

THE ANCIENT MEDITERRANEAN WORLD 2017

Student Handbook



for
ANAR 135s: Ancient Mediterranean World
A UCSD Summer Session and
Department of Anthropology Study Abroad Course
Professor Geoffrey E. Braswell
Department of Anthropology, UCSD
9500 Gilman Drive, M.C. 0532
La Jolla, CA 92093-0532
gbraswel@ucsd.edu

Introduction

Welcome to ANAR 135S, Study Abroad: The Ancient Mediterranean World! This rather ungainly title describes a UCSD Anthropology course offered during Summer Session 2017. The course consists of a 16-day long trip to Malta, Sicily, and southern Italy during which we will visit 30 sites and 10 museums highlighting the ancient civilizations of the Mediterranean.

The goals of the course are:

1. To teach students about the history, art, and architecture of southern Europe within their actual context;
2. To provide an experiential approach to learning that is not possible in the classroom;
3. To introduce students to different cultures by interacting with living people;
4. To provide a short, highly intensive course within the structure of UCSD Summer School that does not interfere with the Summer employment needs of students; and
5. To provide an Education Abroad experience that is less expensive and open to students who have program needs that require their presence on campus during the school year.

What you are now reading is a Student Handbook designed to answer some of your questions about the course, what we will be doing, where we will be going, how you should get to Mexico, what you should bring, and what my expectations will be as a professor.

Course Outline

ANAR 135S is a Study Abroad course that will be held in Malta and Italy from 24 August to 8 September, 2017. During this time, you will learn about the history, art, and architecture of the ancient Mediterranean world by visiting cities, tombs, temples, houses, and palaces built by early Neolithic peoples, Phoenicians, Greeks, Carthaginians, Romans, and also by Arabs, Normans, and Italians. We also will tour museums that house important collections of art and other artifacts produced by these cultures. Finally, we will climb Mt. Etna, an active volcano, visit a cave in Malta with early human and extinct animal remains, and even visit one of the most beautiful beaches and coastlines in the world. If you have studied ancient Europe, this travel course will greatly help you in understanding and contextualizing the lectures you have already heard. The ancient world will come alive for you in a way that is impossible within the classroom. If you have not studied ancient Europe, don't panic! By the end of this course, you should learn the fundamentals of the history and archaeology of the region and develop a strong appreciation for the accomplishments of these cultures.

A complete Trip Itinerary is available through the Department of Anthropology website. The itinerary mentions the sites and museums that we will visit each day. In this section of the Student Handbook, I discuss such things as our typical daily schedule, the book(s) you should bring and read, and my expectations from you as students.

Daily Schedule: Room, Board, and Activities

Accommodations. While in Malta and Italy, we will sleep in hotels. We will not be camping. The hotels are included in your course fees. They will not be fancy places, but they certainly will not be dirty flea-bags. According to the Maltese and Italian they are all three-star hotels. You can expect bathrooms with running hot/cold water, fresh sheets, and generally well-kept and clean rooms. Some hotels will have televisions (remember: Italian t.v. is in Italian!). In all places, you will share a room with at least one other student, and sometimes you may sleep four to a room. Before we leave, you will be provided with a list of the names and phone numbers of all the hotels so your family will know where you are. You should bring a copy of this with you (and have it on your person at all times) and should also leave a copy with your parents, in case there is an emergency at home and they need to contact you. One night, we sleep on an overnight ferry from Sicily to Naples. Expect to share a small berth with other students!

Typically we will wake up rather early. Most days will begin for us at 6 AM, and a few may begin an hour or so earlier. You will get used to me saying “Time to get in the van!” at an hour when many of us would rather be sleeping. An important note: since this is a course rather than a packaged tour offered by a company, you will be responsible for getting your bags to and from the van. Please do not expect me or our chauffeur to do it for you.

Our day of visiting sites will end when they close, typically at 5 or 6 PM. Some evenings, we may visit museums that are open until 7 or 8 PM. Many days we will leave an archaeological site, drive for an hour or two to a hotel, check in, and then eat dinner. Most days we will stay in the same hotel for multiple nights. On these occasions, you may leave your “night pack” (clothes, most toiletries, etc.) in the hotel. If you are concerned about safety issues, please talk to me or the course volunteer.

Transportation. During the day, we will drive from archaeological site to archaeological site in a hired van or bus. Most of your course fees will be applied to renting the private van, paying our chauffeur, and paying insurance.

The vehicle we will be driving will be clean, new, and well kept. It will have an air conditioner. Please understand that the driver is just that; he is not a tour guide. He may speak only limited English.

Archaeological Sites and Museums. Entrance to archaeological sites and museums is provided as part of your course fee. Some museums may have additional charges for the use of a camera, and flash is prohibited in all museums.

On the way to each site, I will present a general background lecture consisting of information that you should know. Some of the sites are only poorly understood (i.e., archaeological work has been limited to consolidation or reconstruction rather than scientific research, or very little has been published to date), and these formal lectures will be short. My style is very different from that of a “professional” guide. If I do not know something, I will tell you. We will not clap and listen to the echo!

We will tour each site as a loose group. Sometimes you may wish to go off with other students. This is all right, but I will ask you to stay within earshot. One reason is that I will talk about various features, buildings, and works of art that we will see; I do not want you to miss anything important. The size of our group is such that we often will be having conversations about what we see, rather than a more formal guided tour. I promise that I will not rush you by something interesting so that we finish quickly.

Perhaps the most important aspect about the course is this informal setting. You are encouraged—even required!—to ask questions and to participate in discussions about what we see. I very much doubt that you will have another chance as an undergraduate student to engage in so much one-to-one interaction with a professor. One of the goals of the course is to give you this sort of attention as a student.

Food and Beverages. Included in your course fees are breakfasts and lunches. The lunches will typically be “boxed lunches” that we are to take with us to the sites.

Please make sure that to bring water with you throughout the day. You should have some sort of container for carrying it, like a Nalgene bottle or small canteen. Most sites will sell soda pop and other beverages, as well as purified water. Most sites will also have bathrooms, although their quality will vary dramatically. Be prepared and bring your own paper.

You should bring enough pocket money with you at all times to buy snacks and drinks as you wish. In all the places we visit, the Euro will be the currency. You will be asked to purchase your beverages at meal times; some people seem to drink a lot more expensive beverages than others, and it is unfair to split the cost evenly. A word about alcohol—the drinking age is 18 in Europe. You will be expected to maintain civil behavior at all times, and drunkenness during the course hours of the day will not be tolerated. Please remember this is a university course and not a party. But I have never had this problem with a class, and I do not expect to this year!

We will share two dinners—on the first and last nights of the course—that are included as part of your course fees. The last night we will have a Farewell Dinner and also a Final Examine (do not worry, you will enjoy it). During most of the other nights of the course, you will be free to eat wherever you choose. In part, this is to give each of you a chance to experience Europe as you wish. It also is a chance to give each of us a little “down time” when we are not forced to be together in a big group. It will also allow some of us to save a little money by eating in inexpensive restaurants. Finally some of us may have dietary needs or requirements that are not easily met during the day. If you have to have your daily Big Mac, pizza, or tofu burger, this is the time to do so! You will need to bring enough money with you, therefore, to pay for 13 dinners. Please see the section on Money for more details.

A final word about food: *If you have special dietary needs or requirements, it may be difficult to meet them.* In particular, if you keep strictly Kosher or are a Vegan or have certain life-threatening food allergies, you will have to bring your own food for the entire trip. It is simply impossible to meet these requirements any other way. Please keep this mind when packing.

Grades and Expectations

This is a study abroad course, not a formal lecture-hall course. Moreover, simply by enrolling, each of you has expressed an interest that is far beyond that which is typical for an on-campus course. My expectations of you as a Study Abroad student are therefore quite different from my expectations of classroom students, and the final grades I assign reflect this difference in expectations.

I ask that you participate in discussions, ask questions, and talk. You will be assigned one text (see below), which I will ask you to read. Not all the chapters are relevant, but you should read the sections on Neolithic, Greek, Phoenician, Carthaginian, and Roman civilizations. There also will be an oral Final Examine delivered personally to you on the final night of the course. You should not fear this experience, but think about it as a way to recapture the things

you have seen and experienced during the course. Your final grade will be based on our conversations, your questions, and on this final exam.

Textbook and Other Books to Bring

There is one required textbook for this course. You should order it through whatever vendor you like. Please buy it and read it before we go, and then re-read it during the course. The textbook is:

Mathisen, Ralph

2014 *Ancient Mediterranean Civilizations*. 2nd Edition. Oxford University Press, Oxford.

Please make sure you have the current edition.

You also may wish to purchase a general guidebook to Malta, Sicily, or Italy. I like **Lonely Planet** and the **Rough Guide**. Guidebooks will help you decide where you want to eat and will help keep you oriented in the cities where we spend the night. Some people may want to bring a compact **Italian Dictionary** or phrase book.

It is really useful and enjoyable to know where you are and where you are going. To this end, you may wish to buy fold-up maps of Malta, Sicily, and southern Italy. If you do not find one at your local independent bookstore, you might want to wait until we get there. Lots of colorful options are available.

Finally, do not forget to bring a notebook and pen! You also may wish to keep a diary, journal, or trip log.

Planning for the Trip: Documents, Money, Climate, and What to Bring

Passports, Visas, and Tourist Cards

All students are required to have passports. If you are a U.S. citizen and do not have a passport, go to a major U.S. Post Office, bring your birth certificate (the original, not a photocopy), and fill out and mail the required forms. Be prepared to enclose payment, and make sure that you apply far enough ahead of time to get the passport back from the U.S. Passport Office. You should start this process now!

If you are not a U.S. citizen, you should check with the Maltese and Italian consulates to find out if you require a visa. Please get your visas before the trip begins! Both are European Union nations.

Money

The currency of Malta and Italy is the Euro. Currently, there are about 1.06 U.S. dollars to the Euro. Except in very touristy zones, you may find it difficult to spend U.S. dollars.

You should bring enough money for dinners, snacks, and souvenirs for your trip. The best way to bring money is to divide it between a relatively small amount of U.S. cash (no more than about \$200 U.S.) and a bank ATM card. Please do *not* bring travellers' checks!

ATMs: Your Friend in Europe. Perhaps the greatest change that has made travel easier for tourists is the installation of ATMs. The maximum you can withdraw in a day is about 500 Euros.

Credit Cards. Visa and Mastercard are accepted in most city shops and restaurants. Please keep in mind that some places in Europe will no longer accept cards without chips. If you plan on using a credit card, you should call your company ahead of time and notify them of your dates of travel. If not, the card may be automatically rejected when you try to use it.

Travelers' Checks: Don't Leave Home with Them! Travelers' checks are *not* recommended, and are largely a vestigial thing of the past like your appendix or tailbone. They can be cashed at exchange stations, some hotels, and banks. But you may get a bad rate of exchange and—particularly at a bank—you may have to stand in line for an hour. We will not be able to make special trips to banks in the middle of the day to change checks for you. If you still want to bring travelers' checks, just realize that you may not be able to cash them. Think of them as emergency backup.

The Big Question: How Much Should I Bring? The amount of money (cash, ATM cards, credit cards) you bring is up to you. One student I had brought only \$50 U.S. for two weeks and did not use it up. Another student brought \$500 and spent it all on souvenirs and tchatchkies during the first two days! Here are some tips that might help you plan.

Food. First, remember that you will be paying for 12 dinners, from 25 August until 6 September. If you want to “do the trip on the cheap,” I would set aside about \$20 for each night or a total of \$240. This should be sufficient to buy you a fairly large supper and beverage. If you are a big eater, bring twice as much. Keep in mind that food is cheap, but alcohol is not. A full meal might cost the same as two beers or a glass of wine. Also bring a sufficient amount of money for daily snacks and soda pop. I would guess that \$4/day is sufficient for snacks.

Souvenirs. Italy has a full range of touristic goodies from cheap, cheesy knickknacks to solid gold miniature copies of the coliseum. The important thing to do is to shop wisely. Do not spend your wad on the first ceremonial dagger you see. Do not be afraid to haggle if you are buying from a street vendor. In that context, haggling is expected. Finally, do not buy so much junk that it fills up the bus!

Souvenir buying is really a personal matter. You may be the sort who prefers to take pictures and buy a couple of postcards. You may need to buy something for everyone you know at home. As a very general estimate, I would say that unless you are buying silver or gold jewelry, \$100 should probably be enough.

Telephone Calls. Calling home is easy but can be expensive. *Be careful with your cell phone!* It may work in Europe, but you may be charged horrific international roving fees! Even text messages can be expensive, although less so. If you absolutely cannot live without your phone, call your company ahead of time to find out how much it will cost you. Consider getting a texting plan. Otherwise, each text could cost you a dollar.

WhatsApp. The chances are you already know about this application. WhatsApp is an internet texting service that is widely used across the world and is getting more popular in the USA. Ask your parents and friends to download it before you go. You will be able to call or text from anywhere in Europe we can access the internet.

Tip for the Driver. A final cost that I ask you to consider is a tip for our driver(s). In the general rate is about \$3 U.S. per person per day, or about \$45 U.S. for each of you. This is not mandatory, but I do ask you to consider it and please set it aside.

Geography and Climate of Malta, Sicily, and Southern Italy

The first five days of the course, we will be in Malta. Expect hot temperatures and little to no rain. Highs will probably be over 90 degrees. It will be fairly dry, but much more human than San Diego. Sicily is very similar, but expect a cooler day when we climb Mt. Etna. The Naples area of Italy will probably be in the high 80s and fairly humid—like Washington, D.C. in August.

We might have rain in Sicily or Campania, but it probably will not be too heavy.

Planning for the Trip, Part I—What to Wear

Because we will be traveling in a variety of climatological and ecological regions, you should bring a range of clothing. Because we will be outside in rural areas much of the time, your clothes should protect you from the sun, rain, and brambles. We also will be traveling in traditional regions in Sicily, where people have ideas about what constitutes appropriate dress for men and women.

Please keep in mind that Europe is much more fashion conscious than America, let alone Southern California. Ripped dirty, old clothes—or wear better suited for a beach than the city—will not earn you respect. If you want to be treated with respect and not be stared at, you should dress respectfully.

The following clothing suggestions are based on what *I think* will meet your needs:

- (1) A large and airy rain jacket (think about keeping your backpack dry!);
- (2) Light weight and durable long pants (two or three pairs);
- (3) Both short- and long-sleeve shirts (four or five total for the trip);
- (4) Light weight hiking boots;
- (5) Alternate closed-toe footwear for the evenings;
- (6) A hat or cap you can wear in sun or rain;
- (7) Sun glasses;
- (8) Something nice or dressy (skirt and blouse for women, nicer pants and shirt for men) for evenings in the city;
- (9) A pair of shorts for informal relaxing;
- (10) A bathing suit for pools and the beach.

Some of you may wish to go out in the evenings, and you should be aware that many places have dress codes, particularly for men. Shorts are never appropriate for “clubbing,” and jeans might not be acceptable.

A Tip on Packing. Please *limit your bags to two*: a regular sized backpack, duffle bag, or suitcase for access in the evenings/nights/mornings, and a daypack or handbag for the day. Just two bags, please! If you bring more, there will be less room for everyone else.

Something very important: Please do not bring a gigantic suitcase the size of a steamer trunk. You will need to be able to pick up and carry (not roll) all of your luggage. *If you cannot easily carry all your belongings at once, then you have packed too much!*

Laundry. We will find time to do laundry once during the course. It will probably be in Sicily. If you want to be a real pro traveller, bring fewer clothes and some Woolite. You can wash your ginchers and socks in your hotel room.

Planning for the Trip, Part II—What Else to Bring

You should bring the course textbook, one or two other suggested books (see above) a camera, and all personal items and medications you need. Also, do not forget a notebook and a pen! Here is a list of things that are suggested:

- (1) All medications you require on a daily basis;
- (2) Personal toiletries and hygienic items;
- (3) Camera and digital cards, as well as charger or spare batteries;
- (4) Notebook and pen;
- (5) YOUR PASSPORT, which should be with you at all times!;
- (6) Sunscreen (important!);
- (7) Bug spray;
- (8) A Nalgene bottle or small canteen;
- (9) Textbook and one or two other books (see above);
- (10) A map;
- (11) Sufficient money for small purchases (see above);
- (12) A personal music device for chilling in the vehicle;
- (13) A roll of toilet paper to share;
- (14) A big bottle of Pepto Bismol or the equivalent and Imodium;
- (15) Adaptors/converters for European plugs
- (15) THIS HANDBOOK.

Most of these items should go in your “Day Pack,” which will be available throughout the day. Some of your medications, toiletries, and hygienic items—as well as money or credit cards well stashed—can go in your “Night Bag,” which will be locked up in the back of the van during the day.

What Not to Bring: Drugs and Alcohol

Please understand that when the van is searched (and there could be check points) and someone has illegal substances, we *all* may go to jail. You have been asked to sign a liability waiver that includes, in part, a statement that you agree to keep to the standards of a Drug Free Workplace.

Please respect the laws of Malta, Italy, and the U.S.A., and understand that by engaging in illegal activities, you would be putting all of us in jeopardy.

European Electricity

Europe's electrical system differs from ours in two ways. First, the plug is shaped differently. Second, it is 220 volts, not 110 volts.

At the very least, you will need an adapter to plug in and charge your devices. You can get these cheaply. Most "new" electronics are "dual voltage," which means you can plug them into a socket in Europe without burning them out. But not all are. You should look carefully at the adapter, charger, etc. of all the devices you plan on bringing to check the fine print.

Another option is a voltage converter. These are heavy, more expensive, and a little bigger. Generally, they are needed only for older and cheaper American gadgets.

Getting to Malta

The course officially begins when you are met at the airport near Luqa, Malta. Do not worry about going to the wrong airport—there is only one important one. You should arrive on 24 August. We will meet you at the airport and take you to the hotel. The course officially ends on 8 September with a drop off at the Naples International Airport. If you choose to leave Italy later than this, you will be on your own from when we check out of our hotel on that morning. So what you will need to purchase is:

A multi-destination airport from your home city to Malta (arrive on 24 August) with a return from Naples (departure on 8 September).

Keep in mind that this will involve changing planes, probably in New York City and definitely in Europe. There are no direct flights from the USA to Malta. Moreover, Naples International Airport is not a hub, so you will have to change flights on the way home, too. One very likely place to change is Milan, but there are others.

Keep in mind that you must arrive on 24 September. This means you will need to depart from the USA on 23 September.

In order to ensure that we meet you at the airport in Malta, please make sure that you both e-mail me and send me a letter by U.S. postage with your entire flight plans (all legs and all flights, not just your arrival times! Please include times, departure and arrival cities, and flight numbers). We need your entire itinerary to track you down in case you are not on your flight. Do not just send me partial information. This is critically important!

Please do not purchase airplane tickets until you hear directly from Braswell. It is important not to buy it until we are certain that there will be no changes to the itinerary!

Health

If you are suffering from any chronic health problems or have special needs for accommodation (including dietary requirements or preferences), you should have already made

these clear in the application and health form. The combination of walking, bright sun, hot temperatures, and a busy schedule will take its toll on you by the end of the course. For this reason, you should be aware of your health situation and take steps to maintain your health during the two weeks of the course.

UC San Diego is committed making study abroad opportunities accessible to all regardless of disability. Please consult with the Office of Students with Disabilities to discuss modifications or other accommodations for a physical or mental disability.

Do What Your Doctor Says!

I am an archaeologist, not a medical doctor. You should consult your doctor and do whatever s/he says about immunizations and other preventative measures. Hepatitis A is always a concern everywhere in the world, and it is a good idea to be inoculated. You should always have a tetanus booster on a regular basis.

Until recent decades, Sicily and other parts of southern Italy had malaria. This is no longer the case. Nonetheless, mosquitos are present. If mosquito bites bother you, bring repellent.

Health & Travel Insurance

You must have health insurance to participate on this trip. You must provide evidence of such insurance before participation, so be sure to bring your documentation along. It is important to be able to pay for any medical treatment in advance, because most insurance policies are on a claim-back basis. I recommend that you have a credit card you can use to draw on funds if necessary. You should also find out if your insurance company has a toll-free hotline number in case of severe emergencies, and keep this with your insurance documents.

I will register all of you for free UCSD travel insurance. This is required and you have already paid for it through your annual tuition. I suggest that you go to the UCSD Travel webpage and closely read the description of the policy. This includes emergency evacuation and repatriation. If you choose, you may purchase additional insurance or some may already be included in your health plan. Contact your provider to find out. You also might consider purchasing travel insurance that covers the cost of your airplane ticket. If you have to cancel at the last minute, this may give you a partial or full refund.

Common Health Problems to Watch out for

Dehydration. You will be traveling in a very safe and controlled environment. Your greatest health worry should be hydration. It is important to drink above normal quantities of fluids. I recommend that each student drink at least 3 liters of water per day beyond normal beverages at meals. Dehydration can be caused by a number of factors: too much sun, too much exercise, too much alcohol, and—especially—a stomach bug. It is quite likely that some of us will suffer from a minor stomach ailment while in Europe. No matter how you get a stomach bug, your danger is dehydration. If you do not hydrate yourself, your condition may get worse quickly.

If you are suffering from dehydration, we probably will give you rehydration fluids (such as Pedialyte) to drink. You may not want to do so, but it is important to drink enough water. Nothing will spoil your trip faster than dehydration. If you require further medication, such as antibiotics for a bad stomach, we will see that you get it.

It is especially important to drink a lot of extra water if you have been indulging in alcohol, because nothing dehydrates you more quickly than a few beers in the hot sun.

Please note that it is important that you do not resist our suggestions for rehydrating or getting quick medical treatment. Because of the pace of the course, we cannot wait a few days in a hotel for you to get better on your own schedule. We cannot make the entire group wait for you to get over a stomach problem. If your condition deteriorates to a point where you are no longer able to participate, we will make sure to get you to an airport so that you can return safely home.

How to Get over a Stomach. The best medicine is prevention. The next best is avoiding alcohol, drinking a lot of clean water, and getting a good night's rest. Your third defense is good old **Pepto Bismol**. Liquid works much better than the pills. This is a harmless natural product that is much better for you in the long run than antibiotics. You can drink a whole bottle a day, and you will have no long- or short-term ill effects. People often hate Pepto because of the taste. But it is really good for getting rid of both the symptoms and the cause of *turista*. And remember—stay hydrated! Everyone should bring a bottle of Pepto and should use it freely.

The next step is **Imodium** or Lomotil. Imodium is the more mild of the two. Both will quickly and effectively relieve your symptoms but do little to kill the bug (Lomotil, an opiate, is particularly effective for bad cramps because it completely stops peristalsis). Your fifth line of defense is antibiotics. If you have a fever—often a sign of acute food poisoning—you will need antibiotics. You should ask your doctor for a prescription before you go. Food poisoning is rotten, and generally hits you within four to six hours of the meal in which you ingested the bug. It should pass in 24-48 hours, but will leave you shaky and quite weak, and relapses are possible. Antibiotics will greatly increase healing. If you need a doctor, we will take you to one.

Sunburn. Perhaps the most common problem will be sunburn. Make sure you have sunscreen and that you use it! Also, you may wish to wear a hat outdoors.

Heat Rash. People with poor circulation or who are overweight may develop heat rash on their legs, particularly just above the ankle. Mild heat rash is expressed by small, itchy blisters. You probably will think you have bug bites. More serious cases will look like bad bruises with very tender red, purple, or black running sores. Try to keep your feet elevated, and do not scratch!

Other Considerations. Please wear closed-toe shoes at all times because there are lots of rusty metal objects lying around and it is easy to stub your toe at the ruins.

As in any place, women should not take their safety for granted. It is wise, therefore, to know the rules, and here are a few well-tested guidelines. If you are being pestered by someone, just don't talk to them. It is often useful to pretend you do not understand, even if you do. Women should always travel with a friend and if possible with a male companion. It is always wise to be conservative and respectful in your behavior. Idle chats with strange men, particularly drunks, is often taken as a sign of your interest in them (invariably sexual), and should be avoided. If you are harassed (unlikely, but it does happen), it is useful to avoid speaking and simply walk away and ignore the person concerned. In most situations, the presence of other women is the safest retreat. Try not to go into a bar where the only patrons are men.

Special care should be taken in Palermo and Naples. Please do not go out except in a significant group of four or more people. Late at night, walking back from a club is a good way to get robbed. I suggest a taxi or Uber.

As many of you know, Sicily is the ancestral home of the mafia. Other organized crime groups have plagued Campania for more than a century. Nonetheless, in recent years southern Italy has changed significantly and the influence of organized crime has declined dramatically. Sicily is not “run” by the mob, and the chances are you will not notice its presence. What is certainly the case is that no one wants to discourage tourism; it is the lifeblood of the island. You should not worry about this at all. It is not like drug violence in northern Mexico.