



5<sup>th</sup> MONTECANO EFIC SCHOOL FOR  
NEUROLOGICAL DIAGNOSIS IN CHRONIC PAIN:  
Clinical and Instrumental processes.  
Montescano (Pavia, Italy) – 30<sup>th</sup> September – 3<sup>rd</sup> October, 2013  
**VADEMECUM FOR PARTICIPANTS**

Dear Participant,

As the Organizing Secretariat of the 5<sup>th</sup> MONTECANO EFIC SCHOOL, we hope this vademecum may help you know more about the meeting in Montescano and Your stay in Italy from the 30<sup>th</sup> of September to the 3<sup>rd</sup> of October. Please consider Defoe, as the organizing secretariat, who is at your disposal for any unclear point and feel free to contact the staff for additional information at [efic@defoe.it](mailto:efic@defoe.it)

This vademecum is also available on the School Website [www.montescanoschool.eu](http://www.montescanoschool.eu)

**EFIC GRANT / REGISTRATION FEE : What do they include?**

The EFIC Grant as the Registration Fee covers all School materials and expenses related to meals and your stay at the hotel in Piacenza (45 km from Montescano) from Sunday 29<sup>th</sup> September to Thursday 3<sup>rd</sup> October 2013. It also covers transportation from Piacenza to Montescano during the study days and from Montescano to Milano Central Train Station on the departure day at the scheduled times and hours. Social activities in the evening (meals and transportation) are also included.

**ACCOMMODATION**

**EURO HOTEL**

Via Colombo, 29 29100 **Piacenza** – Italy | Tel +39.0523.606011

Email: [info@hoteleuropiacenza.it](mailto:info@hoteleuropiacenza.it)

The hotel offers accommodation in single or double rooms, according to the availability and the agreement at the moment of reservation.

Participants interested in booking a **single room** are requested to pay an extra-charge of Euro 25,00 per night. No extra charges are due for those who decide to share a double room with another delegate.

Participants interested in **sharing a twin/double room** with another person (husband, wife, friend) are kindly requested to pay an extra charge of Euro 35,00 per night.

If you are interested in **extending Your stay** more than the beyond mentioned period - for travel reasons or for a pleasure trip - can book a single room at Euro 55,00 per night or a double room at Euro 90,00 per night.



All extra payments must be paid compulsorily before the first day of the course with credit card or bank transfer made payable to:

DEFOE S.R.L.

Cassa di Risparmio di Parma e Piacenza

IBAN: IT89E0623012614000040340765

BBAN: E0623012614000040340765

BIC: CRPPIT2P100

SWIFT: CRPPIT2P

### ARRIVALS | 29 SEPTEMBER 2013

Arrival day is Sunday, 29<sup>th</sup> September, 2013.

NO TRANSPORTATION is available on the arrival day because your hotel is located in Piacenza and it is very easy to be reached from Milan.

### HOW TO REACH PIACENZA

#### From Milano Malpensa Airport

The best way to reach Piacenza from Milano Malpensa Airport is to take the Shuttle Bus to Milan Central Railway Station "Milano Stazione Centrale".

You may find useful information and buy the shuttle tickets on the following websites:

<http://www.malpensaexpress.it/en/>

<http://ticketonline.malpensashuttle.it/en/>

Euro 10 one way

#### From Milano Linate Airport

The best way to reach Piacenza from Milano Malpensa Airport is to take the Shuttle Bus to Milan Central Railway Station "Milano Stazione Centrale".

You may find useful information and buy the shuttle tickets on the following websites:

<http://ticketonline.malpensashuttle.it/en/>

<http://www.atm-mi.it/en/AltriServizi/Trasporto/Pages/airbus.aspx>

Euro 5/13 one way (check the Milano city website for different possibilities)

#### From Bergamo Orio al Serio Airport

Passengers arriving at Bergamo Orio al Serio Airport may easily get the Orio Shuttle directed to Milano Central Railway Station "Milano Stazione Centrale".

Please visit the following website for time schedule and tickets: <http://www.orioshuttle.com/>

Euro 3,50 one way

### Does your flight to Milan or Orio al Serio Airports arrive early in the morning and you wish to spend some hours in the beautiful Milano city centre?

Milano Stazione Centrale is the best place to keep your luggage.

The website where you may find detailed information to deposit left luggage in "Milano Stazione Centrale" is: <http://www.milanocentrale.it/en/service/detail/deposito-bagagli/>



To reach the city Centre, take the yellow subway line, available every 3 minutes (1,50 € one way). San Donato Direction – Stop: Duomo. You will arrive to the hearth of Milan. Enjoy your visit!

### **From Milano Stazione Centrale to Piacenza**

From Milano Stazione Centrale to Piacenza there are a very wide choice of trains available. The journey takes about an hour. The website of our primary train operator in Italy is <http://www.trenitalia.com> Here you could buy the train tickets.

### **Upon arrival at Piacenza**

Please call Euro Hotel at +39 0523 606011

As per our specific agreement with the hotel management, Euro Hotel provides a **shuttle service** for the delegates upon request. The service is free of charge for the Course delegates. It cannot be booked in advance. Please call the above number when you are at the Piacenza train station to be pick up. Feel free to call the above number once you're at the train station.

In case of later arrival you may find the **TAXI area** just outside the railway station. It will take you at "Euro Hotel" in 5 minutes. The Italian number to call for a taxi in Piacenza is +39.0523.591919

### **ASSISTANCE AND MEAL ON THE ARRIVAL DAY**

Assistance

Our assistant will welcome you at the hotel reception from 9.00 pm to 11.00 pm. Here, you will receive the EFIC Montescano School Information Kit: your personal folder containing useful documents to attend the school (final programme, stationery, personal badge, coffee break tickets, additional information).

For any late arrival, you may take the Kit on Monday morning before the beginning of the lessons at the information desk, just outside the meeting room where the event takes place at the Montescano Pain School.

No meals will be served on Sunday evening.

For a quick dinner, we suggest one of the following options:

- **O' Professore** - Different Italian meal proposals  
Via Emilia Parmense, 3, 29122 Piacenza - 750 m from Euro Hotel
- **Rosso Pomodoro** for a good Pizza  
Via Emilia Parmense, 100 Piacenza - 2 km from the Euro Hotel
- **Tzuki**, Japanese Restaurant  
Viale Sant'Ambrogio, 43, Piacenza - 1 km from the Euro Hotel

### **HOW TO REACH THE EFIC MONTESCANO SCHOOL**

Lessons will take place at:

Montescano Rehabilitation Centre - Via Per Montescano - 27040 Montescano (Pavia)

The hospital is located outside Piacenza and Euro Hotel. A shuttle bus with the assistance of our personnel is available at the morning.



## TRANSPORTATION - TIMING (30 SEPTEMBER – 3 OCTOBER)

*Monday, 30 September*

- 07.30 Piacenza - Montescano
- 18.15 Montescano – Piacenza (Euro Hotel)
- 20.00 Euro Hotel – Piacenza Pizzeria Party at Pizzeria da Cristian
- 23.00 Pizzeria da Cristian – Euro Hotel

*Tuesday, 1<sup>st</sup> October*

- 07.15 Piacenza – Montescano
- 18.15 Montescano – *Wine tasting* at Cantina Montù Beccaria
- 20.00 Cantina Montù Beccaria – Piacenza City Centre
- 23.00 Piacenza City Centre - Hotel Euro

*Wednesday, 2<sup>nd</sup> October*

- 07.15 Piacenza – Montescano
- 18.15 Montescano – Piacenza (Euro Hotel)
- 20.15 Euro Hotel – *Music Evening* at Rosso Tiziano Piacenza
- 23.30 Spazio Rosso Tiziano - Euro Hotel

*Thursday, 3<sup>rd</sup> October*

- **Check Out and Pick up your luggage**
- 07.15 Piacenza – Montescano
- 16.00 Montescano - Milano Central Railway Station

## MEALS

### Lunches and Coffee Breaks

N. 4 tickets for lunch and n. 8 tickets for coffee breaks are included in the Grant.

Please look at the final day-by-day program for the exact times for lunches and coffee breaks.

Lunch will take place at the hospital canteen. Coffee breaks will take place at the hospital bar.

Dinners: See the Evening activities below.

## ABOUT PIACENZA

Piacenza is located in the Po Valley, between Emilia Romagna and Lombardy regions. The art, history and traditions of Piacenza are, for the most part, related to the ancient Duchy of Parma and Piacenza. Other fortresses and castles scattered around Piacenza are the testimony of even more ancient civilizations, suspended in an atmosphere dominated by noble families and inspired leaders.

A city map and touristic information will provide in the EFIC Montescano School Information Kit.

## ABOUT DEPARTURE

The departure day is Thursday, 3<sup>rd</sup> October, 2013

The Course will end at about 16:00 on **Thursday, 3<sup>rd</sup> October, 2013**. The last lesson will be an evaluation session and all the participants should attend to it. A transfer by bus will be arranged on Thursday, 3<sup>rd</sup> October from **16:00 onwards, with one stop at Milano Central Railway Station**.



For those who must return to Piacenza – Euro Hotel because of the flight the next day, a transfer to Piacenza will be provided. In this case NO TRANSPORTATION will be provided on 4<sup>th</sup> October from Euro Hotel to the Airport.

## **EVENING ACTIVITIES AT MONTESCANO PAIN SCHOOL**

The Organizing Committee of the School is pleased to have you as a guest and wants to show you some typical restaurants and activities to give you a great welcome to Italy. A transfer to and from the interested locations will be provided (see the transportation schedule above).

Program:

### **Monday, 30<sup>th</sup> September:**

Pizza Party in a typical Italian Pizzeria in Piacenza at Pizzeria “da Cristian”.  
Shuttle bus from Euro Hotel to Pizzeria “da Cristian” at 20.00.

### **Tuesday, 1<sup>st</sup> October:**

Visit to a reviewed local wine producing firm: il “Montù Beccaria”.

The Montescano area is famous for its hills and wines. The visit includes wine tasting accompanied by a light buffet, with the possibility of buying some typical products in the wine cellar shop.

Transfers from Montescano Pain School to Montù Beccaria being at 18.15 from the School.

Transfers from Montù Beccaria to Euro Hotel in Piacenza is scheduled at 20.00, so that you can freely enjoy the quiet atmosphere of Piacenza by night.

For night owls a shuttle will depart from the Piacenza City Centre back to the Euro Hotel at 23.30. Any advice for restaurants/bars/pubs in the City Centre will be shown on the city map inserted in your Montescano EFIC School Information Kit.

### **Wednesday, 2<sup>nd</sup> October:**

Special night “Music & Live” at Rosso Tiziano, a surprising place with a very special guest.  
Transfers from Euro Hotel to Rosso Tiziano starting at 20.00.

**YOU CAN ASK FOR MORE INFORMATION AT THE RECEPTION DESK**

**MONTESCANO HOSPITAL, JUST OUTSIDE MEETING ROOM,**

**FROM SEPTEMBER, 30<sup>TH</sup> UNTIL OCTOBER, 3<sup>RD</sup>**

**Ref. MS. CLAUDIA FASCIA**