

Registration Information, “Songs of Sardinia,” May 30th-June 5th, 2020

Welcome! We are so glad you are considering attending “Songs of Sardegna!” To be considered for the retreat, please send a brief email to Kristina Jacobsen detailing a) your instrument and songwriting experience, if any b) why you want to participate in this workshop, specifically c) what you are hoping to get out of the experience as an artist, songwriter, human being d) your interest in Italian and Sardinian culture, specifically (basic Italian or Spanish language skills a plus to deepen your own experience in Sardinia, but certainly not required for workshop participation) to: kristinajacobsen@gmail.com. Any additional questions and queries are always welcome.

In deciding whether this is the right workshop for you, please note that this workshop is unique in that it is a) culturally immersive; b) a songwriting intensive and collaborative, in which you write a song a day with another songwriter; and c) songwriters are expected to live in community not only with one another, in a shared house and kitchen with shared and/or private rooms, but also in community with residents of a small, rural and extremely welcoming Italian village where few residents are fluent in English. Thus, it is a retreat informed by both songwriting and anthropological approaches to living in new and unknown places and becoming a part of that place for the time that you are in Santu Lussurgiu.

Registration for the retreat is on a first-come, first-served basis, and the retreat is capped at 12 participants, total. Payment must be made in full at the time of registration. The registration deadline this international workshop and retreat is **March 1st, 2020** (50% refunds available up until April 1st, 2020). Upon registration, a detailed invoice will be provided for your records. Payment must be made via Paypal.

For paypal, please send payment to: kristinajacobsen@gmail.com and specify “Songs of Sardegna Songwriting Retreat 2020” in the “about” section (fine to select “friends/family” as the category of payment as this is no cost to you).

Plane Tickets

For plane tickets to this workshop, you will want to fly to the city of Cágliari, Sardinia, arriving the day prior (Friday 5/29) to the beginning of the retreat. The workshop facilitator will then meet all international participants at the airport in Cágliari by mid-afternoon (3 pm) and travel with you via train back to Santu Lussurgiu (about a three hour train/bus ride). For most international flights (Norwegian airlines is inexpensive and recommended from the U.S. and Scandinavia), you’ll want to plan to fly to Rome, Italy, and then purchase a separate ticket with Alitalia airlines from Rome to Cagliari, and back to Rome.

Arrival Times

Arrival: If you are traveling by air, please plan to arrive at Cagliari/Elmas Airport on **Friday, 5/29**, by **3 pm** at the latest. We will all travel back to Santu Lussurgiu on the **5:16 train** that same day from the airport, arriving in Santu Lussurgiu around 8 pm, that night.

Departure:

On the final day of the retreat, please plan to stay on site/in Santu Lussurgiu until **10 a.m.** for final goodbyes and retreat wrap-up, when the workshop formally ends. For those needing to catch flights from Cagliari, there is a bus leaving Santu Lussurgiu at **11:17 a.m.** on Friday morning, which will get you to the airport in Cagliari by **1:27 pm**. Please book flights leaving at 3:00 pm at later on Friday 6/05 (or plan to visit/stay in lovely Sardinia—there is much to explore!).

What to Bring:

Temperatures in Sardinia are warm in late May, ranging from 75°-90°F, with temperatures dropping in the evening. In general, the weather on the island is quite humid, even in the mountains, and there is no air conditioning in the village. Please also keep in mind that most bed and breakfasts do not include wifi (there is wifi in one bar/coffee shop in the village), so it's a good idea to have extra data purchased/in place if you anticipate wanting to send text messages or check email.

Your instrument (preferably with a DI or ability to mic)

Yoga clothes

Yoga mat

Walking shoes

Rain gear

Bathing suit

Beach towel

Light sweater

Outfit for final night-time performance

Battery-operated fan (miniature)

Ear plugs

Recording device for songs (recording on smartphone is fine)

A notebook and pen

Charger with adaptor for European outlets for phone and all electronics

Laptop/ipad (to write down/record lyrics)

Portable printer (optional) for song lyrics: there is no easy ability to print in the village

Your merchandise (CDs, etc.) to sell/share at final concert

Batteries

An optional item to consider bringing are some very small and lightweight momentos in the \$1-3 range from your home country; these can be offered to your hosts at the end of your stay, to your fellow co-writers, or to anyone else you come into contact with and to whom you'd like to offer something while you are traveling.

Food

Breakfast is provided by most Bed and Breakfasts in the village, and typically consists of coffee, a pastry, and fresh fruit. For those that want to purchase other food items, two markets are within walking distance to purchase additional breakfast items and items to cook dinner with (kitchen is fully equipped for cooking). Daily lunch will be provided by a local restaurant with an award-winning chef, Andrea Manca, at his family-owned restaurant, Bella Vista Ristorante. This restaurant specializes in locally prepared specialties, fresh, homemade pastas, and locally harvested produce; all products are by hand and in-house whenever possible. At each lunch (six lunches, total), a vegetarian and meat option main dish will be offered. Fresh fruit, vegetables, coffee and water are also offered at each meal, with dessert and wine available for an additional cost and paid on your own. If you have special dietary restrictions beyond what is outlined, above, you should plan to prepare your own meals or supplement what is already being offered with foodstuffs purchased separately.

Instruments

Participants should plan to bring their own instruments whenever/wherever possible. If you prefer to travel without your instrument, you are also welcome to contact the following musical instrument store in Cagliari (open weekdays 9-1 and 4:3-8:00) to inquire about renting an instrument (including keyboards and guitars): "Il Controfagotto Strumenti Musicali Cagliari" (email: info@ilcontrofagotto.it), located at: Via Sant' Alenixedda 17, Cagliari (CA), 09128. Their phone number is: +39 070485345.

Safety

Following admission into the workshop, each participant will be asked to sign a liability waiver form. Non-Italian participants are encouraged to also look into international health insurance coverage to cover their stay while in Italy.

**Please ask about tuition-free attendance for: Sardinian residents and Navajo Nation citizens.
Please also ask about our newly established Navajo Nation High School Songwriter Scholarship Fund.**

Grazie/thank you, and we look forward to seeing you in Santu Lussurgiu!

~Kristina Jacobsen, Christy Cook, and Meredith Wilder