

MALTA & ITALY 2018



Rome

Sunday 2nd September to Saturday 22nd September 2018

NEWSLETTER 02 MAY 2018

Dear All

Welcome to the second newsletter for those going or thinking of going on the Malta and Italy pilgrimage. This newsletter has an Italy focus.

At the moment there is a small group who have paid their deposit and we know of a few who are considering coming and we encourage them to pay their deposit as soon as possible please so we know what numbers we have... We ideally need at least another 4-6 to come so tell your friends about this special trip—if you want additional brochures and welcoming letters— please let us know and we will send them out to you or see <http://essendonanglican.org.au/christ-church-essendon/stop-press-new/> Coming at this time of printing (May 2018) are John & Carolyn Mathes, Alan & Cheryl Ford, Margaret & George Elsey, Chris & Bruce Angus. Sue Hurren, Katherine Ellis, Christopher Heathcote, Ron Johnson & Katherine Ogden

Important Dates for your diary

Monday 4th June 2018— Final payment is due—Last day for anyone coming...

Saturday 4th August 2018 - Pre-trip gathering so that we can all get-to-know each other before we travel – more details coming...

ITALY

Italy is easy to recognize on any world map, as the country is shaped like a high-heeled boot in the Mediterranean Sea. Italy has more than 7,600km (4,722miles) of coast line as the peninsula is located for a large part in the Mediterranean sea. Italy has two bigger islands Sicily and Sardegna and many smaller ones such as Capri, Elba and Ischia. In the North, the mountain range of the Alps separates Italy from the other European countries France, Switzerland, Austria and Slovenia. Italy has many hills and mountains and the highest mountain of Italy can be found in the Italian Alps which are the mountain range in Italy's north. It is the Monte Bianco, better known as Mont Blanc, which is 4,807m or 15,776ft. There are many long and deep lakes in the North of Italy, befor the country flattens in the Po Valley. The river Po is Italy's longest river. The Apennines are another big mountain range which go all along the boot and separate the East and the West of the country. And in Italy, there are volcanos! Italians love sports. Cycling, Skiing, Soccer and Motor Racing are just some of the sports Italians have very strong interest in.

MONEY

The official currency of Italy is the Euro. Australian Dollars can easily be exchanged at banks and foreign exchange bureaus. Whilst it is possible to use VISA cards and travel cards be aware that euros in the form of cash is the main currency. Some travel cards will not work in many ATMs.



ELECTRICITY

When in Italy—if you want to charge batteries, ipads, camera etc you need to make sure you have the right adapter. Electricity in Italy conforms to the European standard of **220V to 230V**, with a frequency of 50Hz.. Wall outlets typically accommodate plugs with two round pins



ENGLISH & ITALIAN

Basic Italian words to remember—

Hello:	Ciao (informal); Salve (formal)
Goodbye:	Ciao (informal); Arrivederci (formal)
Good morning:	Buongiorno
Good evening:	Buonasera
Goodnight:	Buonanotte (use this when you're going to bed)
Please:	Per favore; per piacere
Thank you:	Grazie
You're welcome:	Prego; Di niente
Good:	Buono (masculine); Buona (feminine)
Yes:	Sì
No:	No
How much?:	Quanto?
Common Italian phrases	
I love you:	Ti amo (romantic); Ti voglio bene (family, friends)
How are you?:	Come sta?
How's it going?:	Come va?
I don't know:	Non lo so
All's well:	Tutto bene
I'm sorry:	Mi dispiace
OK:	Va bene
Excuse me:	Mi scusi
Excuse me (passing through a crowd):	Permesso

FOOD IN ITALY**Pasta:** eaten daily**Pizza:** probably the most famous Italian dish, it was invented in Napoli/Naples around 1860**Calzone:** folded up pizza bread filled with tomatoes, ham, cheese and all kinds of filling**Pesto:** thick green sauce with olives, herbs and olive oil, pine kernels and parmigiano cheese. Healthy and mmmmh!**Gelato:** ice-cream is an Italian invention**Lasagna:** layered pasta dish with tomato, mozzarella cheese and mince meat filling.**Mozzarella:** Italian cheese balls, originally made from buffalo milk. Did you know that Italians eat spaghetti only with a fork not spoon. Yes—Coffee is big in the mornings in Italy but not in the evening.**ITALY'S FLAG**

Flag: The flag of Italy is a vertical tricolor of green, white, and red. Italian national flag was inspired by the French flag, which was brought there in 1796 when Napoleon attacked Italy. It differs from the French flag only by the left stripe that has green colour, not blue. The colors represent these virtues: hope (green), faith (white), and charity (red).

The flag in its current form was adopted in 1946

WEATHER IN ITALY IN SEPTEMBER

On average, September is sunny, warm and dry in Italy, although the temperatures during this month aren't usually as hot as they are in July and August. At this time of year, the average temperature starts off at 25.5°C at the beginning of the month and gradually drops to 23°C during the final few days.

INTERESTING FACTS ABOUT ITALY**Population:** 61.6 million people live in Italy (2016)**Capital:** Roma (Rome),**Language:** Italian as well as German, French**Religion:** mainly Christians (Roman Catholics 90%)**Currency:** 1 Euro=100 cents, before 2001 Italian Lira

History: The country has a long history, as Rome its capital city today was founded in 753BC. After the Roman Empire broke down in 395AD, there were many separate kingdoms and city states. However, Italy became one nation only in 1861 and since then includes the islands of Sicily and Sardegna. It was a kingdom until 1946 after the second World War, where Italy sided with the German Nazis. Italy is founding member of the European Union (EU) and the NATO.

The family is very important for Italians, where there are still many big families including grandparents, parents and children in the household.

Italians love their food

Italians are famous for their inventions and discoveries. The Italian explorers Christopher Columbus and Amerigo Vespucci discovered the Americas while Marco Polo explored the East. Leonardo da Vinci was a scientist and artist who was the first to prove the world is round and not flat and Alessandro Volta, was the pioneer who did studies in electricity, hence the name 'Volt' describing a unit of electricity. Did you know that Italians also invented the piano and the thermometer?

In the South of Italy you will find Italy's three active volcanoes: Vesuvius near Naples, Etna on Sicily and Stromboli off the Coast of Italy. Did you know that Italy surrounds two of the world's smallest countries? These are San Marino in Northern Italy, the oldest republic in the world and Vatican City in Rome, the smallest country in the world. Vatican City is led by the Pope and is the headquarters of the Roman Catholic Church

Most Italians eat pasta at least once a day. But that doesn't mean they eat the same thing every day! There so many ways to eat pasta, with a variety of different toppings and sauces, that they never get bored

Italy is home to the largest number of UNESCO World Heritage Sites with 50.

Italy is the largest producer of wine in the world.

In Venice, Italy, all gondolas are required to be painted in black by law. A man can be arrested in Italy for wearing a skirt in public.

About 3,000 Euros are thrown into the Trevi fountain, in Italy, each day.

QUESTIONS

Fr John and Carolyn are happy to talk with you and to answer questions or concerns at any time.

Feel free also to talk to Christine at Inner Faith Tours especially if you want to travel onto Europe after our tour or to discuss travel insurance etc.

We are looking forward to travelling with you on this once in a life time adventure.

Please feel free to talk to us about this pilgrimage....

Yours in Christ

John & Carolyn

Fr. John and Carolyn Mathes

Fr John: 0417 407 768 fjmessendon@bigpond.com

Carolyn: 0408 178 010 redshoes13@live.com.au