

10 Practical matters

This is an important section. **Make sure your family has copies of the contact information given on p. 1 above and in this section.**

Safety: This is our top priority. If at any time anything that's going on makes you feel uncomfortable or in danger, tell the director or one of the assistant directors **immediately**. If any of them give you instructions that they say are relevant to your or someone else's safety, you **must** follow these instructions. If your actions are endangering yourself or anyone else (whether they're members of the Stanford team or not) we reserve the right to remove you from the team and send you back to the US.

Salemi is a quiet town and very safe. Nearly everyone is friendly, and we have some very important friends in town. We've had no serious incidents so far, although sometimes groups of male teenagers may pay female students more attention than they want. So long as everyone behaves in appropriate ways, we should continue to have a safe and friendly environment. **But if a member of the excavation staff tells you that your behavior is inappropriate, you must follow their advice.** If you don't, you'll be sent home immediately, for your own safety and everyone else's.

Behavior: You may be surprised at how similar Sicily seems to the US, but remember that even though it has internet hook-ups and supermarkets, it's still a foreign country. In the course Classics 150/250/Arch 113 we'll talk about some of the do's and don't's of being in Sicily. If you behave in inappropriate ways you may create unacceptable situations for yourself or for other people, and we reserve the right to remove you from the team and send you back to the US. In particular, if you have any involvement at all with illegal substances, or fail to report the use of illegal substances by any member of the team or by anyone else on site or at the dig house, you'll be sent home **immediately**.

Emergencies: For police, ambulance, or fire engines, dial 113.

For minor problems/injuries, there are first aid kits at the dig house and on site. Brien Garnand will give instructions about these at the start of the season.

If someone gets injured more seriously at the dig house, take them to the emergency room at the Salemi hospital: turn right out of the dig house's driveway, as if you were going to Monte Polizzo, but instead of taking the left fork in the road toward the site, carry on curving down the hill to the right on the main road. The hospital's on the left, and has a red cross outside. Try to take someone with you who speaks Italian, since the doctors generally don't speak much English. You may be asked to pay in advance for services. If none of the assistant directors or the director are at the dig house when the incident happens, you must **call one of us as soon as possible**. If there's a serious injury on site, we'll drive you to the hospital.

There's nothing funny about getting injured on an excavation; please don't make practical jokes about it.

Finally, we strongly advise that you buy health insurance that covers the cost of emergency evacuation to the mainland, other countries, or back to the US.

The nearest US consulate is in Palermo at Via Vaccarini 1. Tel 0-11-39 091 305 857; fax 0-11-39 091 625 6026.

Health: Bring any prescription medicines with you, but first check with the Italian consulate in San Francisco that your drugs are also legal in Italy. Make sure to bring enough with you for the whole season, and to bring a copy of the prescription in case you're stopped at customs or by police. Make sure you have health insurance, and check with the Italian Consulate on what kind of inoculations they recommend. There are a couple of pharmacies in town, which have all the basic, and give very helpful advices. The Salemi hospital doesn't have a pharmacy, but Mr. Baldassare Terranova can help us get medical supplies and pharmaceuticals. Doctors and hospitals usually expect cash payment at the time of service from non-Italian citizens.

The water in Salemi is perfectly drinkable, though we have no idea what kind of treatment it gets. A lot of people prefer bottled water. So far we've very few cases of stomach trouble, but we strongly recommend that you don't share water bottles with other people, because this is the fastest way to spread stomach bugs.

Sun: Sunstroke is more of a problem. You can get sunblock and sunscreen in Salemi, but if there are particular brands that you prefer it's probably good to take some with you to be safe. Heatstroke and sunstroke can be serious problems, so **drink lots of water**. Always carry plenty of water up to the site each day: for most people, that should mean two 1.5 liter bottles. It's up to you to make sure that you have enough water and to drink regularly. The first symptom of sunstroke is usually a headache. Drinking water usually clears it up. If you start feeling dizzy, dehydration is setting in. Sit in the shade and drink plenty of water, or, better still, Gatorade. If the symptoms persist, you need to see a doctor. Heatstroke and sunstroke can kill.

Bugs: There are mosquitoes. If you're very sensitive, you might want to take a mosquito net. You can get mosquito repellent in Salemi, but if you want all-natural repellents you should take them with you. You can also buy electric fans in Salemi, and these help keep the mosquitoes off.

Travel: **Make sure your passport is valid**; check the expiration date. Make a xerox of the important pages in case of loss, and carry it separately. Keep all tickets safe, and keep xeroxes of these too. Check that your health insurance will cover you in Sicily.

Let Brien Garnand know as soon as you've made your travel arrangements, so we can organize meetings at the Palermo airport. Be warned—many flights run late. Allow plenty of time for connections. Also bags coming in from Rome and Milan often miss the connection. They're getting a lot better about this, and each year more bags make it first time, but be warned: it may be a couple of days before your bags reach you (though no one has yet lost anything). There have also been a few incidents of things being stolen out of checked luggage. So **if there's anything you really need, bring it in your hand luggage**. If you miss a connection, call Brien Garnand as quickly as possible so that we don't send drivers on unnecessary trips to the airport (a 40-minute drive each way). As soon as you have a new arrival time, call again. If you arrive in Palermo and no one's there to meet you, call one of us right away. Make sure to **bring the dig handbook with you** so you have the phone numbers. If we lose you and don't hear anything we will immediately contact your family. This will make them very sad if it's the middle of the night—so bring the contact information with you.

Phones: US cell phones don't normally work in Europe, but there are cheap cell phones on sale everywhere. You buy time in advance at any TIM outlet. There are also pay phones, mostly taking phone cards. You can buy a card (*carta telefonica*) at any *tabacchi* (little stores selling cigarettes, candy, newspapers, and, of course, phone cards). You have to snap the corner off the phone card before sticking it in the slot in the phone. No one knows why—that's just how it works.

Arrival: You fly into Palermo (the airport has two names: the old name is Punta Raisi, and the new one is Falcone-Borsellino). Many flights are delayed. If there's a problem, call one of us right away. You'll be met at the airport and brought by car to the dig house in Salemi. Be prepared to have your checked baggage arrive a day or two after you do: bring your toiletries and at least a change of underwear in your carry-on bag.

Your checked bags are supposed to come into the special room at Palermo airport for international arrivals, so walk past the main luggage carousel toward the exit to the main terminal. Just before you get to the sliding doors you'll see a glass door on your left, which is the room for international luggage. Occasionally your bag will be put on the regular luggage carousel, but normally it ends up in here. Go into this room and look for your bag. If you still can't find it, go to the lost luggage office and give them Brien Garnand's cell phone number (make sure you have this dig handbook in your carry-on luggage). Make sure that the people understand that they're to phone when your bag arrives, rather than try to deliver it in Salemi. When you check your bags at the airport in the US, write Brien Garnand's cell phone number on the tags, so that if it goes astray in Milan or Rome we should still hear about it. You might also want to insure your bags.

Money: Remember that the project doesn't cover spending money. Weekend trips can get expensive. For most people, €70-80 per week is plenty, though if you go on a lot of trips, you can spend way more. At the moment, a Euro is worth about \$1.20 US.

If there's an emergency it's very bad to be stuck without money. It's usually easiest to bring your bank card and use an ATM, so long as it has a 4-digit PIN code. 5-digit codes won't work in Europe. There are plenty of ATMs which should take your bank card or a credit card, including half a dozen in Salemi, but some ATMs are only accessible during regular banking hours. **Don't bring Travelers' Checks**; no banks, hotels, or stores in Sicily will honor them. Nor even the American Express office in Palermo can change them for you.

You can also change cash at Palermo airport unless you arrive late at night, and at some of the banks in Salemi, though they're not very keen on doing this.

Clothes: Conventional digging attire is shorts, T-shirts, sneakers or sandals, and often a hat. Some people prefer long pants and long sleeves, particularly if they're sensitive to the sun. Heavy work boots aren't normally necessary, though there's a small risk of injury to your feet. Sometimes it's cold on site, and a sweatshirt can come in handy. Once in a while it even rains, though that's unusual.

Be ready to get very dirty. Bring *sturdy* footwear. Many people wear gloves; digging is hard on the hands. Expect blisters, cuts, and sometimes minor wrist strains. If you get anything more serious than this, let us know right away. A small backpack to carry water and food is essential. The weather in Sicily is quite like California, and it can get very hot indeed in the summer. It can cool off in the evenings, though, so bring sweaters, sweatshirts, jeans, etc. Also swimming gear. Bear in mind that you'll either be washing your own laundry or paying quite high prices to have it cleaned for you (there's no self-service laundromat in Salemi). If you wash your own clothes, bring plenty.

Unlike some places in the Mediterranean, people in Salemi aren't particularly puritanical about how you dress (though Salemi isn't Times Square either). However, the younger folks in Salemi take great pride in their appearance, so if you plan to be in town much, you might want to bring something a bit smarter than your digging outfits.

Books, music: Bring what you need. There's not much to buy in Salemi. Some of the cars will have CD players. Not even Palermo airport has much English-language reading material, though there is some available there, in the departures lounge on the third floor.

Language: Not many people in western Sicily speak English. Take a phrase book and dictionary.

Communication: There's no phone at the dig house, but there are public phones in town. Cell phones are very cheap in Europe, and there's a good phone store (TIM) in Salemi, so you may want to look into that. It makes a big difference. There's also a Punto Internet, so you can check e-mail. So far this has been very inexpensive. You can get regular mail sent to:

Ufficio Turistico
Piazza Libertà 9
91018 Salemi
Trapani
Sicilia
Italia

It can take a while for the mail to work its way through to the dig house, but so far as I know no one's had anything lost.

General good sense: There can be petty theft in Italy, and the dig house is not very secure. So be careful. And generally, remember that:

- This is a professional field expedition, not a vacation. We expect professional standards of behavior, and anyone who doesn't meet these standards will be sent home.
- Archaeological work is physically demanding. Monte Polizzo is a hill, and everything has to be carried to the top. Sicily can get very hot, and you'll be working outdoors for extended periods (be aware of the dangers of dehydration and heat/sunstroke). Never go to the site without adequate water.
- While excavation isn't an Olympic sport, it's important to be aware of your limits. Let us know if you're having any difficulties.
- No use of intoxicants on site. This kind of activity is a serious hazard to everyone, and won't be tolerated.
- The dig house is not a hotel. Conditions are good but basic, and you'll need to take your turn helping to maintain the facilities. This can involve some unpleasant duties, such as toilet-cleaning, but the alternatives are much worse. No one will be amused if you don't do your share. It's also an insult to the people of

Salemi, who've provided our facilities at their own expense, if you treat them disrespectfully. If we fail to maintain the dig house, we may be asked to leave.

- You'll be working in close quarters with people you don't know well, from all around the world. So show some consideration for other people's privacy and feelings. The Project Manager will help you work out the logistics of this. He's the final authority on dig house matters.
- We'll cover travel, accommodation, and subsistence for Stanford students, but you need to supply your own spending money.
- You **MUST** have health insurance and a valid passport. US citizens don't need visas for Italy, but if you have any questions, get in touch with the Italian Consulate in San Francisco.
- **IMPORTANT: Do not bring anything illegal through Italian or US customs.** And do not use any illegal drugs or engage in any illegal activity at any time. For obvious reasons, the police in western Sicily are particularly vigilant about drugs. Last summer there was a major bust in Salemi. There are sniffer dogs and drug police at all airports and sea ports, and at most train and bus stations. There are also many undercover drug police, so don't even think about buying, selling, or using illegal substances. **If you break the law you're on your own.** If you have any connection whatsoever with illegal substances we'll put you on the next plane back to the US if we find out about it before the police do. This is for your own safety and for that of everyone on the project.
- Alcohol is more easily available in Sicily than in the US, and there doesn't seem to be a concept of drinking under age. But Italians rarely get drunk, and won't be impressed if you drink more than you can handle. Neither will we. If you abuse alcohol you'll be asked to leave, just as with any other drug.
- Your participation is entirely at your own risk.

Useful phone numbers:

Ian Morris	333-324 5369
Brien Garnand	333-676 1620
Trinity Jackman	333-361 3151
Emma Blake	339-824 8921
Bengt Westergaard	333-440 4214
Chris Sevara	339-224-2282