



ISTITUTO DI ISTRUZIONE SECONDARIA SUPERIORE "U. FOSCOLO"



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SUSTAINABLE



TOURISM,



CULTURE



AND LOCAL

PEOPLE



A stylized graphic of the island of Sicily, divided into yellow and red sections. In the center, a woman with blonde hair is depicted in a dynamic, dancing pose, wearing a yellow dress. She is surrounded by several golden wheat stalks. The text "SICILIAN MUSIC AND DANCES" is overlaid on the image in a white, serif font with a red glow effect.

SICILIAN MUSIC
AND
DANCES

TARANTELLA



PEOPLE DANCING A TYPICAL «TARANTELLA»



SCACCIAPENSIERI (CALLED, ACCORDING TO THE
AREA, MARIOLU, MARRANZANU OR
NGANGARANGUNI)

[SCACCIAPENSIERI](#)

THE FRISCALETTU (FLUTE-BEAK)

FRISCALETTU



TAMMURINU (BIG TAMBOURINE)



CIARAMEDDA (BAGPIPES)

[CIARAMEDDA](#)



TAMBURELLO

TAMBURELLO



The background of the image is a grid of approximately 48 circular patterns, arranged in 6 rows and 8 columns. Each circle contains a different, vibrant design, often featuring floral motifs, geometric shapes, or abstract patterns in a variety of colors including blue, yellow, red, green, and orange. The patterns are set against a dark, almost black background, which makes the colors of the circles stand out. The overall effect is a rich, textured mosaic of traditional or folk art designs.

Local Arts and Crafts

Le Trappite (Erice's carpets)



«Opra Pupi» Puppet theatre



Ceramica Caltagirone (Caltagirone's pottery)



Carrettu Sicilianu (Sicilian cart)



Testa di Moru (Moor's Head)



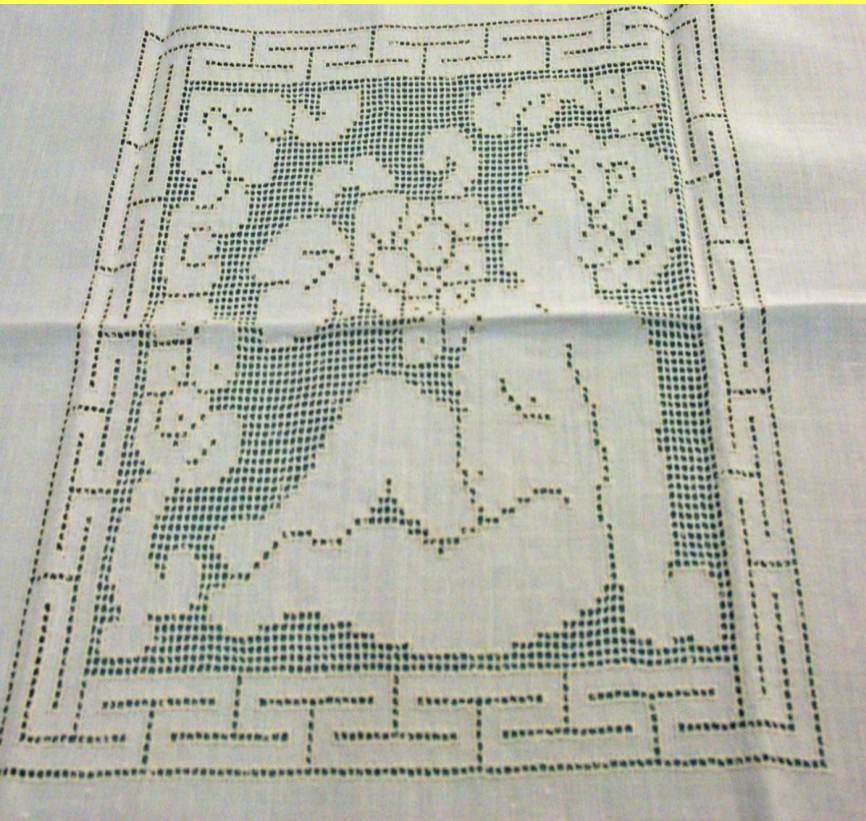
Stone made works



Stone made works (Coral)



U Ricamu (Broidery)



LOCAL FESTIVALS





Every town and village has its own patron saint



In Sicily we have a lot of important festivals such as:



Sant'Agata celebrated in Catania between the 3rd and 5th of February.



Santa Lucia celebrated in Syracuse on the 13th of December



Santa Rosalia celebrated between the 14th and 15th of July in Palermo.

MANDORLO IN FIORE

The Almond Blossom festival is the most important folk festival in Agrigento, it is held every year in early February and it lasts a week.



FESTA DI SAN CALOGERO



*It's celebrated on the
18th of June in Naro*



VENERDI' SANTO

Good Friday is celebrated with a huge religious procession in our town Canicattì.



FESTA DEL SANTO ROSARIO

The feast of the holy Rosary, is celebrated on the third Sunday of October, in Canicattì.



Local food and drinks

ARANCINI/E, PASTA ALLA NORMA AND PANELLE

- Arancini or arancine are fried balls of rice generally stuffed with meat and tomato sauce.



- Originating in Catania, pasta alla norma is made of tomato sauce, fried aubergines, salty ricotta cheese and basil.

- Panelle are square fritters made of chickpea flour usually put in sandwiches.



Sarde a beccafico, muffuletta and caponata

- Sarde a beccafico are fried sardines filled with breadcrumbs seasoned with cheese, parsley and garlic.



- Muffuletta are round sandwiches kneaded with fennel seeds that Sicilian people eat on the day of the Immaculate Conception.

- Caponata is a set of vegetables (mostly aubergines) topped with tomato sauce, onions, celery, olives and capers.



Cannoli, sfingi, taralli and frutta marturana

- Cannoli are sicilian pastries filled with ricotta cream.



- «Sfingi» are fritters that we eat the day before Shrove Tuesday.



- Taralli are butter pastries covered with sugar icing.



- Frutta martorana is made with almonds, sugar and water.



Quadrelli and ricci di mandorle

- Quadrelli are square-shaped biscuits made with almonds and pistachio.



- Ricci di mandorle are almond pastries flavoured with lemon.

FRUITS

- Lemons



- Prickly Pears



- Grapes



- Oranges



- Figs



- Almonds and pistachios

Nero D'Avola, Marsala and latte di mandorla

- Nero d'Avola is one of the most famous sicilian red wines.



- Marsala is a fortified wine, dry or sweet, produced in the city of Marsala and nearby.

- Latte di mandorla is a type of milk made with almonds, sugar, water and honey.



Local People
An interview to a puppet maker

<https://youtu.be/kEqjOAaVP0c>