italian, French, Spanish and English. He visits his patients at their home.

Tel: +39 335-7828457

[Dario.dr.gozzi@gmail.com.](mailto:Dario.dr.gozzi@gmail.com)

Dr N. Malaguti Ear, Nose, Throat Specialist (Otolaryngologist)

Has surgical privileges at Cona Hospital (Arcispedale S. Anna. Dr. Malaguti speaks English and specializes in pediatric and adult tonsil and adenoid removal.

Tel: +39 051-902236,

[nicolamalagutti@gmail.com.](mailto:nicolamalagutti@gmail.com)

Dr Claudia Colombi, Gynecologist.

This doctor was recommended by a NATO spouse but no other information was provided.

Via Martini del Lavoro, 27, Ferrara,
Tel: 0532-461476

Dr Silvia Pozzati, Gynecologist

This doctor was recommended by a NATO spouse but no other information was provided.

Via Imre Nagy, 3, Ferrara,
Tel: 0532-311736

Dr Vincenzo Lorusso, Orthopedic surgeon

This surgeon has worked with several Canadian and det members comes highly recommended. Speaks english.

Via Bologna 83. Ferrara,
www.vincenzolorusso-ortopedico.com/

Dr Nicolo Zanforlin, Pediatrician

This doctor is a bit further out of Ferrara, but provides great service and can be reached on his personal cell phone. Used a lot by the UK families

Via Guglielmo Marconi, 15, Portomaggiore, FE 44015
Tel: +39 349 876 8274

Dr Carla Enrica Gallenga, Optometrist

Works at the F Medical clinic and speaks english.

Via Darsena 84/86, Ferrara, FE 44121

www.fmedicalpoliambulatorio.it

infofmedical@pec.libero.it

Tel Off: 0532-186-3876

Roberto Andreotti, Physio Therapist

Owner of Terapika Studio di Fisioterapia.

Via Claudio Monteverdi, 32, Ferrara, FE 44121

www.terapikafisioterapia.com/

info@terapikafisioterapia.com

Tel: +39 0532 680916

Please note that we are continuously trying to expand our medical and dental options as some members have experienced levels of service below what would be considered normal within Canada. When you arrive, talk with the members and spouses for any updated information or recommendations.

Pharmacies

Farmacias provides pharmaceutical services including filling prescriptions. You will find a number of Farmacias, including a 24-hour one, throughout the city of Ferrara.



You can have service in French at Farmacia Perelli in front of the Ferrara cathedral:

Corso Martiri della Libertà, 36/38, 44121 Ferrara FE

KIDS

Italy with kids

Life with kids in Italy can be a sharp change if not prepared: culturally, economically and, scholastically.

Culturally kids act and participate in things similarly and dissimilarly to that in North America. It will be rare to see children running around or being loud in public. Typically, kids go to bed at night later (around 22:00) due to supper being eaten at a later time.

For sports, there are plenty of activities available for all ages. Every type of sport is available including gymnastics and swimming. Depending on the age of your child, you will have to obtain the Permesso di Soggiorno, medical clearance and a Residency Certificate prior to them participating in sports. Most of the coaches and trainers will speak only Italian, but you will find some here and there that speak enough English for your kids to get by.

For school, there are plenty of options. Typical school day is 08:30 to 16:20. Some people have had their kids experience some minor difficulty with regards to the English/Italian transition depending on the school, but it is manageable. Please refer to the schooling section of the document for more information on options.

PETS

Importing your Pets

You are responsible for making the necessary arrangements to ship your pets complying with applicable customs and health regulations. A recently established “pet passport” system has been introduced to make pet transport easier.

Tips that will help to make your pet’s trip as safe and comfortable as possible

Crate training is perhaps the most important step in the entire process; by accustoming your pet to its travel kennel well ahead of the travel date, your pet will feel comfortable in its soon-to-be travel environment. The more familiar your pet is with its travel kennel at home, the more it will be used as a “safe zone” during travel. What may often appear to be the best route of travel for you is not always the best route for your pets.

Some airlines implement complete “pet-safe” programs, so it is very important to do your research and ask which airlines are most pet friendly. “Pet-safe” policies include, but are not limited to, making sure your pets are always climate controlled, never leaving them out on the tarmac, and making sure they are the last ones on the plane and the first ones off. In addition, a majority of airlines only accept live animals within certain outside temperature constraints, so seasonal traveling can often prove difficult. By using a “pet-safe” carrier, these climate restrictions can be easily avoided. Traveling to Europe, we recommend Continental, KLM, British Airways, and Lufthansa Airlines, all of which have excellent pet programs in place. If it is possible, connect through Frankfurt airport in Germany as they have an excellent animal trans-shipment facility.

Import Requirements for pets moving into the EU fall under the jurisdiction of Commission Regulation (EC) No 998/2003 of the European Parliament and of the Council. In summary, with the exception of the UK, Sweden, and Norway, EU import requirements exist for all dogs, cats, and ferrets:

- Each pet **shall** be identified by means of a microchip. The microchip used should comply with ISO Standard 11784 or Annex A to ISO standard 11785—otherwise the pet will need to be sent with its own scanner attached to the top of the crate. The European ISO standard chips must have 15 digits in order for them to be compliant. Your vet will have a scanner and can confirm if you meet this standard. They will need to check your chip regardless as you certify their vaccinations
- All animals need to have full vaccinations including Distemper, Hepatitis, Parvo, Leptospirosis (DHLPP), and Rabies within the last 12 months or a minimum of 4 weeks before arrival. Cats must have Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia (FVRCP), and Rabies within the last 12 months or a minimum of 4 weeks before arrival.

Ensure you confirm the requirements through the [Canadian Food Inspection Agency](#) prior to departure. You will need to visit your nearest CFIA Vet in order to get a certificate of health in order to export your pet.

There are many full service pet relocation agencies available worldwide that are able to facilitate all of your pet's travel arrangements. Services can include residential pickups and deliveries, flight bookings/check-in, customs clearance and import handling, assistance with documentation. These services make life much easier, but with the service come added costs.

<http://www.animaltravel.com> or <http://dogtime.com> (search: Transporting pets to Europe)

Canine Leishmaniasis

Leishmaniasis is a zoonotic disease caused by parasites transmitted through the bite of an infected sand-fly. The disease is found mainly near the Mediterranean coastline. Signs of leishmaniosis include hair loss, patches of dry skin on the tips of the ears and nose, as well as swollen lymph nodes, loss of weight and decreased appetite, and increased drinking and urination.

In order to prevent contraction of leishmaniosis, keep your dog indoors at dusk and dawn, when the sand-fly is most active. A Scalibor collar (deltamethrin) has been proven to be 86% effective in prevention. Monthly applications of Advantix are also recommended. There is no cure for leishmaniosis, but treatment is available and required for the lifetime of the dog. Infection in cats is rare. For more information, visit www.leishmaniasis.info

Grooming and Clinics

Passion For Dogs Dog Center

The center canine Passion for Dogs is located at estate Orsi Mangelli Le Budrie of San Giovanni in Persiceto, a few miles from Bologna, Modena and Ferrara Cento. Services offered:

- Advising pre-adoption
- Puppy Class or classes of socialization
- Basic Education or Advanced Education
- Activities at home (the provinces of Bologna, Modena Cento - Ferrara)
- Individual and group
- Consultancy to improve the relationship with your dog
- Games of mental activation
- Canine disciplines: starter; all hunting and exercises for mobility

Umberto Guerini - Educator canine professional
Technical educator III level Federcinofilia - ASI - CONI
Via Budrie, 109 Budrie - Bologna - Emilia Romagna
Tel: +338 4561778

info@passionfordogs.it

www.passionfordogs.it

Veterinary Clinic

L'Ospedale degli Animali
Via Annibale Zucchini, 81/83, 44122 Ferrara FE
(Most staff speak English)
Tel: +39 0532 773954

info@ospedaledeglianimali.it

www.ospedaledeglianimali.it

Kennel

Il Giardino del Duca
Via dei Calzolari, 253, 44123 Ferrara
Tel: +3806577711 (some English spoken)

info@ilgiardinodelduca.com

www.ilgiardinodelduca.com/contatti/

Groomers

Trudy Di Marchetti Barbara & C. Snc
Via Bela Bartok, 24, 44124 Ferrara FE
Tel: +0532 92046 (some English Spoken)

Wash Dog lavaggio
Via Pioppa 5, 44123 Ferrara, Italy
Tel: +349 754 1089
Web: ferrara@washdog.it

POSTAL SERVICES

[Canadian Services – Incoming](#)

Mail services are available through a combination of civilian and military mail. Your Canadian address while posted here will be:

(Rank, if applicable) last name, first name (Initials)
RP Poggio Renatico IT
CFPO 5045, Stn Forces
Belleville, ON K8N 5W6

Parcels requiring a signature or that won't accept a post office box address can also be mailed care of:

C/O CF Postal Unit
CFB TRENTON BLDG 348
15 Westwin Ave
Trenton, ON K0K 3W0

Mail arriving from Canada is normally couriered twice a week from Canada to Naples, where it is sorted and forwarded on to our Canadian Mail rep (a secondary duty). The rep will then sort it and deliver to the members, mostly on base. Mail can take between two and six weeks to arrive here from Canada.

One important thing to note about receiving parcels from Canada. CFPO 5045 is the official CF post office at the Naples det. Mail coming to 5045 will have to clear Italian customs. Unfortunately, the Italian government has taken the position that our Status of Forces Agreement (SOFA) does NOT cover mail from E-commerce sites such as E-Bay, Amazon, Well.ca, etc. Essentially, if the box carries the company logo and it's in the mail dispatch from Canada, it will be turned back at the border. You can, however, use the European variants of these sites such as Amazon Italy and Germany. If the parcel originates in the EU, you are fine.

Canadian Services - Outgoing

Canada Post has an on-line option for self-service within Canada click. Go to <https://www.canadapost-postescanada.ca/cpc/en/personal.page> and select **tools** from the menu bar and then **shipping**. Then create a shipping label which you can pay for using a credit card. This is considered shipping "in Canada". It would be advantageous to create an account to make future shipping.

Once you have completed all the steps and printed your shipping form, a customs declaration must be filled out and signed (available from Deputy SNR). Attach both labels to your parcel ensuring you have not taped over the bar code. Once your parcels are ready then we can organize a parcel pick-up through Naples.

The weight, length, height and width for each parcel to be shipped must be provided. Pickups can be organized through the chain of command; there is normally a monthly run to Naples run and a run to GK as required, although pickups can be arranged outside these times. Keep in mind that it must be advertised to the Canadian community at least one week prior to the pick-up date and the organizer must be willing to collect all parcels to be shipped and bring them to the pick-up location, and a customs label must be affixed to each parcel.

During the holiday season (mid Oct – beg Jan), Canada Post provides a program that offers free regular parcel services to family and friends of deployed military members. Parcels will be delivered free of charge from any Canada Post retail outlet to designated CAF bases and will then be forwarded through the CAF postal system to members overseas. (CANFORGEN 143/24)

DHL has several drop off points throughout Ferrara and Bologna in various shops, that can send mail quickly but at a cost. Letters and packages can arrive in around a week depending on size and location. Once sent, you are giving a tracking number and provided with email updates as the package arrives at the different distribution points

Italian Services – Outgoing Letters

All tobacco shops sell stamps, its quick and convenient, bring your letter to be mailed to the tobacco shop; the attendant will weigh your letter and sell you a stamp. It's your responsibility to mail the letter, the tobacco shops do not have postal boxes, but one can be easily located on the street. Note that there are often dual boxes similar to locations in Canada; one is for local mail, the other for non-local.

Italian Services – Outgoing Parcels

If you are mailing parcels through the Italian postal services, you must use your Italian Civilian address and complete an Italian Customs Declaration. Take a number as you walk in and wait for your number to be called; normally they have electronic signs which display the numbers above the counters. Posteitaliane is not the preferred method of shipping parcels since it costs up to four times as much.



INFO FOR LIFE IN EMILIA ROMAGNA

Italian Lessons

During your posting to Poggio Renatico you can take Italian lessons. Italian lessons begin near the end of September and go until the end of January. A second session begins mid to late February and ends in early June. You can begin your lessons in either of the two sessions. Each session costs approximately 20 Euros and includes the cost of your text book.

There are pre- beginner levels (usually called pre-A1), the levels then advance from there to A1 and A2. At the end of each level there is an exam, and with each exam that you pass you will receive a certificate for your completed level. Lessons typically are either 2 or 3 days per week with the higher levels having more hours. There are also daytime lessons as well as evening lessons to choose from that are available for spouses.

If your knowledge of Italian is nil or low then you will most likely be placed in a pre-A1 level class. If you have taken some lessons or have a moderate level of Italian then you will have to complete an entrance test and will be placed in a class according to your test results. Classes usually take place at

one of the local high schools in Ferrara. If you are interested in taking an Italian class please call **Alberta** at +39 348 9750412 or email her at ferrarafe@virgilio.it

Alberta is one of the teachers of the Italian lessons and speaks Italian, French and English. She also does private tutoring if you are interested and comes highly recommended by all of her past students. Italian lessons can be taken by NATO members as well as their family members over the age of 16.

In addition there is a language café located at 381 Storie da gustare, Piazzetta Corelli, 24. It is run by an association called ActionEdu from mid-September through mid-June. Alternating Saturdays, they have either English and Italian tables, or French/German/Spanish tables. The cost is simply an annual membership to ActionEdu at €15. For more information, see <http://www.actionedu.eu/language-cafeacute.html>

The team support element from Naples also provides access to the Rosetta Stone program free of charge. Once arrived, contact can be made to with Naples for them to provide your household a version of the program.

Leave

Due to the DACCC being hosted on an Italian Base, and consisting of sixteen different nations, it is impossible to follow the normal Canadian Statutory holidays. The Base is closed 12 days during the year, and we are also allowed to celebrate three Canadian holidays. We currently select Canada Day, Labour Day, and Thanksgiving. However, since we are only allowed twelve Stat holidays per year, we use the remaining three days as Canadian training days to hold meetings/discussions, catch up on annual training requirements (e.g. security and ethics), and ensure that any other administration and training (e.g. distributed learning) is fully up to date. Each year CO CANCONPR provides an official calendar of holidays for the unit, aligning as many days as possible to the local holiday cycle.

Important Italian Holidays

January 1st	Capodanno (New Year's Day)
January 6 th	Epifania (Epiphany)
Mar/April	Easter Monday (Pasquetta). Many Italians travel on this weekend and specifically on this day so most highways will be busier than normal and travel can frequently take much longer than it normally would.
April 23rd	La festa di San Giorgio (the feast of St George, Patron Saint of Ferrara)
April 25 th	Anniversario Della Liberazione (Liberation Day)
May 1 st	Festa Del Lavoro (Labour Day)
Last Sunday of May:	The Palio. While not an actual holiday, it is a festival atmosphere with many celebrations throughout Ferrara over this entire weekend.
June 2 nd	Giorno della Repubblica (Republic Day)

August 15 th	Ferragosto (Assumption of the Virgin Mary). Ferragosto is a holiday in Italy and most Italians travel on this day therefore many highways will be busier than normal. Some smaller cities close their shops on this day as many people head to the beach.
November 1 st	Ognissanti (All Saints' Day)
December 8 th	L'Immacolata (Immaculate Conception). This day marks the beginning of the Italian Christmas Season.
December 25 th	Natale (Christmas Day)
December 26 th	Santo Stefano (the feast of St. Stephan....Boxing Day).

Power

European electricity is 220-240 volts at 50Hz frequency while North American electricity is 110 volts at 60 Hz frequency. You can bring minor Canadian appliances and tools from Canada, but you will need to plug them into transformers to convert the voltage. However, transformers do not convert the frequency, so what you bring from Canada may not work optimally, or it may burn out more quickly. Equipment that use rechargeable batteries such as drills are especially subject to this burn out. Check the information placard on the back of your newer electronics such as computer monitors, computers, phone chargers, TVs, and etc. If they say 100v-240v, 50-60Hz, you won't have to run them on a transformer. You will need either a plug adapter, or failing that, a European power cord available for approx. €12 from the major electronics stores such as Media World. Your desktop power supply may be equipped with a switch in the back to change between 120v and 240v. If in doubt, check with a qualified technician

You can buy plug adapters and transformers from the American base in Vicenza. Each home has a power threshold; initially this is 3kW! Normally, ours is raised to 6 kW, which is still far less than what we are used to. You will find until you adjust, it will be normal to blow circuit breakers quite often, either on individual circuits, or for the whole house, you will find the optimal balance of usage over time. It is suggested to bring as many convertors from Canada as possible, as they will be less expensive.

Educate your family on power outages - take them through the process of exiting your house and compound (i.e. keys for walkway and vehicle gates, hand crank for gate location, etc. Ensure you know how to manually open vehicle gates – normally some type of “key” is required – get your landlord to show you how to open). Locate ALL breaker boxes in your house (usually a couple of boxes, one on each floor, plus one main box outside near the road).

Garbage Collection: Household

Each household within Ferrara is given a swipe card that is used to open the garbage (indifferenziata) dumpsters around the city. For each household, based on the number of family members, is given a certain amount of contributions. This number is also influenced by whether you have road or home

collection, or whether you require the disposal of medical devices such as diapers, incontinence aids, or dialysis bags. For a family of two with road side pickup we are allowed forty-two 30L deposits a year before being charged an additional amount per deposit. There is no limit on the recycling and compost.

Links: [Hera Waste Homepage](#)
[Hera Discounts Page](#)

[**Beaches, Pools and Amusement Parks**](#)

Less than an hour drive east from Ferrara there are several beaches along the Adriatic coast, stretching across 23km of sand. Many parts of these beaches belong to hotels and resorts. They are quite obvious with their pretty changing huts, umbrellas and matching lounge chairs. Some areas of the beaches are also paid sections; you pay for an umbrella and a chair, typically 10 euros per person.

There are parts of the beaches that are free. These look more typical to what we would see back home, no uniform umbrellas and lounges, everyone bringing their own and pitching up wherever they find a spot. Some beach areas have free parking, but at most you must pay.

The beach towns are literally one after another starting with the small fishing and port town of Porto Garibaldi to the south, stretching up to Lido di Volano nearer Venice, known for its kite and wind surfing due to the greater wind and currents.

Many are resort-type towns, with hotels, camping, pools, play areas and beach bars. Lido Degli Scacchi and Lido Pomposa tend to be more family oriented with camping and family type hotels and entertainment, while Lido Degli Estensi is very modern, a holiday resort town with boutique shops, cafes, clubs and discos.

Nearby water-type parks

Agriturismo Ai Due Laghi del Verginese is two small man-made lakes, great for a family picnic and sunbathing with a nearby restaurant; entrance fee is required.

Acquaparco Le Piscine: via Sfondrabo 46/a, Migliaro. This is over 30 minutes away, but is more like a water park with slides and go carts

Acquaparco Bondy Beach: via Gardenghi 7, Bondeno. Bondeno is also approximately 30-40 minutes away.

Locanda Corte Arcangeli: Via Pontegradella 503. Lunch, a chair and umbrella are included in a 10 euro entrance fee on weekdays; weekends are more expensive. (No cap necessary)

LEGOLAND Water Park: Located inside the Gardaland theme park, it is the first of its kind in all of Europe. Good for children aged 2-12 years old.

Nearby Amusement Parks

Italy in Miniature Theme Park is a leisure and miniature park in Rimini that displays famous Italian and European buildings to scale. It is also situated only 5km from the Adriatic coast.

Mirabilandia is the biggest amusement park in Italy. With 6 thematic areas, aquatic park and plenty of special events, it offers plenty of options for all. Season passes are also available.

Gardaland Del Garda (Resort) is Italy's number 1 amusement park approximately 130 kms from Ferrara. With an aquarium, roller coasters and a water park, it's great for all ages.

Phone Applications

Some phone applications people have found useful are:

Ferrara Eventi – App that lists all the local Ferrara Events coming up for over the next few months.

Google Translate – Simple translation app that allows translates photos.

Chrome – Web Browser that can translate websites.

Duolingo – App used to help learn basic Italian words and sentences.

Tinycards – Flash card version of Duolingo

Slow News: In Italian – App that plays back the news from the day before in Italian at a slower pace to help train your ear.

Il Rifiutologo – App used to help distinguish which garbage receptacle to place your trash in. Also capable of scanning barcodes.

Visit A City – Excellent app to help plan itineraries when visiting a city for the first time.

WhatsApp – Primary app for communicating between Canadians and other NATO allies. Similar to iMessage in that it uses data, and not text messages.

Instagram – We have found that there are many accounts that provide great information on life in Italy even providing simple language tips and lessons. For example: @ferrara_eventi, @visitferra, @comunediferrara, @inemiliaromagna, @italianmatters, and @italiano.time2

ANNEX A: HISTORY

Italy

Italy (**Italian**: *Italia*) officially the **Italian Republic** (Italian: *Repubblica Italiana*) is a country consisting of a continental part, delimited by the **Alps**, a peninsula and several islands surrounding it. Italy is located in **Southern Europe**, and is also considered part of **Western Europe**. A unitary parliamentary republic with **Rome** as its capital, the country covers a total area of 301,340 km² (116,350 sq mi) and shares land borders with France, Switzerland, Austria, Slovenia, and the enclaved microstates of **Vatican City** and **San Marino**. Italy has a territorial **enclave** in Switzerland (**Campione**) and a maritime exclave in Tunisian waters (**Lampedusa**). With around 60 million inhabitants, Italy is the **third-most populous member state of the European Union**.

Due to its central geographic location in Southern Europe and **the Mediterranean**, Italy has historically been home to myriad peoples and cultures. In addition to the various ancient peoples dispersed throughout what is now modern-day Italy, the most predominant being the **Indo-European Italic peoples** who gave the peninsula its name, beginning from the classical era, **Phoenicians** and **Carthaginians** founded colonies mostly in insular Italy, **Greeks** established settlements in the so-called **Magna Graecia** of **Southern Italy**, while **Etruscans** and **Celts** inhabited central and northern Italy respectively. An Italic tribe known as the **Latins** formed the **Roman Kingdom** in the 8th century BC, which eventually became a republic with a government of the Senate and the People. The **Roman Republic** initially conquered and assimilated its neighbors on the Italian peninsula, eventually expanding and conquering parts of Europe, North Africa and Asia. By the first century BC, the Roman Empire emerged as the dominant power in the Mediterranean Basin and became a leading cultural, political and religious centre, inaugurating the **Pax Romana**, a period of more than 200 years during which Italy's law, technology, economy, art, and literature developed. Italy remained the **homeland of the Romans** and the metropole of the empire, whose legacy can also be observed in the global distribution of culture, governments, Christianity and the Latin script.

During the **Early Middle Ages**, Italy endured the **fall of the Western Roman Empire** and **barbarian invasions**, but by the 11th century numerous rival city-states and maritime republics, mainly in the northern and central regions of Italy, rose to great prosperity through trade, commerce and banking, laying the groundwork for modern capitalism. These mostly independent statelets served as Europe's main trading hubs with Asia and the Near East, often enjoying a greater degree of democracy than the larger **feudal** monarchies that were consolidating throughout Europe; however, part of central Italy was under the control of the **theocratic Papal States**, while Southern Italy remained largely feudal until the 19th century, partially as a result of a succession of , Norman, Angevin, Aragonese Byzantine, Arab and other foreign conquests of the region. The **Renaissance** began in Italy and spread to the rest of Europe, bringing a renewed interest in, humanism, science exploration and art. Italian culture flourished, producing famous scholars, artists and **polymaths**. During the Middle-Ages, Italian explorers discovered new routes to the **Far East** and the **New World**, helping to usher in the European **Age of Discovery**. Nevertheless, Italy's commercial and political power significantly waned with the opening of trade routes that bypassed the

Mediterranean. Centuries of foreign meddling and conquest and the rivalry and infighting between the Italian city-states, such as the [Italian Wars](#) of the 15th and 16th centuries, left Italy politically fragmented, and it was further conquered and divided among multiple foreign European powers over the centuries.

By the mid-19th century, rising [Italian nationalism](#) and calls for independence from foreign control led to a period of revolutionary political upheaval. After centuries of foreign domination and political division, [Italy was almost entirely unified](#) in 1861, establishing the [Kingdom of Italy](#) as a great power. From the late 19th century to the early 20th century, Italy rapidly industrialized, mainly in the north, and acquired a colonial empire, while the south remained largely impoverished and excluded from industrialization, fueling a large and influential [diaspora](#). Despite being one of the [four main allied powers in World War I](#), Italy entered a period of economic crisis and social turmoil, leading to the rise of the [Italian fascist](#) dictatorship in 1922. Participation in World War II on the Axis side ended in military defeat, economic destruction and the [Italian Civil War](#). Following the liberation of Italy and the rise of the [Italian Resistance](#), the country abolished their monarchy, established a democratic Republic, enjoyed a prolonged economic boom, and became a highly developed country.

Today, Italy is considered to be one of the world's most culturally and economically advanced countries, with the world's [eighth-largest economy](#) by nominal GDP (third in the [European Union](#)), sixth-largest national wealth and third-largest central bank gold reserve. It ranks very highly in [life expectancy](#), quality of life, healthcare, and education. The country plays a prominent role in regional and global economic, military, cultural and diplomatic affairs; it is both a [regional power](#) and a [great power](#), and is ranked the world's [eighth most-powerful military](#). Italy is a founding and leading member of the European Union and a member of numerous international institutions, including the [United Nations](#), [NATO](#), the [OECD](#), the [Organization for Security and Co-operation in Europe](#), the [World Trade Organization](#), the [Group of Seven](#), the [G20](#), the [Union for the Mediterranean](#), the [Council of Europe](#), [Uniting for Consensus](#), the [Schengen Area](#) and many more. The country has long been a global centre of art, music, literature, philosophy, science and technology, and fashion, and has greatly influenced and contributed to diverse fields including cinema, cuisine, sports, jurisprudence, banking and business. As a reflection of its cultural wealth, Italy is home to the world's [largest number of World Heritage Sites \(55\)](#), and is the [fifth-most visited country](#).

Below is a link about Cultural Insights:

https://www.international.gc.ca/cil-cai/country_insights-apercus_pays/overview-apercu_it.aspx?lang=eng

Religion in Italy

Italy is a Christian country with the majority of the population belonging to the Roman Catholic Church. You can find many religious movements practiced in Italy's larger cities. Here in Ferrara there are an abundance of Catholic churches. There are also Jewish synagogues, Anglican and Christian Churches, Muslim mosques as well as other religious centers. Ask your sponsor to help you in locating the religious establishment of your choice.



ANNEX B: FOOD

Food and Restaurants

Bars and cafes: There are many bars and cafes in Italy. Bars here are different from what we are used to. They will often have *paste* (pastries), *paninis* (sandwiches) and coffee. Cafés, you guessed it, serve coffees. There are many types of coffees, ranging from espressos to cappuccinos. Coffee in this area is strong, but well-liked by coffee drinkers! Cafés also typically serve a range of pastries, sandwiches and salads, what one would consider a light lunch (*pranzo*). Both bars and cafes are normally open throughout the day can be closed during represso.

Osterias (taverns) and ristoranti (restaurants) in this area typically open for lunch (*pranzo*) from 12:30pm until 2:30-3:00pm and then close for the rest of the afternoon. If you arrive close to their closing time you may be told that they cannot serve you. The restaurants will then reopen again for dinner (*cena*) at 7:00 pm to normally 11:30pm. Dining out in Italy is considered an evening event; this is not a fast food nation, so relax and enjoy the experience!

Menus are typically divided into four sections, Antipasti (appetizers), primi (first courses), secondi (main courses) and dolci (desserts). Often you will find the primi and secondi menus are split between *pesce* and *carne* (fish and meat). The typical antipasti you will find in Ferrara are cold meats, cheese, fried bread (*panzini*), and stuffed zucchini flowers.



Primi are normally pastas, risotto dishes and soups. In Ferrara, one of the main pastas you will find is the *cappellacci di zucca*, pumpkin filled pasta served with either a ragu sauce or butter and sage. Another popular prima is the *pasticcio dei macchironi*, best described as a macaroni pie with meat.



Secondi are normally served on their own without vegetables or normal side dishes (*contorno*); these are ordered separately. Typical meat dishes are beef (often served with a balsamic glaze), cotoletta alla Milanese (breaded pork cutlet), and the Salama da sugo, which is a very strong tasting salami made with wine and spices and served with mashed potato. On the dolci menus you can normally find tiramisu, but Ferrara does have some typical desserts that are typical (*tipico*) to this area. *Torta di Tagliatele* is an almond cake with thin egg noodles on top; Tenerina is a moist chocolate cake, similar to a brownie; and surprisingly there is *zuppe Inglese*, which is very similar to an English trifle.

You will not automatically receive the bill (*il conto*) at the end of your meal; it is considered impolite to present it without asking, as if they were asking you to leave. When you do receive it, you will notice the *coperto*. This is best described as a service charge. Italy is not a tipping culture; this is often considered the tip but can also be considered at sitting fee. If you feel that a tip is called-for, it is suggested to round the bill up to the nearest €5 or €10. The *Ferraresi* (people of Ferrara) generally prefer the foods they are used to. Most restaurants will have very similar menus. However you will

find a few international restaurants, like Chinese, Indian, Poke and sushi. Lately hamburgers have become a food craze, with many places adding them to their menus. There are even several burger shops in the downtown Ferrara area that have mastered the art.

Ten foods famous from the Emilia Romagna region

A trip to Emilia-Romagna calls for the discovery of its many delicacies, from fresh, hand-made pastas, to cured meats, and local cheeses and wines. Therefore, I thought I'd present you with a list of some of the top culinary delights you must try when you visit.

The list is a bit partial to my personal tastes, which means, it is not big on meat, despite the fact that the region is renowned for several meat-based dishes; so, for those who do like meat and cold cuts, let's not forget such treats as zampone, salama da sugo, strolghino, salame di felino, coppa piacentina, and more. Plus, besides meats, you may not be familiar with the fact that an area within the region, near Brisighella in Romagna, produces excellent extra virgin olive oil (but that's the subject for another post).

And, just for you to be aware, Emilia-Romagna boasts 19 PDO and 22 PGI products, trademarks used to protect some of Italy's most iconic foods – under EU law, in order to be granted the PDO or PGI seal, products must abide by strict production regulations and geographical restrictions. You find that craftsmanship, time and location are essential to the final results of the products here, which is what differentiates artisanal productions from industrial ones

So let's just say this will serve as an introduction to some of the culinary treasures you can't miss when in the area!

Here we go:

STUFFED FRESH PASTA (PASTA FRESCA RIPIENA)

Tortellini, tortelloni, tortellacci, cappelletti, cappelacci, ravioli, cannelloni, when it comes to stuffed fresh pasta, you can't beat Emilia-Romagna. Filled with herbs, vegetables or meat, pasta ripiena is a staple of the region's cuisine, and is often eaten for Sunday lunch, or when going out to eat. You will find it on the menu of every restaurant in the region.

PARMIGIANO-REGGIANO

Parmigiano-Reggiano, one of the most counterfeited Italian food products in the world, it can actually only be produced in a specific area of the world, located in Emilia-Romagna, in the provinces of Parma, Reggio Emilia, Modena, and part of Bologna and Mantova (the latter being in Lombardy). It takes craftsmanship and passion to produce this cheese perfection, which not only tastes delicious, but is also good for your health. Learn how perfection is attained and how to best savor it here tasting the original.

BALSAMIC VINEGAR (ACETO BALSAMICO)

Just like Parmigiano Reggiano, aceto balsamico, produced in the provinces of Modena and Reggio Emilia, is a labor of love. The aging process takes 12 to 25 years to complete, during which time the must is transferred into barrels of oak, chestnut, mulberry, cherry, ash wood and juniper, each giving

the must a different nuance of flavor. Used since Roman times, it is now employed by chefs for many culinary creations, so you will easily find it on regional menus.

PARMA HAM (PROSCIUTTO DI PARMA)

As described by the Consortium of the Prosciutto di Parma, “making a Parma Ham is a long and painstaking process. All producers of Prosciutto di Parma share one goal: to cure a leg of pork with pure sea salt in order to keep the meat as sweet-tasting and as supple as possible.” Salt is the only ingredient used during the curing of Parma ham, which must be aged at least one year since the date of the first salting, with some aging taking up to three years. The use of any chemicals is forbidden. Traditional curing houses are centered around Langhirano, near Parma.

CULATELLO DI ZIBELLO

Culatello is made from the leanest part of the thigh of selected local pigs. Some consider it the most prized cold cuts of all. The processing of the meat can only take place in a specific area of the Parma province and only between October and February, when the lowlands near Parma are foggy and cold. The aging period is a minimum of 10 months up to 14 months. The skills of the pork butchers and the climate of Parma’s plains determine the quality of this salume, which dates back to at least the 18th century.

PIADINA (Flat bread sandwich)

Recently granted Protected Geographical Indication (PGI) status, piadina (or piada) is a thin flatbread typical of Romagna, made with white flour, lard (the traditional version) or olive oil (the ‘healthy’ one), salt and water, and usually filled with prosciutto (di Parma, of course!), squacquerone or stracchino cheeses, and arugula. The great Italian poet Giovanni Pascoli, who was born in San Mauro di Romagna, popularized the word piada, describing it as the “bread, no, the national food of the Romagnoli”. We all love piadina here!

SQUACQUERONE

This fantastic soft cheese from Romagna has ancient origins and is strictly connected to life in the countryside, where it used to be produced and eaten in the winter time, when it was easier to preserve for longer (it is now produced all year round). It is made from whole milk, which is then curdled. The name derives from its indefinite shape, “acqua” meaning water and describing its soft, almost liquid, consistency. Besides piadina, squacquerone goes well with another specialty from Emilia-Romagna, which brings us to...

GNOCO FRITTO (Crescentina)

Gnocco fritto in Modena, crescentina in Bologna, pinzino in Ferrara, torta frita in Parma, chisulen in Piacenza...no matter how you want to call it, this is one of the tastiest treats you can find in the region. It is basically fried dough, to be eaten with local cold cuts and cheeses. Don’t be fooled by its apparent simplicity, it’s actually not easy to make the dough of just the right consistency and not too greasy. The locals love going out for a meal of gnocco fritto with salumi and formaggi.

COPPIA FERRARESE (Bread from Ferrara)

The Coppia Ferrarese, “ciupeta” in local dialect, is a typical bread from Ferrara, shaped like an X, dating back to at least the Renaissance in its current twisted form. It has a central part, the node, from

which two long and thin parts stretch out into coils. To contribute to its perfect crunchy taste are the quality of water and raw materials, the degree of humidity, the leavening and the correct baking method. If you walk by a baker (fornaio) in Ferrara, make sure you go inside to buy some!

LAMBRUSCO (Emilia-Romagna wine)

Despite its unfortunate reputation abroad as a cheap, low-quality wine (which, luckily, is starting to change), Lambrusco is an excellent wine ranging from a ruby to intense red color, with a fruity to floreal fragrance, a pleasant acidity and a moderate alcoholic content. The regular version (fizzy) pairs well with pasta with beans (pasta e fagioli), boiled and cold cut meats. Please note that there are many different versions of Lambrusco. You can learn more about the different types of Emilia-Romagna wines here.

SANGIOVESE WINE (Red Wine)

Italy's most widely planted red grape variety, is used to make a wide variety of wines, including Chianti. Not widely planted outside of Italy, Sangiovese is well-loved in its native country.

ANNEX C: TESTIMONIALS

Ferrara

- I joined the Canadian Contingent in Poggio Renatico in 2021 arriving from Winnipeg as a single member. I decided to live in downtown Ferrara (inside the medieval walls) and I absolutely love it! Living in Ferrara means being close to all services and to the vast majority of the Poggio Renatico NATO community. It also means being only 20-25 minutes away from work and walking distance from countless cafés, restaurants, bars, and shops. I adore every day in this ‘human scale,’ vibrant, and beautiful city.

- **Lt. Col. Sylvain Rouleau**

- I arrived in late October from Ottawa, ON with my spouse Gerry. We decided to live in the heart of Ferrara because everything is located within walking distance. Ferrara is still a small city, but so rich in history and traditions, however mostly unknown by Canadians. We also have the train station and bus and fly to go abroad. This central location gives us the opportunity to host other fellow Canadians and also, meeting locals who are proud of their city and their country. They generously help with the language and services. The young crowd brings lots of energy to this city and if you love bicycling this is the place.

- **Sgt. Guillermo Garza-Risueno**

Bologna

- I arrived in summer 2022 from Greenwood, NS with my wife and my 18-year-old son who travels back to Canada each fall to attend university. I am the second member in the history of our Poggio Renatico Canadian delegation who has chosen to live in Bologna, I strongly recommend living in Bologna. We live right in the old city, 3 min walk from the Piazza

Maggiore and the wonderful market area. The character, convenience and vibrancy of the city is on our doorstep every day.

- **Maj. Andrew Smith**