



VILLA IVANA

with the Carusos

September 25th - October 2nd

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AN EXCLUSIVE TUSCAN EXPERIENCE

You're never a tourist when you travel
with the Carusos.

This week-long, immersive Italian experience is focused on interrupting the patterns and unexamined ways of thinking in our daily lives to open your mind to the potential of your future.

Having traveled to the Tuscany region of Italy more than 15 times together, Joe and Carol Caruso have carefully curated an exclusive and authentic Italian experience unlike any other for their guests. Flexible scheduling offers access to local gems, introductions to owners of the best restaurants in the region, unlisted tours of art galleries, and more. Attendees can spend their days however they choose, and there are no requirements to attend any of the offered group activities.

Villa Ivana will serve as a home base

throughout the week, and guests will have access to one-on-one time with Joe to talk about pain points in their business, relationships, or simply for recommendations on where to take a personal excursion that piques their interests.

"For over 25 years, I've done retreats for organizations. I don't even like the concept of a retreat. The concept is to retreat...and I'm a forward guy. I almost died of cancer...I had to look forward!"

The only way to really learn about yourself is to have an objective other help you understand yourself."

- Joe Caruso





TRANSPORTATION

While renting a vehicle from the airport is likely the most comfortable way to travel during this trip, it may not always be possible to access or park within town centers. For those planning to rent a vehicle, an International Driving Permit will be required as part of the rental process (more information below).

Recommended Airports

Leonardo da Vinci International Airport - Rome

Aeroporto Amerigo Vespucci - Florence

Rental car providers

Rental cars can be booked online with Expedia or directly through Avis, Budget, Turo, etc. (\$40-\$100+ per day)

Buses

Tiemme Toscana tickets can be purchased at train stations and bus times are available online at (www.tiemmespa.it)

Trains

TrenItalia (<https://www.trenitalia.com/en.html>) offers routes from Rome and Florence to either the Terontola or Camucia stations nearest to Cortona. From the train station, a taxi will be necessary to arrive at Villa Ivana.

Taxi Services

Taxi's can be booked through the "it Taxi" app or Taxi Cortona (<https://www.taxi-cortona.com>)

Funicular

Hilltop towns often rely on Funicular to get passengers into the city center. Rountrip tickets cost between \$3-\$5 per person and run ever 10-15 minutes.

How to Secure an International Driving Permit

In the United States, an International Driving Permit application can be mailed in or handed off in-person at the nearest AAA branch office. AAA will be able to provide the most updated processing timelines for these applications.

What you will need to provide:

- A completed application <https://www.aaa.com/vacation/application2a.pdf>
- Two original passport pictures with a signature in ink on back of each
- A valid U.S. driver's license
- \$20 USD permit fee



VILLA IVANA

Località Ossaia 51
52044 Cortona AR
Italy

Villa Ivana is a magnificent 17th century residence located just a short distance from the town center of Cortona in Tuscany. The property underwent renovation in 2013 and sits on more than 10,000 sq feet of land which can accommodate events of up to 200 people. The large swimming pool and well-manicured grounds create an ideal setting to experience rural Tuscany, while also providing modern amenities and comfort for its guests.





AMENITIES

Nine bedrooms

Twelve bathrooms with soaking tubs

Wifi

Billiards table

Outdoor Pool (not heated)

Available kitchen & two refrigerators
with basic staples provided

European-style self-serve breakfast
available each morning

Nightly dancing on the portico



OPTIONAL EXCURSIONS



Florence

Few cities are so compact in size or so packed with extraordinary art and architectural masterpieces at every turn. The urban fabric of this small city, on the banks of the Arno river in northeastern Tuscany, has hardly changed since the Renaissance and its narrow cobbled streets are a cinematic feast of elegant 15th- and 16th-century palazzi (palaces), medieval candle-lit chapels, fresco-decorated churches, marble basilicas and world-class art museums brimming with paintings and sculptures by Botticelli, Michelangelo et al. Unsurprisingly, the entire city centre is a Unesco World Heritage Site.

Italy's fashion industry was born and bred here. Homegrown designers Guccio Gucci and Salvatore Ferragamo opened haute-couture boutiques in Florence in the 1920s and shopping in the Tuscan capital has been stylish ever since.

Quality produce sourced locally, seasonally and sustainably is the holy trinity and Florentines share an enormous pride in their culinary tradition. Their city, surrounded by wine-rich hills, is a gourmet paradise where eating and drinking exceedingly well is mandatory.



Montepulciano

Standing high atop a hill in southern Tuscany, Montepulciano is a medieval town of rare beauty. The city, full of elegant Renaissance palaces, ancient churches, charming squares and hidden corners, boasts vast panoramas all over the wonderful Val d'Orcia and Val di Chiana valleys that surround it.

Piazza Grande is the heart of Montepulciano and the setting for its main events, including the barrel-racing Bravio delle Botti contest held in August every year and much more. A walk through Montepulciano is the best way to view the town and its beautiful landmarks as well as enjoy stunning views of the surrounding countryside covered by vineyards producing the famous Nobile!



Orvieto

Located in west-central Umbria, Orvieto sits on a plateau of volcanic tufa that overlooks the valley formed by the winding Paglia River. Its sheer rock cliffs provided a natural means of defense for the Etruscans — among the pre-Roman tribes who controlled central Italy into the fourth century B.C.E. They lived on “the rock,” as Orvieto is known to locals, for centuries before finally capitulating to the Romans, who razed the city.

Orvieto lay abandoned until the Middle Ages, when it became a Catholic stronghold and frequent hideout for popes during periods of plague, pestilence, and sackings in Rome. Its magnificent cathedral, or duomo, took 300 years to build and is one of Europe's greatest examples of Romanesque Gothic architecture. The old city, or centro storico, is only a mile long from end to end, and covered with an enthralling grid of narrow streets and alleys named after noble families of the medieval era. Hotels occupy grand old palaces, or palazzi, and restaurants, wine bars, and shops are tucked into centuries-old houses and storefronts.



Siena

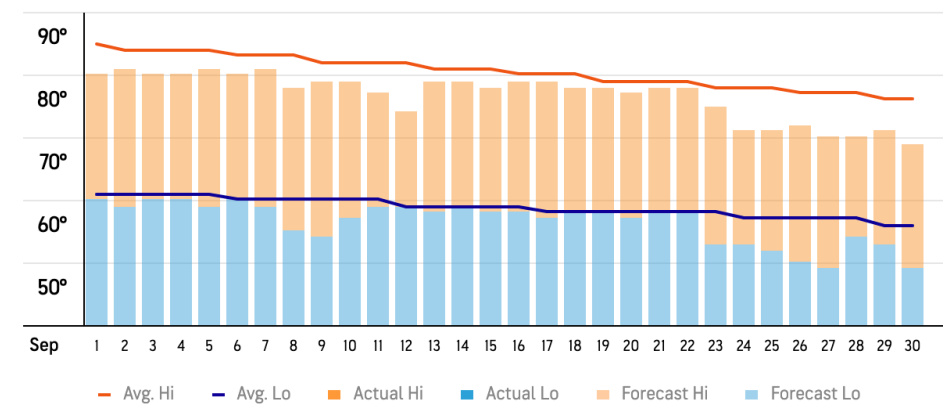
Siena's heart is its central piazza known as Il Campo, known worldwide for the famous Palio run here, a horse race run around the piazza two times every summer. Movie audiences worldwide can see Siena and the Palio in the James Bond movie, Quantum of Solace.

Siena is said to have been founded by Senius, son of Remus, one of the two legendary founders of Rome thus Siena's emblem is the she-wolf who suckled Remus and Romulus - you'll find many statues throughout the city. The city sits over three hills with its heart the huge piazza del Campo, where the Roman forum used to be. Rebuilt during the rule of the Council of Nine, a quasi-democratic group from 1287 to 1355, the nine sections of the fan-like brick pavement of the piazza represent the council and symbolizes the Madonna's cloak which shelters Siena.

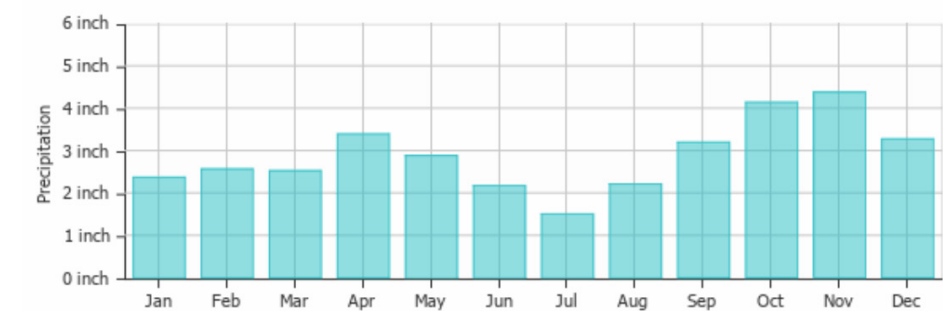
THE CLIMATE

The climate in Tuscany is generally mild with differences depending on the geography of each area. The coast and valleys tend to have hotter summers than the hills or mountains, although the coast benefits from breezes off the sea for cooler temperatures even in those warmer months.

Average Temperature For September



Average Precipitation





TRAVEL TIPS

- Much of the walking on this trip will be on an incline or decline, as many of the local town centers are built upon hilltops
- Check with your cellphone service provider to learn about how they charge users for roaming. While there will be wifi available at Villa Ivana, cafes, and other areas around town...there maybe be applications running in the background of your device which can use up data without even realizing it
- A good percentage of the rental vehicles in Italy are manual transmission, although vehicles drive on the right side of the road with the driver's seat and steering wheel located on the left
- Tasting fees are often waived at vineyards with the purchase of a bottle of wine
- An American-style breakfast (eggs, bacon, hashbrowns, toast, etc) is often hard to come by in Italy. It is more common to find "bars" which sell small pastries and coffee in a standing-room-only environment
- Tipping isn't expected at restaurants, hair salons, or wellness spas and is essentially built into the cost of the service provided

- Bus and train tickets must be time-stamped prior to boarding at a self-serve validating machine located inside of the station
- Some smaller shops and restaurants take a "riposo/pausa pranzo" and may not be open during the early afternoon hours (1:00pm - 4:00pm)
- The dinner rush at restaurants is generally around 8:00pm (and some restaurants may not even open until 7:00pm)
- Smaller coffee shops aren't commonly used as a workplace, so you may find tables and wifi lacking in some "bars"



ABOUT JOE

After experiencing a life-altering event while he was still in college, Joe Caruso decided to commit whatever time he had left to spending five hours per day, five days per week, studying life. He wanted to find what he calls the Simple, Common, Timeless Human Truths about life.

Joe began to systematically collect and analyze his findings based on research and study of the greatest philo-

sophers, leaders, and psychoanalysts of all time, as well as religions, myths, and ancient cultures and societies. His efforts culminated in a best-selling book in 6 languages that earned 5 stars on Amazon, and PBS special, both called "The Power of Losing Control," as well as a highly successful career as a compelling and engaging keynote speaker. Joe has been recognized by Nightengale-Conant as one of the "50 Most Influential Minds in Personal Development".

In response to the radically changed world of today, Joe is offering his daily, weekly, and monthly thoughts and comments to this new community in an exclusive way never done before.



www.carusoleadership.com