

Flight Information: Italy – Culinary Training & Culture (ITCD)

Meeting Time and Place: July 1, 2026 – 12:15 pm

United Airlines International Departure Counter, Newark International Airport (EWR) – Newark, NJ

Flight	Departure City	Departure Date & Time	Arrival City	Arrival Date & Time
United Airlines – UA 40	Newark (EWR)	July 1, 5:10 pm	Rome (FCO)	July 2, 7:35 am
United Airlines – UA 18	Milan (MXP)	July 22, 9:45 am	Newark (EWR)	July 22, 12:40 pm

If you are flying, **YOUR DOMESTIC FLIGHT SHOULD ARRIVE BY 11:15 AM**, giving you enough time to collect your luggage and get to the United Airlines International Departures Counter to meet your group by 12:15 PM. You may need to change terminals, so plan for this travel time when making your flight arrangements. *Please check the following website to find the location of United Airlines: <https://www.newarkairport.com/flight/airlines>*

Flight Reservation Guidelines:

- Your domestic return flight home from program should depart no earlier than **4:40 pm on July 22**. Flights are often delayed, so the more time between your international and domestic flights, the better.
- **Do not book your reservation as an unaccompanied minor** - group leaders are unable to meet each student individually when their flight arrives, so do not make a reservation that requires a pickup.
- If you are 14 or younger, please do not book a reservation on United, American Airlines, or Delta. We cannot accommodate these airlines' strict check-in requirements for travelers under 15.

Meeting Your Group at the Airport:

- You must meet your group leaders at the meeting place whether you are traveling locally or flying from your home.
- Your group leaders will be at the terminal to meet you. Look for an Experiment sign and make yourself visible. If you have trouble finding your group, call our office at 1-800-345-2929.
- **Do not check in for the international flight.** Your leaders will review your bags, and the group will check in together.
- Make sure your cell phone is fully charged before meeting your group. There are limited locations to charge cell phones at the airport, so limit cell phone use while traveling to meet the group.
- Bring a snack and drink to have while you are waiting for your group since food is not always available outside security.

Luggage and Packing:

- Experimenters are limited to 1 piece of luggage and 1 carry-on personal item. Any student with more than 2 pieces of luggage will be required to send the excess home from the group meeting place at the student's expense.
- For more information on your specific program's packing list, please view the packing list on the Planning Documents page: <https://www.experiment.org/planning-documents/>