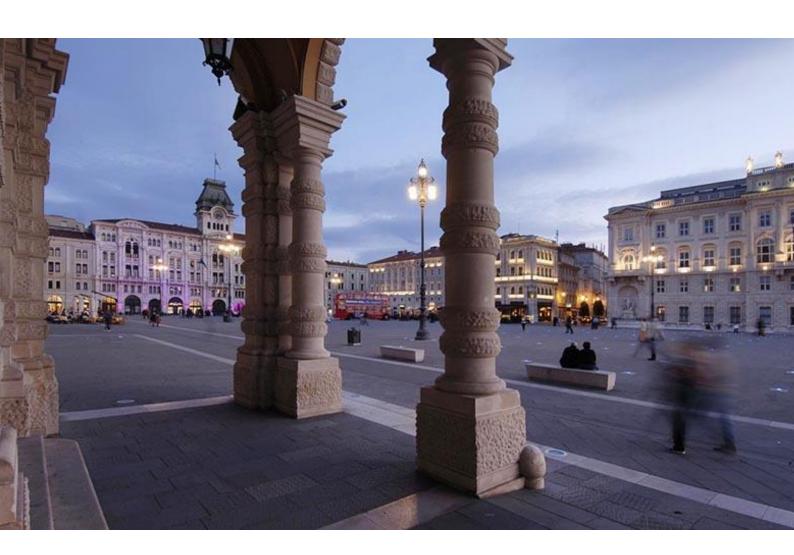


USEFUL INFORMATION ABOUT TRIESTE



MIB Trieste School of Management

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For more information please have a look to the following website: www.welcomeoffice.fvg.it

1. TRANSPORTATION

Urban bus lines

Web site: www.triestetrasporti.it (for bus schedules, maps and information regarding strikes "scioperi")

TOLL-FREE NUMBER 800016675

We suggest you to buy the **monthly ticket** (abbonamento mensile rete € 34,35), it gives you unlimited use of all bus lines for one month period, and it is available at most "Tabacchino" or on the APP Trieste Trasporti. Please note that there is a discount of 5% on all subscriptions purchased online.

If you buy the hard copy of the ticket, remember you need to validate it on the first bus ride of the month **Attention:** it is mandatory to have a travel ID along with travel cards (yearly, monthly or fortnightly). The travel ID (tesserino identità) is valid for 5 years and it is free of charge. You need to hand in:

- copy of the tax identification number;
- copy of the ID card or passport;
- a passport photo
- Form filled in (the form is provided by the authorised sales points)

You can get it at Trieste Trasporti ticket office (biglietteria aziendale, in via dei Lavoratori 2) or in the authorised sales points, e.g. tobacco shop and newsstand (complete list available at www.triestetrasporti.it/orari-e-percorsi/punti-vendita/rivendite-informatizzate). It is also possible to purchase it online (it costs €5) at https://webticketing.triestetrasporti.it.

Extra-urban lines

web site: www.autostazionetrieste.it INFORMATION DESK: tel 040425020

The Bus Station is close to the Train Station and it provides national and international lines directed to

Slovenia, Croatia, Serbia, Bulgaria, Romania and Hungary

Taxis

Web site: www.radiotaxitrieste.it

Radiotaxi: tel 040307730
Taxi Alabarda: tel. 040390039

Taxis are quite expensive in Italy. Extra charges are applied for night rides.

For taking a taxi, you must either go to a taxi stop or call a company and arrange to be picked up.

APP: ItTaxi

Trains

Web site: www.trenitalia.com (for schedules, route maps and fares) CALL CENTER 892021, Ticket Office (in Trieste): tel 040418612

Central Train Station: P.zza della Libertà 8

Airport: Trieste Airport

Web Site: triesteairport.it

Tel 0481773224/0481773225, Ticket office tel 0481773232

A direct train connects the airport with Trieste Central Train Station. https://triesteairport.it/en/airport/in-

partenza/come-arrivare/in-treno/

A Bus Shuttle service connects the city with the airport (bus number 51). Tickets can be purchased at the Bus station or at the airport from the 24-hour automatic ticket machine at the Arrivals Hall. https://triesteairport.it/en/airport/in-partenza/come-arrivare/by-public-transport/

Sea transport

Only available on summer time. For schedules and itineraries in the golf of Trieste see connections to: Trieste Lines http://www.triestelines.it/eng/index.php

There is a ferry that connects Trieste and Muggia all year long and another one that connects Trieste and Grado during summer time. For further information check the website: http://www.delfinoverde.it/eng/index.html

2. MEDICAL SERVICES AND HOSPITALS

Health assistance for foreigners

All foreigners can refer to the following public service with no need to book an appointment:

AMBULATORIO STRANIERI, Via Stuparich 1, 1st Floor

Monday, Wednesday and Friday from 2pm to 3pm

Information Point: infostranieri@ass1.sanita.fvg.it; 040-3992922

For Emergencies

In case of medical emergency, head to the nearest hospital. Emergency rooms (*pronto soccorso*) are open 24 hours a day. **To call an ambulance dial 112 (toll free).**

Hospitals (Ospedali)

website: www.aots.sanita.fvg.it; CALL CENTER: 040-3991111

OSPEDALE DI CATTINARA (Main Hospital): Strada di Fiume, 447

OSPEDALE MAGGIORE: Piazza Ospedale, 1

OSPEDALE BURLO GAROFOLO (Maternal and children's hospital): Via dell'Istria 65/1, 040.3785111

There are also two private clinics with connections to the public system:

Ospedale Sanatorio Triestino: Via Rossetti,62; 040.397478

Ospedale Salus: Via Bonaparte, 4-6; 040.3171219

Pharmacies

Most pharmacies in Italy sell medical treatments only.

Opening hours: Monday to Saturdays from 8.30 to 12.30 and 15.30 to 19.30. They alternate staying open at lunchtime, at night or during weekends and holidays.

For a list of pharmacies present in Trieste go to: www.farmacistitrieste.it/it/home-2/

APP: emergenze FVG

3. BANKS AND MONEY MATTERS

For a list of Banks in Trieste check the following web Site: www.comuni-italiani.it/032/006/banche

Required documentation to open a Bank Account:

- -identity document
- -Italian Tax Code (Codice Fiscale)
- -Receipt of the delivered request of the Permit of Stay
- -certificate of admission to the Programme (in Italian language)

Cash:

Cash is available from Bancomat (Automatic Tellers /ATMs machines) throughout the city. If you lose your BANCOMAT card, dial: 800822056

Currency Exchange Offices:

- -Via Carlo Ghega, 8, Trieste; 040 363276
- -Via Carlo Ghega, 4, Trieste; 040 630422
- -Piazza del Ponterosso, 3, Trieste; 040 368080
- -Piazza della Libertà, 8, Trieste; 040 414319

4. POST OFFICE

The Post Office (*Poste Italiane*) can be used as a bank as well. Opening hours are longer than the banks' and there are many post offices located throughout the city. Look for the yellow "PT" sign.

For information regarding postal or financial services check the following web site: www.poste.it

Main Post Office in Trieste (*Posta Centrale*): Piazza Vittorio Veneto 1; 040 6764292 Open hours: Monday to Friday from 8.00 to 19.00; Saturday from 8.00 to 13.15

Nearest to the School: Via Leopoldo Mauroner 2; 040 660575

Red mailboxes are all around the city. Stamps may be purchased at the Bars where you see the sign "T" (*Tabacchi*).

We advise you to send important documents or letters by registered mail (*Raccomandata*) or by Courier, as ordinary mail may be erratic.

5. HELPFUL PHONE NUMBERS

POLICE REPORT (Denuncia)

Lost or stolen items or documents must be reported to the Police.

Go to the nearest "Questura" office or "Carabinieri" station and complete the report. You may find a standard form in English. We suggest you to make a photocopy of the statement you will be given.

ONLINE DIRECTORIES

There are several online directories that are very helpful for finding what you need in Italy.

- -The Italian Yellow Pages: A directory of businesses and places www.paginegialle.it
- -The Italian White Pages: A directory of people www.paginebianche.it
- -For maps and itineraries www.tuttocitta.it

TOURIST INFORMATION

InfoPoint Trieste: Piazza Unità, 4b | ph: +39 335 667 5029

Visit the Region's official site: http://www.turismofvg.it/; http://www.turismofvg.it/Locality/Trieste

6. CELLPHONES AND INTERNET CONNECTION

Several companies provide cellular phone service as well as high speed mobile internet connection:

TIM	119	<u>www.tim.it</u>
Vodafone	190	www.vodafone.it
Wind	155	www.wind.it
3	133	www.tre.it

You will find various offers on purchasing a phone or calling plans depending on your needs and habits. You are not obliged to purchase your phone from your cell provider.

Once you have a phone, you need to purchase a SIM card (minimum € 5) in order to activate your number and charge some credit in order to start using it.

Note that you will not pay to receive calls as long as you are in Italy (roaming fees apply if you answer calls while you are outside Italy), but be careful when you are in some areas of the *Carso* (the hills above Trieste) and sometimes even along the coast around *Barcola*. Since Trieste is on the border with Slovenia, your phone may automatically drop your Italian network signal and pick up a Slovenian or even a Croatian network, even though you are still in Italy. In this case you will be charged a roaming fee if you answer a call (Croatian roaming fees are particularly high). So we suggest you to turn the operator selection to manual to solve this

problem. In case you have an EU sim card, the EU "roam like at home" rules apply, which means that when you use your mobile phone while travelling outside Italy in any EU country you don't have to pay any additional roaming charges. You benefit from these rules when calling (to mobile and fixed phones), sending text messages (SMS) and using data services while abroad. For more information check the following link: http://europa.eu/youreurope/citizens/consumers/telecoms-internet/mobile-roaming-costs/index_en.htm

7. ELECTRICITY AND WATER QUALITY

Electricity in Italy, as in the rest of Europe, comes out at 220 volts alternating at 50 cycles per second. Be sure to provide yourself with plug adapters, transformers or Power Converters.

The water in Trieste is safe to drink.

It contains limestone which can be difficult on your dishes, sinks, appliances and laundry. Look for products that say "Elimina calcare" to assist with this problem. We recommend:

- -For Washing machines add Calfort;
- -For Dishwashers add "sale speciale" (special salt). It can be found near the dishwasher detergents;
- -For Ironing: If you use a steam iron you may need to use distilled water to keep your iron functioning properly.

8. WEATHER

Check the following websites for updated weather forecast: <u>Meteo Trieste</u> and <u>Osmer Fvg</u>. Most of the year, the coastline around Trieste enjoys a mild and sunny climate.

Winters are generally mild and sunny. These pleasant Mediterranean weather conditions are sometimes interrupted by a very changeable cold weather generated by a northerly wind called **Bora**, which can bring unseasonably cold weather for a few days in winter and early spring. The average temperature in wintertime is 8° C, 16° C in autumn and 15° C in spring.

Summers are hot and dry. For example, there are on average 300 sunny days, either entirely or partly sunny, in one year. With its 2500 hours of sunshine per year, the Trieste coastline is statistically one of the sunniest spots, not only in Italy but also in Europe as a whole. The mitigating effect of the sea accounts for an average temperature around 24°C.

Curiosity: "Bora" the cold wind

Derived from "boreas" (Greek: "boréas") the Bora is a strong northerly wind that hits the Trieste gulf from EAST-NORTHEAST direction. In town, the bora can attain an average speed of 50-80 km/h; its strongest gusts may reach a speed of 170-180 km/h.

We suggest you always close windows before leaving your apartment.

9. THEATRES

FONDAZIONE TEATRO LIRICO "GIUSEPPE VERDI"

Riva Tre Novembre, 1 - tel. 0406722111

web site: www.teatroverdi-trieste.com; e-mail: info@teatroverdi-trieste.com

Ticket Office: piazza Verdi, 1 - tel. 0406722298/9 - fax 0406722249 - Call centre 199-112-112 Everyday except Monday 9.00-12.00 and 16.00-19.00 (show times 9.00-12.00 and 18.00-21.00)

Sunday: 9.00-12.00 (show times also at 17.00-19.00) last minute (2 hours before the show) sale 50%

POLITEAMA ROSSETTI

Viale XX Settembre, 45 - tel. 0403593511

web site: www.ilrossetti.it; e-mail: info@ilrossetti.it

Main ticket office: Politeama Rossetti (mar-sab 8.30-12.30; 15.30-19)

Ticket Point (Corso Italia/Via San Nicolò, tel. 040-3498276) (lun-sab 8.30-12.30; 15.30-19)

SALA TRIPCOVICH

Piazza Libertà, 11 - tel. 040/6722357 Ticket office: tel. 040 6722299/ 6722298

LA CONTRADA - TEATRO STABILE DI TRIESTE

Via del Ghirlandaio, 12 - 34138 Trieste tel. 040948471-390613 fax: 040946460

web site: www.contrada.it; e-mail: contrada@contrada.it

MIELA THEATRE

Piazza Duca degli Abruzzi, 3 tel. 040365119 fax 040367817

web site: www.miela.it; e-mail: teatro@miela.it

TEATRO STABILE SLOVENO

Via Petronio, 4

tel. 040/632664 - 632665 - fax 040368547

Web site: www.teaterssg.com

10. MUSEUMS

For information, visits with a guide, reservations dial 040308686 - 040310500 or visit the following web site: www.triestecultura.it

SAN GIUSTO

http://www.castellodisangiustotrieste.it/

MUSEUM OF HISTORY AND LAPIDARIO GARDEN

http://www.museostoriaeartetrieste.it/ortolapidario/

MUSEUM REVOLTELLA (Modern Art Museum)

www.museorevoltella.it

MUSEUM OF NATURAL HISTORY

www.museostorianaturaletrieste.it

MUSEO SVEVIANO

www.museosveviano.it

MUSEO SARTORIO

museosartoriotrieste.it

SEA AQUARIUM

http://www.aquariomarinotrieste.it/

THEATRE MUSEUM OF THE C. SCHMIDL FOUNDATION

http://www.museoschmidl.it/

MUSEUM MORPURGO

http://www.museomorpurgo.it/

MUSEUM OF HISTORY AND COUNTRY AND OLD COLLECTION OF STRAVROPULOS

http://www.retecivica.trieste.it/triestecultura/new/musei.asp

RISIERA DI SAN SABBA

http://www.risierasansabba.it/

MUSEUM OF THE WAR FOR PEACE "D. DE HENRIQUEZ"

http://www.museodiegodehenriquez.it/

MUSEUM OF RISORGIMENTO - MEMORIAL TO GUGLIELMO OBERDAN

http://museodelrisorgimentotrieste.it/

MUSEUM OF THE SEA

http://www.museodelmaretrieste.it/

MUSEUM OF POST AND TELEGRAPH OF MITTELEUROPE

http://www.retecivica.trieste.it/triestecultura/new/musei/museo postale/default.asp

MUSEUM OF ORIENTAL ART

http://www.museoarteorientaletrieste.it/

JOYCE MUSEUM

http://www.museojoycetrieste.it/

CIVICO ORTO BOTANICO

http://www.ortobotanicotrieste.it/

RAILWAY MUSEUM

http://www.museoferroviariotrieste.it/

MIRAMARE CASTLE

http://www.castello-miramare.it/en/

CASTLE OF DUINO

https://www.castellodiduino.it/

GIANT CAVE AND SPELEOLOGIST MUSEUM

https://www.grottagigante.it/

ALINARI IMAGE MUSEUM

http://www.imagemuseum.eu/

11. CINEMAS

For films currently showing: www.mymovies.it/cinema/trieste
Cinema Ariston: Viale Gessi, 14 - Trieste. Telefono: 040 304 222
Cinema Fellini: Viale XX Settembre, 37 - Trieste. Telefono: 040 636 495

Cinema Giotto: Via Giotto, 8 - Trieste. Telefono: 040 637 636

Cinema Multiplex Cinecity: Via B.D'Alviano, 23 - Trieste. Telefono: 0406 726 800 Cinema Nazionale: Viale XX Settembre 30 - Trieste. Telefono: 040 635 163

Film series in Original English Language:

Italian American Association: Piazza S. Antonio, 6-34122 Trieste, Italy - +39 040 63 03 01 - +393498666667

Web site: http://aia-fvg.blogspot.it/

Films are shown at Excelsior Cinema in Trieste and Kinemax in Monfalcone. Season ticket: €20 for students, includes membership to the Association and access to all library materials.

British Film club: Via Dante Alighieri, 7

Web site: http://www.aristoncinematrieste.it/british-film-club/

Season ticket includes admission to all 9 films screened at the Ariston Cinema and the possibility of borrowing books, videos and DVDs from the collection held in their clubroom.

12. SHOPPING

The main shopping areas are clustered near Via San Nicolò, Corso Italia, piazza Unità, Via Carducci, Piazza della Borsa and Via Battisti.

Note that most shops are closed on Sundays and Mondays. Smaller stores usually close mid-day for lunch and re-open at around 4 pm.

Shopping Malls

Torri d'Europa (via Svevo 14, Tel. 040 637448, Fax 040 3474399) is the largest department store of Trieste, with over 120 shops, department stores, boutiques, supermarket, cinemas and restaurants.

Web site: www.torrideuropa.com

Open Monday 12-21, Tuesday to Saturday 9- 21, Sunday 10-21. Restaurants open until 23.

Take bus number: 1 - 8-29 - B (by night)

Il Giulia (via Giulia 75/3) Web site: http://ilgiulia.it/

Open from Monday to Sunday 9.30-19.30

Take bus number: 6 - 9 - 35

Centro commerciale Montedoro Freetime

Via Flavia di Stramare 119/e - 34015 Muggia - Trieste

Tel 040 232320; Fax 040 4606256 Web site: www.montedorofreetime.it

Open Monday 12-21, Tuesday to Saturday 9-21, Sunday 10-21

Take bus number: 20 Muggia - Stazione Centrale; 47 Domio - Muggia; 49/ Cattinara Ospedale - Muggia

Department Stores

- -Upim (Corso Italia 18, www.upim.it, 040638192)
- -Coin (Corso Italia 16, www.coin.it, 0403728000). They both sell clothes and household items.
- -Oviesse (viale XX Settembre 20, www.ovs.it/ 040370636). Inside there's also a supermarket in the basement.

For House Hold Items

-Center Casa: sells household items and gifts

Corso Umberto Saba 15

Special Markets

- In March "Viale in fiore" (Viale XX Settembre)
- Every 3° Sunday "Mercatino dell 'antiquariato", flea market, in the old part of the city (Cittavecchia)
- In spring, Piazza Europa exhibition-market of wine and food products from Italy and many European Countries
- October: Barcolana, The biggest regatta in the world; few days before, special market of food and stands dedicated to the sea and the city of Trieste.
- December: Christmas markets

13. HISTORICAL CAFES

Trieste is famous worldwide for its coffee.

Ordering a coffee in Trieste may seem a bit difficult, find bellow some tips to help you order exactly what you want to drink (only in Trieste)!

Nero: a classic espresso, strong coffee in a very small cup;

Capo (or cappuccino): espresso with hot milk in a very small cup;

Capo in "b": same as above but in a small glass (bicchiere) and with more foam;

Caffelatte: lots of milk and a bit of coffee in the larger tea-sized cup;

Caffè corretto: espresso with a shot of alcohol;

Deca: if you want a decaffeinated coffee, just add deca to any of the above

Some historical cafes that are worth visiting:

CAFFÉ TOMMASEO (Riva Tre Novembre, tel. 040 362666), located on the sea front, has been a meeting place for businessmen and politicians since 1830. The interior design, sophisticated and elegant with sober and discreet furnishing featuring mirrors imported 100 years ago from Belgium and Thonet-style wooden chairs.

CAFFÉ SAN MARCO (Via Battisti 18, tel. 040 363538), was opened on January 3rd 1914 and completely destroyed during the First World War. In the 1920s after being rebuilt it became the meeting place of many local intellectuals such as Saba, Svevo and Giotti. The interior, partly revised in the 1930s, recalls the typical atmosphere of a Viennese Cafè.

CAFFÈ DEGLI SPECCHI founded in 1839 and situated in the ground floor of Palazzo Stratti in Piazza Unità d'Italia which was and still is the heart of the town. Because of its particular position, Caffè degli Specchi has ever been a privileged place to follow all the historical-political-economical and cultural events of Trieste.

14. SPORT FACILITIES

SWIMMING POOLS

PISCINA COMUNALE B. BIANCHI: Passeggio Sant' Andrea, 8 - www.piscinabianchi.it tel 040303386 PISCINA COMUNALE DI ALTURA: Via Alpi Giulie, 2/1 - www.gsvigilidelfuocotrieste.it tel 040827667

PISCINA TERAPEUTICA ACQUAMARINA: Molo Fratelli Bandiera, 1 http://www.2001team.com/acquamarina/?Home tel 040301100

PISCINA SAN GIOVANNI: Via S. Cilino, 42/1; www.piscinadisangiovanni.com tel: 040 566 492

GOLF CLUB TRIESTE

www.golfclubtrieste.net

Padriciano, 80 - tel/fax 040226159

BIKE RENTAL

Trieste Bike

Via Dragotin Kette, 2, 34149 Basovizza TS, Italia

http://www.triestebike.com/

15. MAJOR SPORTING EVENTS

Trieste Marathon: On the first Sunday of May a marathon is run on panoramic roads of Trieste, one of the finest Marathons in whole Europe. It symbolises peace and brotherhood among the peoples of the Adriatic. web site: www.triesterunningfestival.com

"BARCOLANA" Sailing regatta: On the Second Sunday in October the Gulf of Trieste plays host to one of the biggest and most spectacular events on the sailing calendar, distinguished by the participation of all classes of sailing boats. In recent years the increasing numbers of participants have reached the thousand mark. web site: www.barcolana.it

16. RELIGIOUS SERVICE

Italy is predominately a Catholic country; you will find Catholic churches around every corner. Even so, Trieste is a multicultural city and there are many other religious services available:

- -Centro Culturale Cristiano TrE- Via Madonnina, 43. Tel: 333.5250511 or 040.300534, Denomination: Evangelical.
- -Pentecostal- Via Ghirlandaio, 23. Tel: 040.390 661. Denomination: Pentecost.
- -Chiesa di Cristo- Via San Francesco d'Assisi, 16, Tel: 040.370570. Denomination: Church of Christ.
- -Chiesa del Regno di Dio- Via Foscolo, 4. Tel: 040.771509. Denomination: Church of Christ.
- -Chiesa di Gesú Cristo dei S.V.G- Via Monfalcone, 6. Tel: 040.946.521. Denomination: Church of Christ.
- -Chiesa Evangelica Luterana- Via San Lazzaro, 19. Tel:040630168 Denomination: Lutheran.
- -Chiesa Evangelica Metodista- Scala dei Giganti, 1. Tel: 040.630892. Denomination: Methodist.
- -Centro Culturale Islamico di Trieste Via Pascoli, 45. Tel: 040772370 Denomination: Islam.
- -Comunitá Ebraica TrE- Via San Francesco, 19. Tel: 040 371-466. website: <u>www.triestebraica.it</u> Denomination: Jewish Orthodox
- -Trieste Chabad- Via Delmonte 1. Tel: 040-37-0966 Denomination: Jewish Chabad

17. ITALIAN LANGUAGE COURSES FOR FOREIGNERS

CENTRO DELLE CULTURE DI TRIESTE

Trieste, via Orlandini 38 cell. 347 9822327

web site: www.freaksonline.it e-mail: corsi@freaksonline.it

CPIA - Centro provinciale istruzione adulti

Trieste, via dell'Istria 45, Largo del Pestalozzi 1 Tel.0409852997

web site: http://cpiatrieste.scuole.cineca.it/it

IAL Centro di formazione

Via Pondares, 5 - 34131 Trieste; tel. 040.6726311; fax: 040 6726310

Web site: www.ialweb.it; e-mail: ial.trieste@ial.fvg.it Monday to Friday 9.00 - 13.00 and 14.30 - 18.30

IRES FVG

Via Felice Venezian, 20 – 34124 Trieste; tel. 040 3220746; fax 040 3225171

Web site: www.iresfvg.org; e-mail: info@iresfvg.org

Monday to Friday 9 - 13 and 14.30 -18.30

COURSES WITH FEES

ASSOCIAZIONE ORIZZONTI DELL'EST E DELL'OVEST

Via della Geppa, 2 – 34100 Trieste; tel. 040 3480662 Web site: www.orizzontidellest.it; e-mail: orizzest@tin.it

SOCIETA' DANTE ALIGHIERI

Via Torre Bianca, 32 - 34122 Trieste; tel. 040 362586

sito Web: www.dantealighieritrieste.it; e-mail: info@dantealighieritrieste.it

UNIVERSITA' POPOLARE DI TRIESTE

Piazza Ponterosso, 6, 34121 Trieste; tel. 040 6705200, 040 6705201; fax 040 631967

sito web: www.unipoptrieste.it; e-mail: info@unipoptrieste.it

For course information: corsi@unipoptrieste.it

Monday to Friday from 8.30 to 13.30; Monday and Wednesday 15.30 to 17.30

18. RECYCLING GARBAGE

You will notice different receptacles all around city, as indicated in the following table:

WHAT	WHERE	YES	NO
Paper, cardboard,	Yellow dumpster	Juice boxes,	Paper contaminated
juice and milk boxes		newspapers, magazines, notebooks, boxes, flattened cardboard boxes, packaging	by food, plastic paper
Plastic	Blue dumpster	Bottles and Plastic containers, plastic bags, Styrofoam containers	Toys, plastic dishes, cups and other types of plastic object

Remaining waste	Grey dumpsters	All other types of waste, old medications	Recycling waste, bulky waste and dangerous waste
Glass and cans	Green dumpster	Glass bottles or recipients, cans	Light bulbs
Organic	Brown little dumpster	Vegetable or animal origin waste of domestic origin, characterized by reduced dimensions, such as kitchen waste or scraps of small apartment plants.	Bones, shells of mussels and clams, small animal litter, liquid food, oil.
Batteries	Grey little dumpster	Dead batteries and used cell phone batteries	
Used clothing	CARITAS yellow dumpster Roccito Abiti Uschi Filmen of Mayinh April 1980 in 1980 Sink is laut of the Sink Income season	Second hand clothes in good conditions, shoes, bags, cloths and linens	