



Hotel Ara Solis

INCLUSIVE HOTEL

Best Western and L'abilità Onlus

working together to welcome guests with Autism Spectrum Disorders.

Best Western Italia and L'abilità Onlus have launched a project dedicated to guests with Autism Spectrum Disorders.

Inclusive Hotel is the name of the initiative and it aims to guarantee an **absolutely positive** stay in the hotel to people with **Autism Spectrum Disorders**, both children and adults together with their families and their caregivers.

This guide is dedicated to those who want to **start travelling again**.

The **services** and **strategies** listed in the guide are helpful in organising the trip and ensure a positive and welcoming experience in the hotel, guaranteeing a sense of **wellness** and **inclusion**.

To supplement the information provided **Augmentative and Alternative Communication Tables** on the hotel itself and on the destination can be found in the dedicated rooms.

We wish you a pleasant stay.

General Information

The **Best Western Ara Solis** is located in **Taranto – Lido Azzurro** in Via Calata Penna Dritta, 2.

The hotel staff has been **trained** and is **aware** of the characteristics of people with **autism spectrum disorders**, of their special needs, and knows how to make the hotel **fully inclusive**.

Gaetano Mirabile is responsible for the Inclusive Hotel project at the **Best Western Hotel Ara Solis**.

You can contact him by e-mail at info@arasolishotel.com or by phone on +39 099 4710809.

Do not hesitate to contact him:

- for more information
- to book a room that is adequate to the needs of a person with ASD
- to communicate any special needs
- to communicate your time of arrival



Check-In and Check-Out

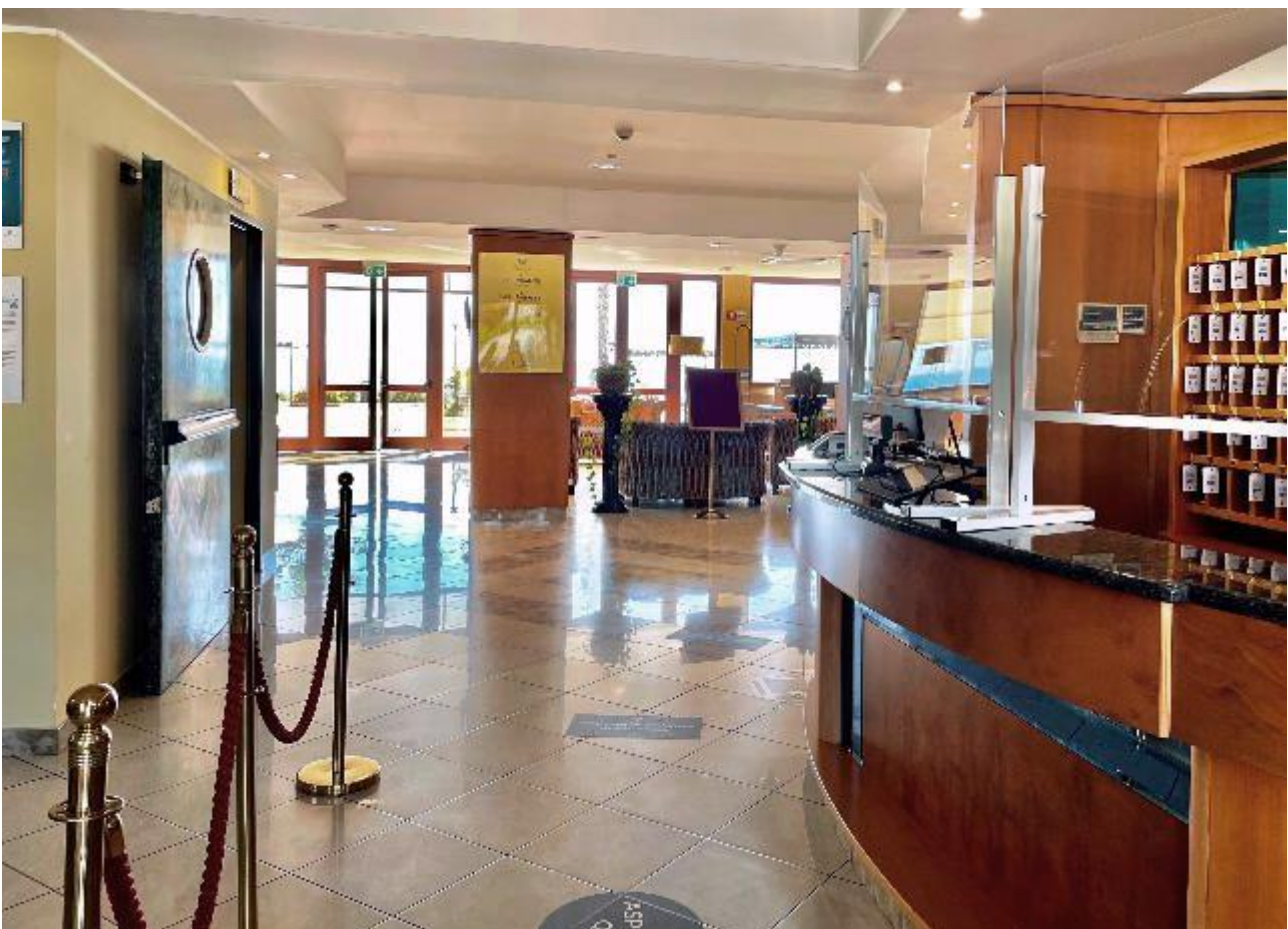
The lobby of the **Best Western Hotel Ara Solis** has a relax area with a view of the swimming pool and the sea. At the entrance, the Reception is on the right. In the lobby, the stair door and the lift doors are decorated with paintings. On the right there are sofas, armchairs, and tables in wicker with a glass top. On the left, there is a bar, a tobacconist's, and a restaurant.

The lobby is 90 sqm and at peak times **crowding** and **increased waiting times** could induce **sensory overload**.

During the day, the most crowded times are:

- between 07:00 am and 10.00 am
- between 06.00 pm and 9.00 pm

It is therefore advisable to check-in and check-out outside these hours.



Common areas

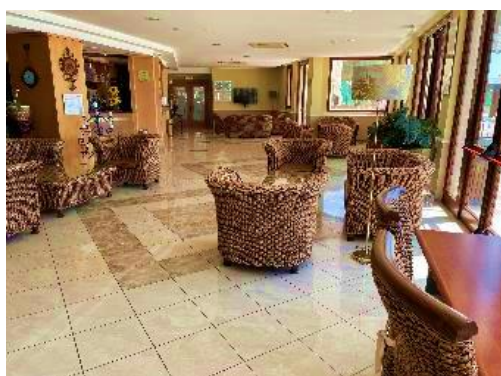


No neon lighting.



Medium-low volume **background music in the restaurant area.**

spaces	location	characteristics
Lobby	Ground floor	<ul style="list-style-type: none"> Internet point with a computer, chairs and a printer Green plants, mirrors, wrought iron candelabras, no diffuser
Bathroom	Ground floor	<ul style="list-style-type: none"> There are 3 bathrooms: 1 for men and 1 for women with a bathroom access room, 2 sinks, 2 mirrors, and 2 separate toilets. There is a switch to turn on the lights in the women's bathroom, while in the men's bathroom, there is a motion sensor. The third bathroom is an accessible bathroom with one large area, and there is a switch to turn on the lights In all the bathrooms, there are diffusers, paper towels and toilets with flush buttons
Restaurant	Ground floor	<ul style="list-style-type: none"> There is a wide restaurant area with light-coloured walls, numerous windows, and square tables In the summer, it is possible to dine outside There are mirrored pillars, 2 TVs, wine bottles on display and a wall decoration with fake climbing plants
Bar	Ground floor	<ul style="list-style-type: none"> Table and chairs in wicker with glass tops Bottles on display, green plants, TV always on
Swimming pool	Ground floor	<ul style="list-style-type: none"> Open from June to September Patio umbrellas, beach chairs, gazebo, and an area with wrought iron tables and chairs



Room

The rooms dedicated to clients with ASD are equipped with features that can **help** in the case of **atypical sensory reactivity**:

- there are no neon lights but soft lighting
- the room is located far from noise sources
- cleaning products are fragrance free
- air fresheners are not used

The **bedding** is white, and a duvet is available to guests. For specific needs, guests are allowed to bring with them their own **personal items** (**blankets** or **cushions**) and the staff will make the bed.

All window frames are made of wood. It is possible to use a light-coloured curtain and/or a grey darkening curtain to reduce the light coming from the windows. The room is equipped with a minibar, a TV with SKY Hotel and a shower or hot tub in the bathroom.

For **room service** please dial 9.

Please contact the reception office for any **assistance** you may need.

You will also find **augmentative and alternative communication** material in your room concerning:

- Breakfast menu
- Rules of behaviour
- Communication tables
- An information sheet on Taranto



Restaurant

La Risacca restaurant is located in the Best Western Ara Solis Hotel.

A table will be reserved for you in an area of the restaurant free from anything that could induce sensory processing disorder, away from busy passageways.

At the restaurant:

- Breakfast is served from 06:30 am to 09:30 am
- Lunch is served from 12:30 pm to 02:00 pm
- Dinner is served from 07:30 pm to 10:00 pm

The times of **increased client influx**, that may lead to a higher risk of sensory overload, are 07:30 am and 08:00 pm

Background music is played at a medium-low volume.

Guests can bring their **own food and drink** at the table.

If you communicate any **special needs** in advance, the hotel kitchen staff will do their best to satisfy your requests.

In your room you will also find the breakfast menu with **augmentative and alternative communication** symbols.



Hotel Information

The Best Western Hotel Ara Solis has a desirable position overlooking the sea and is equipped with large panoramic terraces.

Thanks to its strategic position, the hotel is the ideal solution for those who want to discover all the treasures of the hinterland and the beauties of the coasts.

The outdoor pool is open from June to mid-September.

Adjacent to the hotel, there is a 2 km sandy beach.

Guests can reach the centre of Taranto (9 km) or the railway station (9 km) via the public bus service Amat (line 15) or by taxi.