

Erasmus+

UMBRIA



SHORT INTRODUCTION OF UMBRIA

- Umbria, a small region of central Italy, represents the heart of the Italian peninsula. It is the only region of peninsular Italy not bathed by the sea.
- The most important cities are: Perugia, Terni, Assisi, Orvieto, Gubbio, Spoleto, Spello, Norcia, Ferentillo, Cascia.

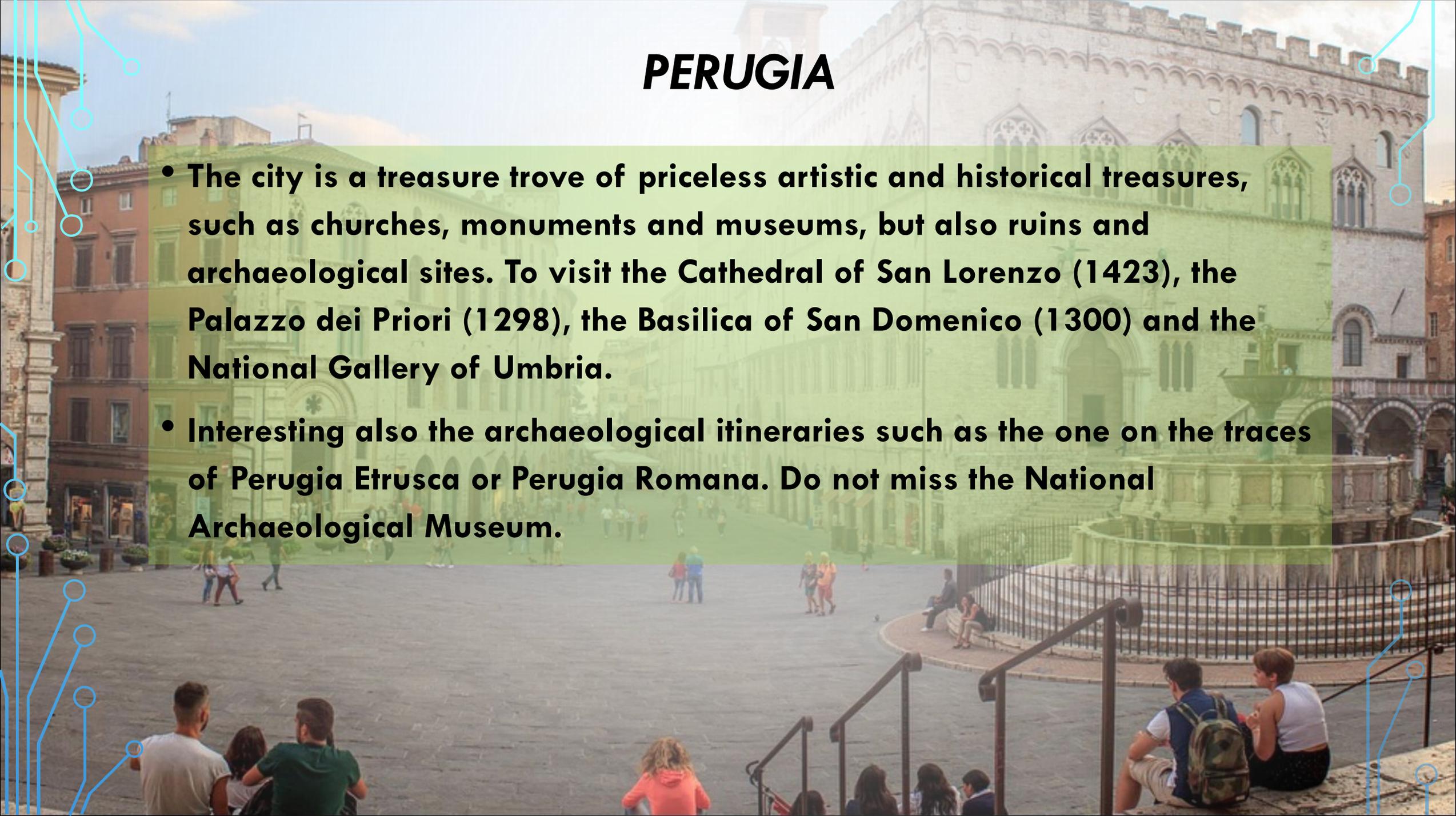


MONUMENTS IN PERUGIA



PERUGIA

- **The city is a treasure trove of priceless artistic and historical treasures, such as churches, monuments and museums, but also ruins and archaeological sites. To visit the Cathedral of San Lorenzo (1423), the Palazzo dei Priori (1298), the Basilica of San Domenico (1300) and the National Gallery of Umbria.**
- **Interesting also the archaeological itineraries such as the one on the traces of Perugia Etrusca or Perugia Romana. Do not miss the National Archaeological Museum.**



THE HISTORY OF TERNI



TERNI

- Terni is born in a wide plain where the Serra river and the Nera river meet. It is the classic example of a city open to the challenges of the future, without denying its glorious past. From its past Terni preserves monuments such as the Church of San Salvatore or the Romanesque Cathedral; but the futuristic tower that stands on the Palazzo Comunale Vecchio testifies to a city that looks ahead. For those who go to Terni can not miss a visit to the Marmore Falls: a few kilometers from the city center, you can be spectators of one of the most magnificent shows that nature offers. The Marmore Waterfall, created by the Romans to drain the river, grants a delightful scenery in which the roar of the sparkling waters, which make a leap of 165 meters, it joins with fascinating plays of light.



THE SPIRIT OF ASSISI



ASSISI

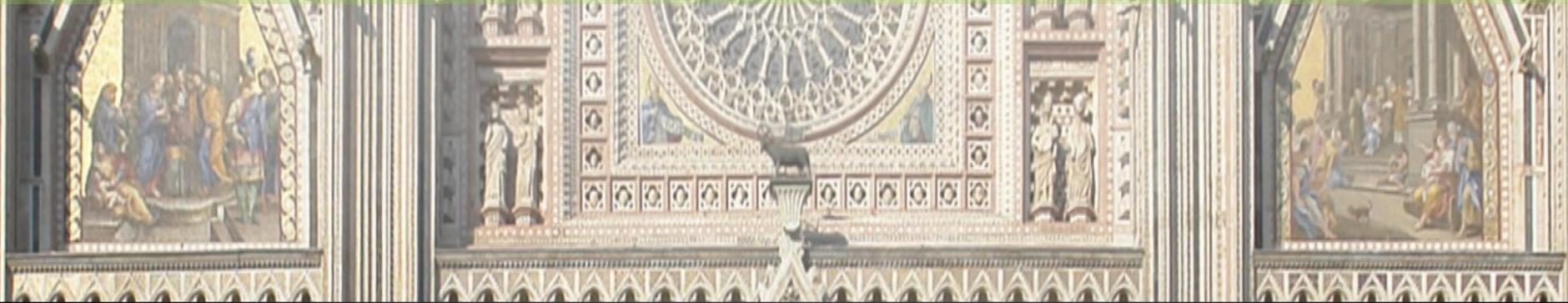
- **Assisi is one of the most visited cities in Umbria: here lived St Francis and St Clare, and these two figures make Assisi the main religious centre of the region, a favourite destination for many pilgrims. The modern city arose without affecting the structure of the ancient city: a series of narrow streets connect the various squares arranged on different levels and custodians of the entire history of the city. The Basilica of San Francesco and the Church of Santa Chiara are not the only things to visit in Assisi: the Temple of Minerva, the palace "Captain of the people" and the imposing Rocca Maggiore, just outside the city walls, are some of the attractions to know. Walking, then, in the Regional Park of Monte subasio you can try a taste of the fabulous natural landscape that characterizes the city as the entire Umbrian region.**

THE DUOMO: A MASTERPIECE OF RENAISSANCE



ORVIETO

- **The perfect harmony between Orvieto and the tufa rock on which it was born is a significant example of the harmonious integration between nature and human action. This beautiful town is the favourite destination for those looking for quality tourism: Orvieto offers its visitors a rich historical, artistic, gastronomic and environmental heritage. Walking through the streets of the city means a journey through the three millennia of history: at every point there are traces of past eras. The visit could start from the Duomo and then continue with the Rocca and the Pozzo di San Patrizio. Walking towards Corso Cavour, after a stop in one of the ancient workshops, you will arrive in Piazza del Popolo where dominate in all their splendour the Palazzo del Popolo and the Papal Palaces. Between one monument and another, take a break in one of the characteristic trattorias to taste the typical products of this land.**



PIAZZA GRANDE AND OTHER MONUMENTS



GUBBIO

- **The limestone blocks with which Gubbio was built, give the village the name of "grey city". It is the oldest centre of Umbria that has preserved, both in the buildings and in the streets, its medieval aspect. Worthy of Umbria, Gubbio presents a panorama as uniform as sublime: a repetitive landscape but still wonderful. Like Assisi, the history of this other city is closely linked to the figure of Saint Francis and in particular to the encounter with the wolf. The Church of San Francesco is the place where the wolf took refuge to spend the night and is only one of the things you can visit. Starting from Piazza Grande, the main centre of the city, a tour of the monuments, from the Palazzo dei Consolli to the Palazzo del Capitolo to the Duomo and the Church of Santa Maria dei Servi, allow you to know the history and legends of Gubbio.**

THE RELIGIOUS CENTER OF SPOLETO



SPOLETO

- **The influences of the Roman era are still evident, despite Spoleto retains, with its characteristic streets, the appearance of a medieval village. The most ancient origins of Spoleto belong to the Roman Theatre, the Druse Arch and the early Christian Basilica of San Salvatore; but to dominate all the monuments, the fortress built by Cardinal Albornoaz in the second half of the fourteenth century. The eroli Chapel and the Chapel of the relics are two other attractions not to be missed: in the first you can admire beautiful frescoes of the pinturicchio; while the second contains the fourteenth-century statue of the Madonna and Child. In the center of the city stands the majestic Duomo and not far from the Palazzo Arroni and the Church of Santa Maria della manna d'Oro. Not only art, but Spoleto is the promoter of important cultural events; first of all the Festival dei Due Mondi: a festival of cinema, theatre, art, music and ballet.**



THE FLORAL MANIFESTATION



SPELLO

- **Spello was born on a spur of Monte subasio and seems to lean forward to welcome visitors. It is the pink stone of the subasio that gives the whole city a wonderful colouring. Like Spoleto, traces of Roman and medieval times coexist in perfect harmony in Spello. The remains of the Amphitheatre and the Roman Theatre are inside the medieval city walls where the consular gate and the Town Door are perfectly preserved. Walking through the particular streets of the center, you can then admire ancient palaces and castles whose structure has been changed over the centuries. Spello is not only a testimony of an ancient reality, but is also known to tourists for the floral: a manifestation during which the Corpus Christi is celebrated. Every year, since the 1930s, artists crowd the streets and show their works made with flower petals and inspired by religious events.**

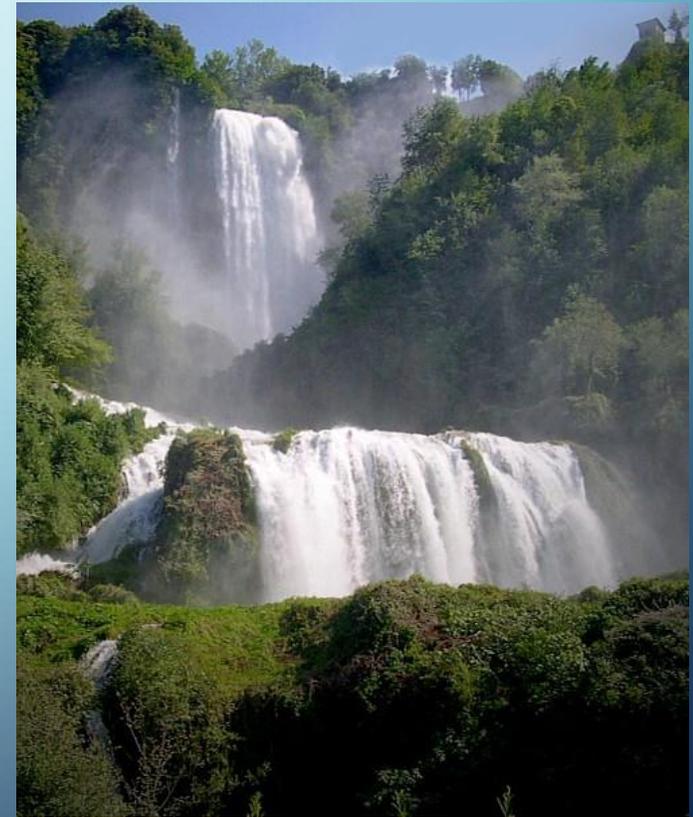
THE PATRON OF EUROPE SAINT BENEDICTUS



NORCIA

- **There are two reasons for Norcia's fame: Saint Benedict and gastronomy. Saint Benedict was the first monk of Christianity and founder of the Benedictine order; the Basilica dedicated to him dates back to the XIV but, like all the historical beauties of the city, has been restored several times following the damage caused by the continuous earthquakes. The gastronomy, with the typical flavors of the mountain is another good reason to visit the city. The cured meats certainly make Norcia famous all over the world; but the truffle, the spelt, the lentils and the cheeses are no less. In short, this small and ancient jewel offers its visitors the opportunity to alternate with gastronomic excursions, visits to the works of art enclosed within its walls. In addition to the already mentioned Basilica of San Benedetto, the Duomo, the Castellina and the Civic Museum are also of great interest. To today the center of Norcia is almost completely destroyed because of the earthquake.**

THE ABBEY OF SAN PIETRO IN VALLE AND THE MARMORE WATERFALLS



FERENTILLO

- **Ferentillo, located 252 meters above sea level, is located on the valnerina, 17 kilometers from the town of Terni. The castles of precept on the left and rolling on the right, with their bastions, still seem to protect the village that is behind them, at the foot of the Sant'Angelo mountains and cage on which they rise.**
- **Beyond the fortresses, both fourteenth-century, there remain at ferentillo beautiful remains of the medieval walls erected to defend the valley. Inside the town, note the church of Santo Stefano, of the fifteenth century. The visitor who enters the crypt of the fourteenth century of this church, remains incredulous to see between a game of arches and frescoes of the century XV, the unreal spectacle of mummified bodies that in some cases retain hair, hair, teeth and clothes and that in other cases denounced the cause of death. These bodies were discovered when, in accordance with the edict of Saint Claude, the bodies buried inside the church were exhumed. Since then, the mummification process has been studied at length, but without reaching a certain conclusion. Scientists speak of a mixture of various salts, as well as ammonia, which combined with the ventilation and decomposition of microorganisms, has slowly dried the skin of corpses.**
- **A few kilometers from ferentillo, you should not miss the Abbey of San Pietro in Valle, of the 8th century, with valuable frescoes of the 11th and 12th centuries.**

SANTA RITA'S CHURCH



CASCIA

- **Located in the most mountainous area of Umbria, Cascia owes its importance to the sanctuary erected in the name of Santa Rita, one of the most important spiritual centers of the region and famous pilgrimage destination.**
- **Founded in Roman times, Cascia lived the greatest splendour in the Middle Ages, first under the domination of the Folignate lordships, later under the dominion of Frederick II of Swabia, then quarrelled, unsuccessfully, by the nearby cities of Norcia, Leonessa and Spoleto. Only on the threshold of 1500, he surrendered to the Papal State under whose rule he remained for less than 30 years, since then he always maintained his independence. In speaking of Cascia one cannot fail to mention Saint Rita; the nun, beatified in 1900, lived between 1381 and 1457.**

WORK DONE BY:

Ferretti Giulio

Valenzano Michelangelo

Boukhilil Aimane

Gatto Alessandro

Scudiero Andrea



Provenzani Aurora

Palmerini Amanda

Becceco Martina

Ciotti maddalena

Gubbiotti Eleonora

Cerquetelli Arianna