



PORT MUSEUM OF TRICASE



Ministero degli Affari Esteri
e della Cooperazione Internazionale

with the technical support of



Food and Agriculture
Organization of the
United Nations



General Fisheries
Commission for
the Mediterranean



CIHEAM BARI
SEDE TRICASE

GUIDE & USEFUL INFORMATION

Sustainable Development of Coastal Communities

COURSE

This guide will help you make the most of
the time you spend with us and will give
you useful information for your stay.





**WELCOME to CIHEAM Bari
TRICASE OFFICE!**



Here you can find helpful information to make your trip as easy as possible.

POCKET MONEY

A daily pocket money is provided. This should cover personal expenses, dinner and Sunday meals, and any other extra activities. You will need additional money if you want to take weekend trips. Bring a small amount with you in cash and a debit or credit card. Make sure your bank allows international transactions. It is not advisable to carry large amounts of cash.

BANK ACCOUNT

Opening a bank account in Italy can be difficult. We recommend that you bring a debit card with you linked to your home bank account, or a pre-paid debit card for the duration of the course.

WEATHER

The climate in Southern Italy may be different from the one in your country. The temperature is 23° - 32°C in summer and 8° - 15°C in winter.

During the course period temperatures can range from 15°C (May) to 32°C (July).

ELECTRICITY

The voltage in Italy is 220 Volts and the frequency 50Hz; power sockets are three round pins in a row (L type) or Schuko (P40). We advise to buy a universal adaptor before you leave.

MOBILE PHONE

Ensure your phone is unlocked before you purchase a local SIM card; otherwise you will need to purchase a temporary mobile phone when you arrive. Consider that is easier to unlock your phone before you leave your country.

DOCUMENTS AND USEFUL TOOLS

Do not forget airplane ticket, passport and all other forms duly filled in.

Bring with you a laptop or a tablet, it will be necessary for online lectures.





Arriving at the airport in a foreign country can be overwhelming. To better prepare yourself, make sure you have read the information below about your arrival and how to get to your accommodation. If you get lost or confused upon arrival, do not be afraid to ask the airport staff for help.

TRANSFER from the AIRPORT

In-house drivers will pick you up from airports and take you to your accommodation (free of charge) in Tricase Porto (200 km south of Bari / 100 km south of Brindisi, on the Adriatic Sea).

Upon arrival, you will recognize our drivers from a board with CIHEAM Bari | TRICASE OFFICE logo.





ABOUT CIHEAM TRICASE

CIHEAM Bari | TRICASE OFFICE, located at Tricase Porto (LE), is a centre coordinating and animating a Mediterranean network of institutions, bodies, social and cultural organizations, communities and individual citizens engaged in the smart and sustainable growth of coastal territories.

DRESS CODE

During lessons you can wear casual clothes, but we suggest that you bring also formal clothes for special occasions or events, and comfortable clothes and shoes for field visits, sports and outdoor activities.

It is forbidden to wear unsuitable clothes and shoes in the common premises.

CLASS TIMETABLE

MORNING	
Class:	9:30 - 11:00
Break:	11:00 - 11:20
Class:	11:20 - 13:30
AFTERNOON	
Lunch break:	13:30 - 14:30
Class:	14:30 - 16:00 approximately





LOCAL INFORMATION

LOCATION: Tricase

Tricase extends between the last south-eastern slopes of the Serre Salentine. The territory falls within the Costa Otranto Regional Park - S. M. di Leuca and Bosco di Tricase. Tricase has a heritage rich in history and ancient links with the Levant, as evidenced by "the Byzantine Abbey of the Myth" which still stands out with its tower in the countryside of Tricase. The intertwining of different historical events and traditions make Tricase an urban unicum in the context of the Salento municipalities.

EXAMPLES OF NEARBY CITIES TO VISIT

LECCE

Travel time by train: 1.50 hours, price of round-trip tickets:
Euro 9.00

OTRANTO

Travel time by train: 1.25 hours, price of round-trip tickets:
Euro 7.00

TARANTO

Travel time by train: 4.5 hours, price of round-trip tickets:
Euro 24.00

GALLIPOLI

Travel time by train: 2.15 hours, price of round-trip tickets:
Euro 10.00

LIVING COSTS

(SAMPLE PRICES FOR ITEMS IN THIS CITY)

Bottle of water: Euro 1

Coffee: Euro 1

Can of Coke: Euro 2

Meal out per person: Euro 15–30

Takeaway pizza: Euro 8–12

Sandwich: Euro 3–5

Local bus ticket: Euro 1.5

Local train ticket: Euro 3–5

Cinema ticket: Euro 6–7

Cigarettes: Euro 5





TYPE OF ACCOMODATION:

Single rooms with private bathroom, common kitchen and common living room.

THINGS TRAINEES NEED TO BRING:

Personal items to make their room feel like home and medicines for ongoing therapies.

SERVICES INCLUDED:

Basic appliances and furniture, cooker, moka coffee maker, microwave, fridge, freezer, crockery, utensils, soap and detergents, hairdryer, bed linen twice a week and bath towels.

A vending machine with hot/cold drink and snacks is in the common living room

LAUNDRY FACILITIES:

Common washing machines and tumble dryers are available. An extra laundry service is offered twice a week.

ADDITIONAL FACILITIES:

Leisure area with table tennis, cards, table soccer and other indoor games.

Media room with a Smart TV 75"
Netflix unlimited
Wi-Fi Internet access.

TRANSPORTATION:

Every hour a private shuttle will be available from Tricase Porto to Tricase center.

Other trips will be possible by train or bus consulting the website:

<https://www.fseonline.it/>
<https://www.trenitalia.com/>

SECURITY:

At night the residence is monitored by surveillance service.

CIHEAM is not responsible for belongings that go missing in the residence.

ABOUT MEALS

BREAKFAST

Breakfast is usually a light meal with different choices consisting of cereal, yogurt, toast, eggs, jam, bread, juices, coffee, tea, local products. It is served in the residence from 7:30 am to 8:30 am.

LUNCH

A buffet lunch will be held at CIHEAM Office (Tricase Porto) from 1:00 pm to 2:30 pm.

DINNER

It will be your responsibility to provide dinner. You can use one of the affiliated local restaurants or buy the necessary from the local shops appropriately suggested.

Please let us know in advance about food intolerances and / or allergies or other special needs.

IMPORTANT NOTICE FOR YOU | In Italy smoking is prohibited in all closed places open to the public.





TYPE OF ACCOMODATION:

All rooms are equipped with single beds. Two of them could become doubles (if necessary, please inform us before the arrival date). Each bedroom has its own bathroom with shower, and is equipped with bed / bath linen, air conditioning and TV.

SERVICES INCLUDED:

- Basic appliances and furniture, soap and detergents, hairdryer, bed linen and bath towels.
- The residence has a small kitchen equipped with the necessary (dishes, glasses, cups, fridges, toasters, blender, microwave, etc.) to prepare lunch or dinner. The kitchen is in common use of all the guests of S. Luigi School.
- Breakfast is not served. Upon arrival, guests will find everything they need to prepare breakfast on their own. The fridge and pantry will be restocked daily, with cold / hot drinks and a variety of sweet and savoury products. In any case, guests can indicate in advance any special needs, allergies and/or food intolerances.
- The common areas and each bedroom are provided with an Internet connection.

EXTRA SERVICES:

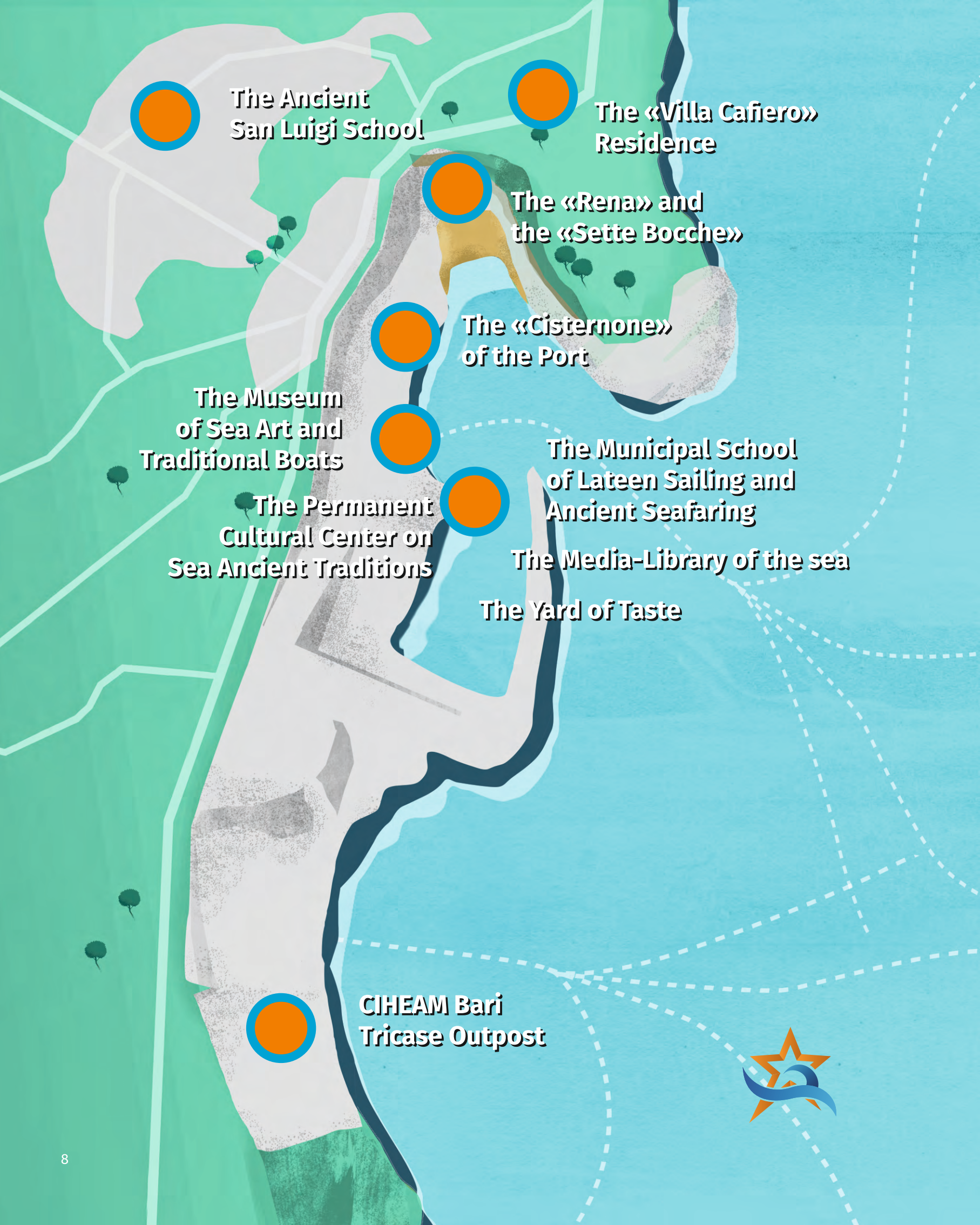
- A laundry service is available, upon request, at guests' charge.
- Shuttle service for guests without car. It is possible to organize a transfer service to Tricase center or to any other place they need to go. As this is not a private taxi service, we ask the guests to use it in compliance with the needs of others and to respect the established times.

SECURITY:

CIHEAM is not responsible for belongings that go missing in the residence.

IMPORTANT NOTICE FOR YOU | In Italy smoking is prohibited in all closed places open to the public.





**The Ancient
San Luigi School**



**The «Villa Cafiero»
Residence**



**The «Rena» and
the «Sette Bocche»**



**The «Cisternone»
of the Port**



**The Museum
of Sea Art and
Traditional Boats**



**The Municipal School
of Lateen Sailing and
Ancient Seafaring**



**The Permanent
Cultural Center on
Sea Ancient Traditions**

**The Media-Library of the sea
The Yard of Taste**



**CIHEAM Bari
Tricase Outpost**





CIHEAM Bari | TRICASE OFFICE is synergistically integrated within the Port Museum of Tricase, a cultural institution founded thanks to the collaboration between CIHEAM Bari, the Municipality of Tricase, the Magna Grecia Mare Association and the Regional Natural Park “Otranto - Leuca” and recognized as good international practice.

The Porto Museum represents a sustainable, welcoming and inclusive microcosm, where cultural diversity and the exchange of experiences favor the creation of meaningful connections, the sharing of ideas and growth prospects and the creation of aware and resilient communities. Within the widespread campus of CIHEAM Bari | TRICASE OFFICE it is possible to practice cultural and experiential activities conducted in collaboration with local associations and experts. The services are created in collaboration with:

The Permanent Cultural Center on Ancient Seafaring Traditions, a place of research, collection and deepening of knowledge linked to the traditions of the sea and of the coastal populations.

The Yard of Taste, a center dedicated to research, experimentation, training and proposal of ancient and traditional recipes, a place to discover the international gastronomic contaminations typical of a sea port.

The Municipal School of Lateen Sailing and Ancient Seafaring, a school of active training, of sea practice, of ancient navigation techniques, of seafaring art.

The Museum of Sea Art and Traditional Boats, an evocative house-museum and a small fleet of traditional, restored and perfectly sailing boats.

The Rena and the Sette Bocche, the historic landing place of Tricase, with what remains of the landing beach and the natural and man-made caves.

The Port Cistern, a huge cistern built at the beginning of the 20th century to collect both groundwater and rainwater, it is now a new entrance to the Port.

The Food4Health Community Laboratory, is an innovative hub to support local agricultural and fishing businesses. It is a center for the redevelopment of under-valued production chains and the incubation of new businesses.

The Regional Hub for the Dissemination of Traditional Maritime Culture, Crafts and Products, a centre for the dissemination of seafaring arts, traditional naval carpentry and a centre for the valorisation and promotion of seafood products, especially those linked to small-scale coastal fishing.





CIHEAM BARI
SEDE TRICASE

GUIDE & USEFUL INFORMATION

Sustainable Development of Coastal Communities course

Località La Rotonda | Lungomare C. Colombo, s.n.c.
73030 Tricase Porto (Lecce), ITALY
+39 080 4606469 | iamb.it | portomuseotricase.org



Ministero degli Affari Esteri
e della Cooperazione Internazionale

with the technical support of



Food and Agriculture
Organization of the
United Nations



General Fisheries
Commission for
the Mediterranean

VENUE:

CIHEAM Bari | TRICASE OFFICE - Lungomare Cristoforo Colombo, 73030 Tricase Porto LECCE

CONTACT PERSONS:

Ms. Olimpia Antonelli (*Education Office*) +39 329 807 5553
Mr. Massimo Zuccaro (*Course Coordinator*) +39 347 762 6900
Mr. Orazio Albano (*Course Tutor*) +39 331 737 5026
Mr. Gianfranco Cataldi (*CIHEAM Tricase Delegate*) +39 333 688 5000
Ms. Emanuela De Iaco Russo (*Hospitality and Logistics*) +39 328 705 4757
Mr. Carlo Martella (*Logistic and Mobility*) +39 339 889 0947