

# EAPM 2018

6<sup>TH</sup> ANNUAL SCIENTIFIC CONFERENCE OF THE  
EUROPEAN ASSOCIATION OF PSYCHOSOMATIC MEDICINE · EAPM ·

**INNOVATIVE AND INTEGRATED APPROACHES  
TO PROMOTE MENTAL AND PHYSICAL HEALTH**

Verona (Italy), 27-30 June 2018



**EAPM**

The European Association of  
Psychosomatic Medicine

# VERONA POCKET GUIDE



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## THE VENUE OF THE CONFERENCE

Polo Zanotto - University of Verona  
Viale dell'Università, 4  
Verona - Italy

## HOW TO REACH VERONA & POLO "GIORGIO ZANOTTO"

### ARRIVING BY PLANE

Verona "Valerio Catullo" Airport is 11 km far from the city centre. A shuttle bus service is provided by ATV. It runs every 20 minutes, leaving from the airport to the railway station "Verona Porta Nuova", which is 2 Km far from the city centre ([www.aeroporto.verona.it](http://www.aeroporto.verona.it)). The ticket can be bought on board. You can get to the city centre also by taxi located outside the arrival hall and a trip costs about 20,00 € and takes about 15-20 minutes.

If you arrive in Milano Malpensa the journey to get to Verona might take 3 hours by train. If you arrive in Venice (Marco Polo Airport) it might take up 2 hours to get to Verona.

### ARRIVING BY TRAIN

"Verona Porta Nuova" railway station is 1,5 km far from the city centre. A public shuttle service is provided by ATV buses leaving from the railway station to the city centre (n.11-12-13-21-22-23-41-62). To reach the Conference venue you can catch either bus 11, 12, 13, 51. Get off at the first stop in Via San Paolo (corner Chiesa di San Paolo) take Via dell'Artigliere, go straight on as far as Viale dell'Università: Polo Zanotto is on the right. The single ticket costs € 1,30 and is valid for 90 minutes for the whole urban bus network. The ticket is sold at the tobacconist shop inside the railway station.

### ARRIVING BY CAR

You can reach Verona from Motorway A4 Milano-Venezia (Exit Verona Sud): proceed towards the city centre. When you reach Via San Francesco get to its end and turn right into Viale dell'Università, 5 - Polo Zanotto is on the right. From Motorway A22 Brennero-Modena (Exit Verona Nord): proceed towards the city centre. When you reach Via San Francesco get to its end and turn right into Viale dell'Università 5 - Polo Zanotto is on the right. Notice that most of the central streets are restricted traffic areas (ZTL, Zona a Traffico Limitato - Limited Traffic Zone) with camera access control. We suggest to check with your hotel for instructions on how to reach it with the car and get permission to do it.



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## PRACTICAL INFORMATION (A-Z)

### BANKS

In the city centre there are several banks open from 8.30 am to 12.30 am and from 14.30 to 16.00 approximately. There are many ATMs 24 hours a day - 7 days a week.

### CREDIT CARDS

In Italy all the main credit cards are accepted.

### CRIME AND PERSONAL SAFETY

Verona centre is safe, nevertheless we recommend the use of common sense, keeping an eye on wallets when in crowds and possibly avoiding carrying too much cash or wearing flashy jewellery.

### CURRENCY

The Italian currency is Euro (EUR or €).

The approximate exchange rate (September 2017) is:

1 EUR = 1.1917 USD; 0.8830 GBP

### EATING AND DRINKING

See the list at page 9

### ELECTRICITY

Italian voltage is 230 and frequency is 50 Hz. The electric plugs are mainly type L (three pole "Italian" plug). This standard includes two models rated at 10 A and 16 A that differ in contact diameter and spacing. Both are symmetrical, allowing the plug to be inserted at either direction.

### LANGUAGE

The official language is Italian.

Verona is a popular tourist destination, so most of the restaurants and bars staff speak English and German.

### LOCATION AND WEATHER

Verona, located in the north east part of the Italian peninsula, is 59 meters above sea level.

The city experiences hot summers and cold, humid winters, even though tempered by Lake Garda's influence.

### OPENING HOURS

*Offices*

Monday - Friday 9.00 / 13.00 - 14.00 / 18.30

*Shops*

Monday 15.00 / 19.30 - Tuesday/Saturday 9.30 / 19.30

(some shops open all day from 9.30 to 19.30)

*Supermarkets*

Monday - Friday 8.30 / 12.30 - 15.30 / 19.30

In the city centre, supermarkets usually stay open from 8.30 to 19.30 or later.



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## SMOKING

On 10<sup>th</sup> January 2005 smoking bans were introduced in all the public place, such as bars, restaurants, hotels, offices, shops, etc. with the exception of the places with reserved smoking areas, provided with a suitable ventilation system.

## TAXES

In Italy all the services and goods are usually subject to VAT tax that is 22% of the value of the goods. In restaurants VAT is 10% and it's usually already included in the bill.

## TELEPHONES

Italy country code is 0039.

For international calls, dial 00 + national code + area code + personal number

## TIME

The Italian local time is UTC (GMT) + 1, that means one hour ahead of Greenwich mean time. Italy adopts the daylight saving time (DST) from the last Sunday of March till the last Sunday of October.

## TIPPING

In all restaurants, bars, taxis etc. the service is included in the price. Tips are happily accepted but it is not necessary to leave anything more than the amount assessed.

## EMERGENCIES

In case of sanitary emergencies or dangerous situations the number to call is **118**

**Carabinieri** (Italian military police) **112**

**Police** **113**

**Fire brigade** **115**

## CHEMIST'S

In the city centre there are several chemist shops, easy to recognize by a bright green cross.

They open Monday - Friday from 9.00 am to 12.00 am and from 4.00 pm to 7.00 pm.

Duty pharmacies open also on weekends and holidays. Find the list of the chemist shops with the timetable on [www.farmacieverona.it](http://www.farmacieverona.it) or outside every chemist shop.

## HOSPITALS

**Ospedale Civile Maggiore**

Piazzale A. Stefani, 1 - Verona

**Policlinico G. Rossi**

Piazzale L.A. Scuro, 10 - Verona

**Switchboard** **045 8121111**



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## GETTING AROUND

Verona city centre is extremely rich in historic and architectural beauty; so it is certainly worth a visit on foot. This is the only way to enjoy completely the view of magnificent palaces, squares and monuments that bring us to an imaginary trip back to Verona's glorious history. Moreover, enjoy picturesque glimpses that stimulate your attention and enliven your fantasy!

### CARS

Be careful about driving into Verona city centre because of ZTL areas, which are limited traffic flow areas where the access of cars is limited to pre-established times.

### FREE ACCESS TO THE ZTL TIMETABLE

Monday - Friday:

- from 10.00 to 13.30
- from 16.00 to 18.00
- from 20.00 to 22.00

Saturday, Sunday and holidays: - from 10.00 to 13.30

If staying at a hotel inside a ZTL area, make sure the hotel or its garage calls the licence number into the police and obtains a provisional transit permit. Keep the hotel bill in case you need to challenge a fine later.

### PARKING

*Free parking in Verona:*

- **Porta Palio Parking** - Stradone Porta Palio
- **Piazzale Guardini Parking** - Piazzale Guardini
- **Stadium Parking** (three parks and ride) - Piazzale Olimpia

*Pay and display parking:*

- **Arena Parking** - Via Bentegodi, 1 - tel. 0039 045 8009333
- **Cittadella Parking** - Piazza Cittadella, 4 - tel. 0039 045 595593
- **Italia Parking** - Corso Porta Nuova, 91 - tel. 0039 045 8006312
- **Piazza Isolo Parking** - Via Ponte Pignolo, 6 - tel. 0039 045 8007921
- **Via Città di Nimes Parking** - Via Città di Nimes - tel. 0039 045 2320025
- **Arsenale Parking** - Via Todeschini, angolo Viale della Repubblica - tel. 0039 045 8303460
- **Parcheggio Centro (ex Gasometro)** - Via Campo Marzo - tel. 0039 045 8057852 (shuttle bus to Piazza Bra)

### PARKING METERS

Parking meters are located in the Green Area (ZTL - Limited Traffic Zone) and in the neighbourhoods surrounding the old town Red Area (CORONA AREA): San Zeno, Veronetta, Cittadella, Borgo Trento and Pindemonte. They accept only coins from € 0,10 to € 2,00. Depending on the coins inserted and on the fare in force in the area, they issue a ticket of minimum 30 minutes (€ 0,50 - 30 minutes; € 1,00 - each hour). The parking meters also offer the possibility of issuing urban bus tickets every day. The ticket issued by the parking meter must be placed on the dashboard of the car. It must be visible by parking enforcement officers.



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## **VERONA CARD**

VeronaCard is an all-inclusive ticket that allows to gain free entry to museums, churches and monuments in the city and travel for free on ATV bus services.

There are two cards available:

- VeronaCard valid for 24 hours (after the first validation) at the price of € 18,00
- VeronaCard valid for 48 hours (after the first validation) at the price of € 22,00

You can buy VeronaCard at museums, monuments, churches, tobacconists and tourist information points in the city centre and at Garda lake surroundings and at all the sales points which participate in the initiative.

For further information [www.veronacard.it](http://www.veronacard.it)

## **PUBLIC TRANSPORT**

Azienda Trasporti Veronesi (ATV) runs urban public transport. Tickets, valid within 90 minutes from the validation, can be bought at tobacconists for € 1,30 or € 2,00 if bought on board. For € 4,00 it is possible to buy a daily ticket, valid 24 hours long on all urban routes.

Here is a summary of the main routes in the city:

FROM THE STATION TO PIAZZA BRA (ARENA)

Monday - Saturday: buses 11, 12, 13, 72; on Sunday: 90, 92, 93, 96, 97

FROM THE STATION TO CASTELVECCHIO

Monday - Saturday: 21, 22, 23, 24, 41; on Sunday: 91, 93, 94, 95

## **TAXI**

Radiotaxi switchboard (24 hours a day - 7 days a week) 0039 045 532 666

Taxi stand Piazza Bra 0039 045 803 0565

Taxi stand Porta Nuova Station 0039 045 800 4528



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## THE CITY OF VERONA

Verona is one of the most important cities in Veneto. It is well known for its artistic and architectural beauties. Thanks to its history the city centre was listed by UNESCO as a World Heritage Site.

### ONE OF THE POSSIBLE ITINERARY

Starting from Verona railway station, along Corso Porta Nuova: you will easily reach the heart of the city, Piazza Bra, with the monumental Arena. The Romanic Anfiteatro is one of the most ancient and best-preserved of those existing, and it's now the charming venue of a famous Opera season. Give at least a glance at the great palaces Gran Guardia and Barbieri and take for the Liston, a characteristic wide pavement on that goes through piazza Bra and brings to via Mazzini, a street with plenty of shops, bars and restaurants. On arrival at the end of via Mazzini you will be surprised to find a very peculiar dwelling: the very famous Casa di Giulietta (Juliet's house). At this point you will certainly have a feeling for the city fascinations: the inner town streets hold unexpected sights and ancient buildings, churches, and dramatic views of bridges and monuments.

A few more steps and you will find yourself in Piazza delle Erbe, the square where the city market has been taking place for centuries. The square is surrounded by some extraordinarily interesting buildings: the Domus Mercatorum, the Gardello Tower, Maffei Palace and Case Mazzanti (a huge completely painted "a fresco" house). Pass over the Arco della Costa, and see the beautiful Piazza dei Signori, that used to be, together with the adjacent Piazza delle Erbe, the venue of government palaces in Middle ages and it's now a very appreciated meeting place, where social and cultural events are set almost every day. Very close to Piazza dei Signori are the Arche Scaligere, monumental graves of Signori della Scala, Lords of Verona straddling the XIII and XIV centuries, situated in front of the Church of Santa Maria Antica.

### VERONA CITY SIGHTSEEING

With Verona City sightseeing you will have the opportunity to join the tour at any stop, listen to the commentary in one of the seven languages available or reach any other bus-stop on the route and see all the best sights and attractions that the city offers.

There are two routes available, Line A and Line B: choose the one that more stimulate your curiosity! Ticket is valid 24 hours on both itineraries.

Hop off whenever you like and hop on every 60 minutes. Wheelchairs are welcome.

#### *Fares*

Adults: € 20.00

Children 5-15 years old: € 10.00

Family (2 adults + 2 children): € 50.00

Family (2 adults + up to 3 children): € 55.00

For further information [www.verona.city-sightseeing.it](http://www.verona.city-sightseeing.it)



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## CHURCHES AND MUSEUMS

In Verona there are several churches of great historic and artistic value. The most famous is the Basilica dedicated to San Zeno, held as a Romanesque masterpiece. Rather inspired by Gothic is Sant'Anastasia Church, which is home to some famous Pisanello's and Altichiero's "frescos". Remarkable too, the Dome (Santa Maria Assunta Cathedral) and San Fermo Church, rare because of the four naves division, in its lower part.

Following is a short overview on the main museums:

### - **AMO - Arena MuseOpera**

The mission of the Arena Opera Museum is to restore true value and spread Italian Opera Culture around the world, with a display of original documents using the latest multimedia methods. The main concept of the new Museum is to lead the visitors along the amazing creative itinerary through to the final staging of the opera: drafting the libretto, writing the score, designing the scenes and costumes, the first sketches of the theatrical performance, preparing the singers and finally the staged performance.

### - **"Achille Forti" Gallery of Modern Art at Palazzo della Ragione**

The Gallery of Modern Art "Achille Forti" encourages study, dissemination of modern and contemporary art culture and the promotion of city collection from works of the nineteenth and twenty-first century.

### - **Castelvecchio Museum**

It is in Castelvecchio fortress, an imposing building of the Middle Ages. The exhibition is hosted in about thirty rooms and it is divided into sculpture, Italian and foreigner painting, ancient weapons, ceramic ware, jewels, miniature paintings.

The old town bells are also on view.

### - **Juliet's grave and Museo degli Affreschi**

The museum is hosted inside the monastery of San Francesco al Corso. Visitors can admire cycles of frescos from Veronese medieval buildings in the sixteenth century, and nineteenth century sculptures, while the church of San Francesco hosts works on canvas of great dimensions ranging from the sixteenth to the eighteenth century. Inside, a crypt, under the church of San Francesco, lies an empty, simple sarcophagus made of red Verona marble. It is believed to be the grave where finally rested the legendary Veronese Lovers.

### - **Museo Lapidario Maffeiano**

This is the oldest public museum in Europe. It hosts an important collection of memorial and funeral epigraphs.

### - **Teatro Romano and Museo Archeologico**

In the numerous exhibition spaces a large range of archaeological finds is displayed, like sculpted and decorative pieces coming from the Romanic Theatre, mosaics, votive and funeral stones, altars, epigraphs, sculptures, glass, pottery etc. Entrance ticket to the Museum includes also the visit to the Theatre.

## SHOPPING

Via Mazzini and Via Porta Borsari are appreciated and well known for the great deal of beautiful shops they display.

Footwear, clothes, underwear, leather goods stores, etc. all the best that Italian high fashion labels offer to fashion victims!

# EATING AND DRINKING

Restaurants recommended by COGEST M. & C.						
Restaurants	Address	Phone (0039)	Closing Day (verify)	Cuisine	Average price	
<b>Pizzeria Bella Napoli</b>	Via Guglielmo Marconi, 16	045 591143	/	Pizzeria	€	
<b>Pizzeria Leone "Da Ciro"1924</b>	Via Giovanni Zambelli, 20	045 8065161	Monday	Pizzeria	€	
<b>Pizza &amp; Grill Peperino</b>	Piazzetta Municipio, 10	045 8029016	/	Pizzeria	€	
<b>Pizza &amp; Grill Teodorico Re</b>	Piazzale Castel San Pietro 1	045 8349903	Tuesday	Pizzeria, Grill, Cocktail	€/6€	
<b>Trattoria Alla Colonna</b>	L.go Pescheria Vecchia 4	045 596718	/	Typical	€€	
<b>Osteria Al Carroarmato</b>	Vicolo Gatto, 2	045 8030175	Tuesday	Typical	€€	
<b>Osteria Sottoriva</b>	Via Sottoriva 9/A	045 8014323	Wednesday	Typical	€€	
<b>Osteria Le Vecete</b>	Via Pellicciai 32/A	045 4680738	/	Typical	€/6€	
<b>Osteria Del Duca</b>	Via Arche Scalgere 2/B	045 594474	Sunday	Typical	€€	
<b>Osteria Da Ugo</b>	Vicolo Dietro S. Andrea, 1/B	045 594400	Sunday at dinner	Typical	€€	
<b>Trattoria I Masenini</b>	Via Roma 34	045 8065169	Sunday / Monday at lunch	Fish	€/6€€	
<b>Trattoria Pescheria I Masenini</b>	Piazzetta Pescheria 9	045 9298015	Sunday / Monday	Fish	€/6€€	
<b>Il Banco Prosciutteria</b>	Via Ponte Nuovo 7	045 592718	Tuesday / Wednesday at lunch	Typical	€€€	
<b>Osteria Mondodoro</b>	Via Mondo d'Oro 4	045 8949290	Sunday at dinner / Monday	Italian	€/6€€	
<b>Trattoria Al Bersagliere</b>	Via Dietro Pallone, 1	045 8004824	Sunday / Monday	Typical	€/6€€	
<b>Locanda 4 Cuchi</b>	Via Alberto Mario 12	045 8030311	Monday / Tuesday at lunch	Italian	€/6€€	
<b>Ristorante Rubiani</b>	Piazzetta Scalette Rubiani 3	045 8009214	Sunday at dinner / Tuesday from October to March	Fish and more	€/6€€	
<b>Ristorante Al Capitan</b>	Piazza Cittadella 7	045 595157	Sunday / Monday at lunch	Fish	€€€€	
<b>Ristorante La Piazzetta</b>	Corte San Giovanni in Foro, 4	045 591099	/	Typical	€€€	
<b>Ristorante Maffei</b>	Piazza delle Erbe, 38	045 8010015	/	International	€€€€	
<b>Trattoria Al Pompere</b>	V.lo Regina d'Ungheria, 5	045 8030537	Sunday	Typical	€€€€	
<b>Ristorante Locanda Castelvecchio</b>	Corso Castelvecchio 21/A	045 8030097	Tuesday / Wednesday at lunch	Typical	€€€€	
<b>Ristorante Dodici Apostoli</b>	V.lo Corticella S. Marco, 3	045 596999	Sunday at dinner / Monday	Refined	€€€€	
<b>Ristorante La Bottega del Vino</b>	Via Scudo di Francia, 3	045 8004535	/	Typical	€€€€	
<b>Ristorante La Fontanina</b>	Porticchetti Fontanelle, 3	045 913305	Sunday / Monday at lunch	Refined	€€€€	
<b>Ristorante Il Desco</b>	Vic. Dietro S. Sebastiano, 3/5	045 595358	Sunday / Monday	Refined	€€€€	
<b>Osteria Oste Scuro</b>	V.lo S. Silvestro 10	045 592650	Sunday / Monday at lunch	Fish	€€€€€	
Pubs recommended by COGEST M. & C.						
<b>Cappia Caffè</b>	Piazzetta Bra Molinari, 1	045 8004516	/	Cocktail	€	
<b>Café Brasserie Filippini</b>	Piazza delle Erbe 26	045 8004549	Wednesday from October to March	Cocktail	€	
<b>Le Cantine de l'Arena</b>	Piazzetta Scalette Rubiani, 1	045 8032849	/	Musicbrasserie	€	
<b>Enoteca Segreta</b>	Vicolo Samaritana, 10	045 8015824	from Monday to Saturday (only at lunch)	Wine bar	€/ /€€	
<b>Tapasotto</b>	Galleria Pellicciai, 12	045 591477	Monday / Tuesday at lunch	Italian Tapas Bar	€	
<b>Signorvino</b>	Corso Porta Nuova, 2	045 80099031	/	Wine bar	€/ /€€	
<b>Hamburgeria di Eatay</b>	Corso Porta Nuova, 35	045 8031053	/	Italian Hamburger	€	



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## TOURISM

### GARDA LAKE

If the weather is fine, and you need to take a break from business, is there anything better than a journey to the lake? The villages around Garda lake are popular tourist destinations, visited every year by hundreds of thousands of people.

The surroundings of the lake are the ideal place to do several activities: the stretch of water is perfect for windsurf, canoeing, scuba diving or having fun on a recreational boat. Alternatively you can just sunbathe or have a reinvigorating swim.

The next up-country is also good for cycling, golf, horse-riding and much more. Moreover in proximity of the lake there are several natural reserves, amusement and water parks.

[www.lagodigarda.it](http://www.lagodigarda.it) / [www.visitgarda.com](http://www.visitgarda.com)

### LESSINIA

Lessinia landscape is made very special by its natural beauties and historical statements. It is a wide highland covered with woods and pastures, located for the most part in the provinces of Verona and Vicenza. The countryside has exceptional geological features and it is also rich of a large variety of rare plants. There you can also find picturesque towns with stone-roofed houses, made by the former inhabitants of this area.

In 1990 it was established the Regional Nature Reserve of Lessinia, created with the aim to protect its historical, archaeological and natural richness, and to preserve all the aspects of a very appreciated destination for excursions on foot or by cycle.

[www.lessiniapark.it](http://www.lessiniapark.it)

### VALPOLICELLA

Valpolicella, famous for the production of its excellent wine (Valpolicella, Recioto della Valpolicella and Amarone above all), is geographically a body of small valleys, gently sloping towards the hills behind Verona. Blessed by a mild climate, the landscape is made up of low rolling hills, fully by vineyards, olive and cherry tree groves and passed through by widespread sources.

Besides, an high interest is raised by the numerous villas, ancient churches and small stone built villages.

[www.valpolicella.it](http://www.valpolicella.it) / [www.valpolicellaweb.it](http://www.valpolicellaweb.it)

### SOAVE

Soave area is well-known as well for its wines: Recioto di Soave (a white wine) in particular has been the first wine to obtain DOCG certification (a warrant mark guaranteeing its high quality and its link with the origin area). It is a classic dessert wine, with digestive properties, ideal for dining accompaniment such as cream desserts, pastries (as "Pandoro di Verona" cake), blue cheeses and pâté.

The territory has also an historic importance. The town still maintains a middle-age structure, with an intact boundary wall climbing up the hill above, where the Scaligero Castle stretches skywards.

In September, on the occasion of the grape harvest, many events like grape fests or historical re-enactment, are scheduled.

[www.comunesoave.it](http://www.comunesoave.it) / [www.veronaest.it](http://www.veronaest.it)