

Wellness & Writing Retreats

BY JULIE COLVIN

DETAILS FOR NERANO, ITALY RETREAT

WELLNESS & WRITING TEAM:

[Julie Colvin](#) – W&W Retreat Creator & Facilitator – Author - Book Project Coach & Editor

[Lisa Fugard](#) - Author & Freelance Editor - Writing Coach

[Gary Finnan](#) – Author - Creativity Mentor & Consultant

DESTINATION AIRPORT:

Start/Finish City: Naples to Naples

[Naples, Italy \(NAP\)](#)

The nearest International airport to our destination is Naples Airport, also known as Capodichino Airport (IATA: NAP). It's well organized and connected to the center of the city by public transportation.

The plan is to each make our way to the historic city centre of Naples for Friday, September 18th, 2015. We will meet by 6:00 PM at our rendezvous point, the Hotel Correra.

RENDEZVOUS HOTEL IN NAPLES

[Hotel Correra 241](#)

Via Correra 241

80135 Napoli

Tel. +39.081.195.62.842

Fax +39.081.214.28.20

Email: info@correra.it

Rooms will be shared accommodation on our first night in Naples. If you require a private room, you will need to arrange that separately at your own expense.

Transportation From the Airport

If you're flying in, we will help to arrange a private transfer for you to the Hotel Correra. If you are coming by train or other means, please contact the [Hotel Correra 241](#) website for directions to the hotel.

ARRIVAL COMPLICATIONS

We don't expect any problems, and nor should you, but if for any reason you're unable to commence your trip as scheduled, please contact our starting point hotel as soon as possible and request that you speak to, or leave a message for; Julie Colvin Wellness & Writing. I will also provide my cell phone number closer to the date of departure so that all participants can text me upon their arrival in Naples.

WHAT DOES THE PRICE OF THE RETREAT INCLUDE?

- Accommodation for 7 nights. Our first night in at the Hotel Correra in Naples (shared accommodation) & 6 nights in our Retreat Villa in Nerano.
- Transfer from Hotel Correra to Villa in Nerano on Saturday Sept. 19th, 2015.
- Transfer from Nerano to Airport in Naples, morning of Friday Sept. 25th, 2015.
- 7 breakfasts, 5 lunches, & 6 dinners.
- 30 minute massage.
- Informative and uplifting Wellness & Writing workshops and evening group sessions with Lisa Fugard, Julie Colvin & Gary Finnan.
- Follow-up conference call with Lisa Fugard, Julie Colvin & Gary Finnan after Retreat.
- A total of three land excursions which will include:
 1. Visit to the ruins of Pompeii (an ancient Roman town that was destroyed by the eruption of Mount Vesuvius in 79 AD) as well as a visit to the majestic seaside city of Sorrento.
 2. Visit to local farms for the day to explore and taste Italy's finest lemons, olives, cheese, wine, Limoncello & pizza!
 3. Boat excursion to explore breathtaking Positano.

WHAT'S NOT INCLUDED IN THE PRICE OF THE RETREAT:

- 1.) International airfare & airport taxes (also applies to trans-border flights)
- 2.) Meals during excursions (Allow EUR100-150 for meals not included.)
- 3.) Incidentals
- 4.) Insurance
- 5.) Beverages (other than those stated in menu.)
- 6.) Room mini-bar selections are not included.
- 7.) Optional tours or admissions

I NOTICED THERE IS SHARED ACCOMMODATION?

Yes, sharing a room can be great fun. We often offer this more economical option, which fosters fabulous new friendships! If you choose to share a room, we will use the information you provide to us to match you with an ideal roommate.

ACCESS TO A PHONE?

A land line telephone is available in your room. However, we recommend setting up Skype on your computer as there is Wi-Fi available.

WHAT IF I HAVE SPECIAL DIETARY NEEDS?

We are very sensitive to dietary needs. We plan to do our best to create a peanut free Retreat, so please do not bring any peanut snacks with you as this is a high allergy food concern. Should you have allergies or sensitivities to food, or food preferences, please be sure to indicate these on your Retreat Registration Form. We will do our best to keep your favorite foods on hand and food options for those with allergies or sensitivities. Please keep in mind that this is a Wellness Retreat and healthy food options are our priority.

REMEMBER TO BRING:

- Your writing project
- Pad of paper
- Laptop (For information on bringing Electrical Devices to Italy, see our PDF for this.)
- Supportive shoes with good grip for hiking/walking.
- Comfortable & casual attire
- Personal toiletries (biodegradable)
- Light fleece top
- Light windproof/waterproof jacket
- Small towel and swimwear, sun hat, sun glasses & sun-block
- Personal clothing for mild to hot weather
- Watch or alarm clock
- Money belt
- First-aid kit (should contain lip salve, Advil, Band-Aids, antihistamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)
- A small daypack for day excursions

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- EURO cash
- Credit or debit card (be sure to inform your bank that you will be traveling to Italy so that they do not put a hold on your cards.)

LOCAL DRESS FYI

In Italy, shoulders and knees should be covered while visiting churches and cathedrals. Beachwear is not acceptable in towns.

RETREAT RESTRICTIONS:

This Retreat is Non-Smoking and peanut free. No exceptions.

LAUNDRY

There is washing available at our Retreat Villa.

VISAS

It is vital that you check for yourself and understand that you are fully responsible for your own passport requirements. All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum of 6 months validity).

SPENDING MONEY

Every traveler is different and therefore spending money requirements will vary. Some travelers may drink more than others while other travelers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping.

MONEY EXCHANGE

Italy is in the Eurozone and the unit of currency is the Euro.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Italy. Check with your bank. You should be aware when purchasing products or services on a credit card that a fee usually applies.

Also be sure to inform your bank/bank cards that you will be traveling to Italy so that they will allow transactions as you travel.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveler's checks and cards is best. Avoid relying on traveler's checks alone as these are cashed less often because travelers use them very little now.

As currency exchange rates can fluctuate please refer to the following website for daily exchange rates: www.xe.com

TRAVEL INSURANCE

Travel insurance is compulsory in order to participate on this trip. Please provide evidence of your travel insurance prior to departure.

When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

SAFETY TIPS

Travelers must exercise common sense and caution at all times.

There are often "Gypsies" in areas like airports and train stations.

Here are some tips I have found to keep you aware of your surroundings and your money!

10 Ways to protect your self from pickpockets: <http://www.lifeinitaly.com/10-ways-protect-yourself-pickpockets>

TIPPING

It is customary in Europe to leave a small tip for service providers, such as; waiters and drivers. If you are pleased with the service, the normal tip is 1- 2 Euros.

VACCINATIONS

Italy requires no vaccinations for entry according to IAMAT.

Likewise, no vaccinations are needed for re-entry from Italy into the U.S. or Canada.

It is still encouraged that all participants seek their physician's advice regarding necessary or advisable vaccinations, medical precautions, or other medical concerns regarding your trip to Europe.

Italy travel health advice:

<https://www.iamat.org/country/Italy/risk/routine-immunizations?CFID=3491697&CFTOKEN=25fe996e969dc3af-F78C09C2-A918-C202-FA3DD06578DEB89E&jsessionid=230B1392BF75E890E1C72C14C9BAA0C4.cfusion>