



SUMMER 2015 NEWSLETTER

Ciao!

This is the last time you will be hearing from your summer semester CIMBA RAs. We hope you enjoyed this month as much as we did, and that you made a lot of new friends, and have a lot of plans for roadtrips in the future. This month has been a little bit of a whirlwind. We managed to cram six credits worth of coursework plus just about three mini vacations into four weeks. Suffice to say, it was a little stressful, but worth it a million times over. We have put this newsletter together for you in the hopes that as you look at it, you will remember the fun times you had on campus, as well as in your various travels through the continent. We had a great summer session here and we know that you can say the same. So, for the last time, arrivederci, Cimbians!



BEN RURUP, BRAD SCHLANGE, NICK JACKSON,
MEGAN MENDENHALL, KATIE LE PARD,
ABBY AGNEW, ZACH BAILEY

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CIMBA Italy Summer 2015 by Numbers

Trenitalia tickets purchased: 1,142
Panini bought from the tabacchi: 537
Students: 217
Courses offered: 16
Travel weekends: 3
Friends made: Countless

A Day Trip to Asolo

By MEGAN MENDENHALL, UNIVERSITY OF ARKANSAS

Like any other college student, a three hour class at two in the afternoon sounded like torture to me. But luckily, that class was Molly Rapert's Global Consumer class. Dr. Rapert took us to Asolo, a charming town about a fifteen minute drive from Paderno del Grappa. The bus dropped us off at the bottom of the hill it sits atop and we walked up into the town's center. Dr. Rapert treated us to una pallina (one scoop) of gelato at the charming Café Centrale, which re-energized us enough to continue our trek. Dr. Rapert was then gracious enough to invite the entire class to tour her apartment. I was stunned by the old world charm that this apartment held. It was nothing like my spacious apartment back in Fayetteville which has new granite countertops, laminate wood floors, and modern lighting fixtures which now seem sterile. The kitchen was tiny with stone countertops and a fireplace right in the middle. The technology throughout was minimal and perfect for the apartment and town it resided in. After our tour, we headed to Epoca, one of Molly's favorite restaurants in Asolo. We ordered a drink and sat on the patio, taking in the post-rain calm. We really enjoyed observing the people going about their life in a



small, Italian town. After we watched the interactions for a while, we began discussing our assigned reading for that class. Once we got the business out of the way, we were free to explore the town, eat more gelato, and shop at any of the small stores around town. My group decided to check out the beautiful views from the top of one of the many hills. Asolo is called "The City of a Hundred Horizons" and it definitely lives up to its name. Asolo struck a chord in my heart and I went back two more times in the next four days. I imagine you'll feel the same.



Kids On Campus

By MARIE RAPERT

Though the professors have the fun occupation of teaching during their time in Italy, the families and kids of these professors must find another way to occupy this time. I believe, as one of these kids, that we do a pretty good job of it from selling sandwiches and bracelets, to playing soccer and computer games to creating paper weapons and chilling in the Hawk Room.

It's definitely nice to have a break from school, schedules, and sports that are practically running our lives at home. Now we have an awesome opportunity to decide what games we want to play or what cities we would like



to visit for a day or a weekend. Whether it be a good thing or a bad thing, there's also more time to spend with family, and enjoy learning and watching European customs.

Some of these customs include fun things like gelato, amazing historical architecture and tourist sites and markets. While others are a bit less fun like breaking the language barriers, learning to not breath in the excess of cigarette

smoke and the inconvenient time difference between here and home. (Thankfully most of these can be overcome after a couple days of practice and rest).

As a whole, life as a kid on the CIMBA campus is a great experience that will help create memories and life lessons we will take with us and remember for the rest of our lives. Any kid blessed with the opportunity should seize it and continue to return for as long as they can, I know that I definitely will!

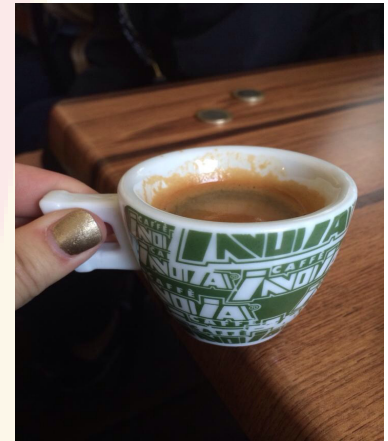


How to Take a Shot... of Espresso!

BY KATIE LePARD, WESTERN MICHIGAN UNIVERSITY

There are many customs in Italy that Americans are not familiar with. The stores close for three hours during the afternoon, shorts are only worn at the beach, and water is not free. While traveling in Italy, I not only learned to adapt to these customs, but also to the unwritten rules of coffee, or caffè. No milk, no foam, no water. One shot of espresso, one sugar. That is how I take my caffè. Before joining CIM-BA, the only espresso I drank was mixed with milk and chocolate. Now that I have finished my trip, I have drank over fifty different cups of espresso, all black. Most have been amazing with only one being absolutely undrinkable. Unlike Starbucks and small coffee bars, espresso in Italy is cheap, typically one euro. And it is addicting. When ordering espresso drinks in Italy, it is important to know the customs and adapt to the Italian way of life.

RULE #1: If you want a cappuccino, macchiato, or any kind of drink with milk, order it before 11 A.M. I know this makes a lot of Americans and foreigners mad, but the Italians have a legitimate reason behind this strange rule. It is biologically proven that a hot drink after a meal draws blood towards the stomach, helping one's digestive process. By adding milk to a hot drink, you are actually hindering, instead of aiding, the digestion process. Many Italians live by this rule, however, as Americans, you can sometimes get away with ordering after eleven. If you want something with milk in the afternoon, I recommend ordering a caffè latte shakerato, which is espresso with milk cooled over ice. For a little added sweetness, ask for vanilla or almond syrup!



RULE #2: At most bars, you will order your caffè at the register and then bring the receipt to the barista. I made this mistake many times during my first week in Italy, and I can definitely say that it's slightly embarrassing.



RULE #3: As a customer, you will pay different prices whether you want to drink your caffè at the bar or have table service. Typically it is about a 0.50 euro difference in small towns. I drink my espresso quickly, so I typically stand at the bar. But if you want to enjoy the drink or chat with friends, I recommend paying so that you can sit down!

Espresso is (almost) always good, but I know I definitely have a few favorite places to get a cup. The sports café on campus always has amazing espresso and espresso drinks, and Alessandra and Kenya are great baristas! It's a fun place to unwind with friends after a long day, or a close location to grab a caffè before class begins in the morning! Epoca in Asolo has one of the best cups of espresso I have ever tried, and Bagget and Sophia are the friendly owners! For my Global Consumer class, we visited Hausbrandt, a local green coffee producer, and I liked their espresso so much that I bought some to take home! Numerous locations throughout Venice, Florence, Verona, and Rome have caught the attention of my tastebuds with their espresso, and upon returning to the United States, I am doubtful that I will be able to find any espresso drink that compares to Italy.

The Most Exhilarating 25 Minutes of a Study Abroad Experience

By BRAD SCHLANGE, UNIVERSITY OF NEBRASKA-LINCOLN

The largest adrenaline rush didn't come from seeing Venice for the first time. It didn't come from seeing the Duomo in the heart of Florence. This type of rush didn't even come from seeing the iconic Roman Colosseum. The largest adrenaline rush came from a tandem paraglide experience off of the top of Mt. Grappa. Seeing the Dolomite Mountains in the Northern Italian countryside, and seeing various cities from almost 1,800 meters up was absolutely breathtaking. It truly is not for the faint of heart, and those who have partaken in this event understand the magnitude of the smooth saunter from the top of a mountain, to a soft field back on the ground.

Ben Rurup and myself made the decision to fly early. We had been wanting to paraglide since our first day in Paderno, because we saw so many of the sails way up in the air on a clear day! The process went very smooth and was thoroughly enjoyable. We were picked up from the CIMBA campus around 14:00 and then taken to the main landing area just outside of Borso del Grappa, another small Italian town. We got to see how to land by watching some of the experienced flyers come down and run along the field, then pull their paraglide down. Also while doing this, we read the orientation pamphlet and signed many documents, as this was a fairly dangerous practice. The nerves hadn't quite set in yet, because we were still on the ground. After a quick conversation with Paolo and the other tandem flyer, Lucio, we were off to the top of Mt. Grappa. We briefly talked with our Italian guides on the way up, with the large bags and parachutes sitting on the laps of the three men across the back of the car. The winding roads were nauseating, and it seemed like it took a long time. The nervousness was starting to set in.

Once at the top, we got to watch a hang-glider take off down a wooden ramp. These guys were professionals making it look easy, and all we could think about was getting in the air. We walked a ways up the road carrying all our gear, and then took about 20-30 minutes to suit up and do another quick orientation. Paragliding in tandem is fairly simple. Run when your guide says run. Do not stop running for anything. Keep running even when your feet leave the ground. Sit back in the strapped seats when told to do so. Seems easy, right? After donning our flying suits,

I watched Ben run down the clearing in the mountain and then shoot up as the paraglide shot up over their heads! The takeoff was flawless. My adrenaline was pumping the hardest when I had to wait over 2 minutes to let Ben clear out of the way and wait for good wind. "Go!" I hear. I took off running and soon we are soaring.

The view was impeccable. It cannot be described in an article, it can only be experienced for one's self. We got out a GoPro camera and started taking photos and videos. We looked at various cities: Paderno, Bassano, Cittadella, Crespano, Borso, and we could even see the Adriatic Sea and Venice! The ground commute to Venice seemed so far away but here we were looking at most of the Treviso region, scouting out the Dolomites and Mt. Grappa, and could even see the ocean. We cruised back and forth, soaking in all of the views. It seemed like no time at all before we were gearing up to land. It went smoothly, as you hold your legs up and then start running to catch your momentum. The tandem guides are experts - the best in the business. It is easy to understand why people get addicted to these extreme sports. The views, the rush, and the exhilarating ride make it all worth it. Studying abroad in Italy has been amazing for so many reasons, but paragliding off of the top of a large mountain stimulated the senses more than any other experience for Ben and me.



A Guide to Florence and Tuscany

By BEN RURUP; IOWA STATE UNIVERSITY

FIRENZE

Florence is one of the largest tourist sites in Italy for a reason. It is a historical and cultural mecca, from extensive trade to a thriving financial background. The city is dotted with beautiful artwork that is heavily influenced from the Renaissance. Here's a few of my under-the-Tuscan-sun favorites as a student visiting the region.

LEATHER MARKET

Whether you are looking for a new wallet or a gift for someone back home, San Lorenzo Leather Market is the place for you. They have everything from jackets to scarves. While there you can practice your bartering with the Italian merchants

to try and save yourself a couple Euros!

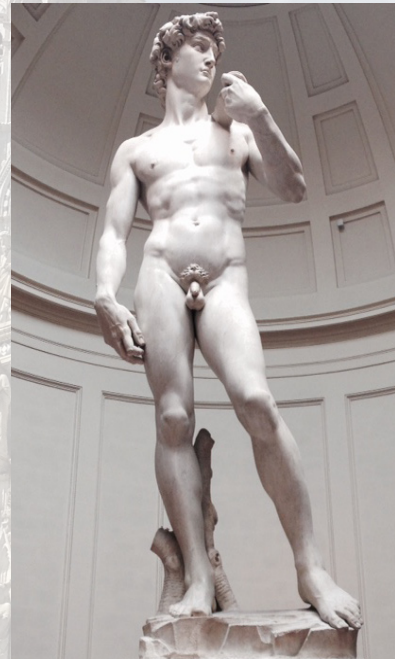
THE DUOMO (CAMPANILE)

One of the buildings that dominate the skyline of Florence is the Duomo di Santa Maria del Fiore (Cathedral of Saint Mary of the Flower). The Cathedrals accompanying bell tower, the Campanile, sits directly next to the Cathedral. This tower is a daunting climb of 414 steps, but the reward at the top is a truly breathtaking view of the city that is hard to attain from anywhere else.



UFFIZI

One of the principal galleries in Florence is the Uffizi. Works of art from Botticelli to Michelangelo are on display inside. This gallery offers some of the most visually stunning masterpiece found anywhere in the world, everything from Greek mythology to Christian artwork. One of the best things we did was purchasing our tickets in advance so that we could skip the long lines and sweltering heat on the hot days. Buying the advance tickets was an extreme life saver that I would recommend to any students venturing to big cities with museums or attractions.



TUSCANY

The famed wine region of Tuscany produces some of the best grapes and olives from anywhere in the world. The region is littered with vineyards ranging from small mom and pop shops to huge multi-hundred acre properties. Many of the local vineyards hold tours that often include a multi-course meal paired with their wines. When we did our wine tour we had a hilarious host named Giovanni, who cracked jokes and told stories the entire time. While my group was there we were able to sample five wines that were all made on site with their own grapes. The wines were all paired with the meals, we were also treated to pasta with truffle oil. The truffle oil on the pasta fueled an explosion of flavor and blew my mind! Food around the Tuscan region is not to be missed!



4 Things to Do in Vatican City

By Nick Jackson; Kansas State University

Located in the heart of Rome, Vatican City is actually its own sovereign nation. It is the smallest country in the world at only .44 square kilometers with a population of under 1000. Also called the Holy See, the Vatican is the seat of the Catholic religion and the home of the Pope since the 14th century. Here are your four Vatican must-do's.



CLIMB TO THE TOP OF ST. PETER'S BASILICA

The view from atop St. Peter's Basilica is well worth the climb and the five Euros spent to get there. It offers a great view of the square below and you can see the entire city spread out before you. I spent almost half an hour atop the basilica, enjoying one of the most striking vistas I had ever experienced. Looking out over the city and seeing monuments like the Coliseum in the distance was incredible, to think that man could build something so beautiful that has lasted for thousands of years.

VISIT THE VATICAN MUSEUM AND THE SISTINE CHAPEL

The Vatican Museum is the largest museum complex in the world with over 1,400 rooms. The complex includes the art galleries with pieces dating back over 3,000 years, the Sistine Chapel, and parts of the papal palace. There is an astonishing amount of art, including a room of works by Raphael. The trek through the museum ends at the Sistine Chapel. The Sistine Chapel was built from 1473 to 1481 as both the pope's private chapel and the venue for the election of the new pope by the cardinals. Michelangelo painted the famous ceiling frescoes, with the central scenes depicting the creation story and the story of Noah. Biblical scenes on the walls were created by several famous artists including Perugino and Botticelli. One member of our group found out the hard way that pictures at the Chapel are not allowed.



LISTEN TO THE POPE IN ST. PETER'S SQUARE

Except on special occasions when the pope is not at the Vatican, the Pope addresses the crowd in St. Peter's Square every Wednesday and Sunday at noon. He can be seen in one of the windows of the pope's residence, the Apostolic Apartments. It was certainly surreal for our group to stand in the middle of the massive square and see it filled with people waiting for the pope to speak and give them a blessing.

GO TO MASS AT ST. PETER'S BASILICA.

St. Peter's Basilica is built on the site of a church covering St. Peter's tomb. St. Peter himself was the first pope. The basilica is the most famous church in the world. Entrance to the church is free but visitors must be properly dressed, with no bare knees or shoulders. Saint Peter's Basilica is free to enter and open daily to the public. Masses, said in Italian, are held all day on Sundays and at certain other times during the week. Regardless of your religious views, attending mass in St. Peter's Basilica is a must for visitors to the Vatican. The best part of my experience at the basilica was simply being able to attend the mass and receive Communion from a cardinal. Doing that in the basilica which houses the leaders of a religion that has helped to shape the course of history for over 2,000 years was a truly powerful experience.

Perks of Paderno

BY ZACH BAILEY; KANSAS STATE UNIVERSITY

When many people think of Italy, they think of the big tourist sites the canals of Venice, the Coliseum and the Vatican in Rome, shopping in Milan, picturesque Cinque Terre, the David in Florence, the Leaning Tower of Pisa, or the historic Pompei. Although these sites are incredible and worth traveling to on the weekends, I feel the need to share some must-dos in the small town of Paderno del Grappa, the town in which CIMBA resides.

CIMBA Italy is hosted on the campus of Istituto Filippin, and its primary function serves as an Italian Catholic boarding school. Luckily for us, we get full use of their facilities, and they have some perks in their own right. First and foremost, this summer 217 undergraduate students are in the summer program and it is a five minute walk from one end of campus to the other. A lot of people plus a small space equals getting close with a bunch of strangers for 4 weeks. I do not want to disregard my experiences with traveling, but the best part of my trip has been getting to know my fellow Cimbians. Chilling and drinking a €1 cup of coffee at the Sports Cafe, with people from all over the United States, particularly the midwest, has been so much fun. Hearing how different and similarly we live our lives back stateside has given me as much of an international perspective as learning about Italian culture. I quickly learned that chatting with the people I was with was much more gratifying than just being on my phone. However, if coffee is not your thing, there are basketball and tennis courts, soccer fields, a track, indoor lap pool, gym, and my personal favorites, a ping pong and foosball table. Waiting for a bus to go on a field trip or

in between classes, the Hawk Room always seems

to be home to a good vibe. The campus is small, but with so many people around, it's almost hard to feel alone.

Want to get away? There are some neat places nearby that really capture the atmosphere of small town Italy. Crespano, a 20 minute walk from campus, has some cool cafes and excellent gelato. There is also a pizza delivery place there called Pizza Billy and it is only €7.50 for a pizza and delivery fee! Perfect for a late night snack. Also, every Sunday morning there is an open air market that sells fresh fruit and it is definitely worth a visit. The other place to check out is Gaetanos Gelato Shop in Castelluccio. I do not normally like chocolate gelato, but their dark chocolate is the bomb! If you are looking for something a bit more exciting, CIMBA Italy is located near the base of Mount Grappa, or the entrance to the Alps, only a short taxi ride away from the start to the hike to the top. There are also day trips that CIMBA organizes to nearby towns like Asolo, Cittadella, Bassano, and Marostica, to get a feel for other Italian small towns. So overall, there is plenty to keep yourself busy with in Paderno, you just have to explore a little bit!



Italy Location

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