



Culture Is Our Wings

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DISCOVERING OUR NATIONAL HERITAGE



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LEGENDS



Romulus and Remus are two brothers in the greek mithology. One of them, Romulus, created the city of Rome, name chosen by himself, and he became the first of the seven kings of Rome.

THE LEGEND OF ROMULUS AND REMUS



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All began when the twins were born, the mother was the goddess Silvia and the father was the king of war: Mars. The two siblings were grandchildren of the king Numa Pompilius. His brother Amulius took his power and became king. He was afraid that Romulus and Remus would take the power back when they grow up so Amulius ordered to drown the babies in the river Tiber. The babies survived through the river and a she-wolf saved them and took them with her. She fed them until a farmer saw the brothers and he took care of them with his wife Lactantia. When Romulus and Remus became adults, they killed Amulius and created their own town on the hill Palatine; the same place where the she-wolf took them. Romulus chose the name of the city: Rome, and drew a border that no one could pass armed. But Remus broke this rule and crossed the border. Romulus killed his brother and became the first of the seven kings of Rome.

HISTORY



This legend led to a series of archaeological excavations with the purpose of finding out if there was a truth under the myth. It has been discovered that under the hill there were remains of walls and huts. was also found the tomb of Acca Larentia, which is located between the hill and the Roman Forum. The she-wolf, today has become the symbol of Rome.



<https://youtu.be/BfB97tLf7Ns>

CULTURE



EVENTS



The Palio di Siena is a rivalry among the districts of Siena. Actually it is an equestrian joust of medieval origin.

It usually occurs twice a year: on July 2nd the Palio is held in honor of the Madonna of Provenzano, and on August 16 in honor of the Assumption of Mary. The Corteo Storico precedes the race

THE PALIO DI SIENA



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The history of the Palio di Siena dates back to 1200. When Siena became one of the richest and most cultured cities in medieval times, the Palio represented the apex of the annual festivities in honor of the Virgin. The first Palios were disputed by the nobles. They ran "in the long run", from outside the walls to the Cathedral. The prize was a pallium: a long piece of precious cloth, lined with hundreds of squirrel skins, while a pig was the derisive prize which was assigned to the last classified. The Contradas just participated in raw games. They were more numerous than today's: after the plague of 1347, number was cut to 42

HISTORY



The race takes place in the central Piazza del campo; in each Palio there are 10 contrades out of the 17 ones according to a constant rotation: the 7 districts that did not run the previous year run plus three chosen by lot. The Palio represents the peak of ongoing rivalry and competition among the contrades. Formal and informal rituals take place, with each contrada running a strategy of horsemanship, alliances and animosities. There are also clandestine meetings among the heads of the contrades



<https://youtu.be/nRr3kFmsWQ>

CULTURE



MUSIC



Italian opera is one of the most famous in the world. An underlying is the practice of monody: a solo singing/setting of a dramatically conceived emotional content.

ITALIAN OPERA



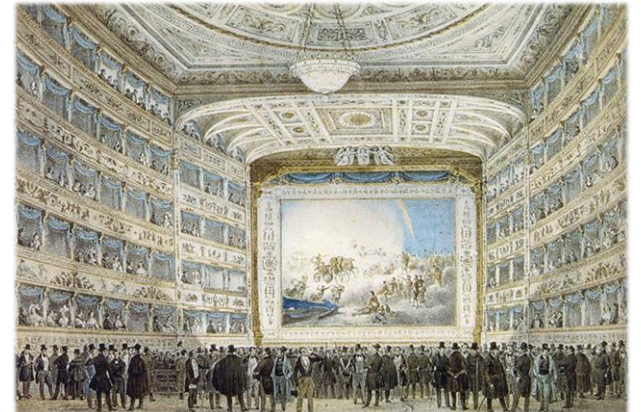
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The debut of melodrama began in the XVI century during the «intermezzo» performed between one act and another of a recited comedy or of a «tragicomedy» with some characters who expressed themselves by singing and playing instruments. The first work the pastoral fable of Dafne, was set in a florentine background as early as 1594 by Ottavio Rinuccini with Jacopo Corsi and Jacopo Perri.

The rules respected for a long time from that moment on foresee:

1. A sillabism in the text/music relationship;
2. An irregualr speechlike rhythm;
3. The tendency to mark tonic syllabism.

HISTORY



It is no coincidence that the word «opera» is invariably used in almost all the world: even if other nations have opera traditions of undeniable importance and value, the genre was born and developed in Italy.



<https://youtu.be/nRa1ReiTjtM>

CULTURE



CELEBRATIONS



Carnival is a mobile feast that is celebrated in countries of Christian tradition and in particular in those of Catholic rite: the celebrations are often held in public parades in which playful and imaginative elements dominate, in particular, the distinctive and characterizing element is the use of masking.

CARNIVAL



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Carnival has its origins in very distant times: it dates back to the Middle Ages, when they called it "fasnachat" or "fesenach", a party of madness. This term was subsequently reinterpreted as "meat to remove", on the day before Lent when the consumption of meat ceases for forty days before Easter. The origin of the Carnival festivals is very ancient: Babylonians, Hittites, Phoenicians and Egyptians honored their gods. Greeks and Romans worshiped the god of wine.

HISTORY



Giangurgolo is a Calabrian mask of the commedia dell'arte. According to some scholars, his name would derive from Gianni Boccalarga or Gianni Golapiena, thus immediately characterizing his peculiarities: talkative and greedy.



<https://youtu.be/r77VJT4SX0U>

CULTURE



TRADITIONS



The fair is an event, generally of a religious-cultural type. Usually on both the sides of the streets there are markets that sell objects and foods of all kinds. In the main square a concert or another cultural event accompanies the fair.

FAIRS



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Fairs have ancient origins dating back to the Middle Ages, usually organized within the cities and villages on the squares before the churches. Italy, at that time (1000 A.C) was divided into several states, so fairs played a very important to allow the movement of people and material.

HISTORY



The Palio ov Ribusa is one of the most beautiful Calabrian fairs, which dates back to the medieval period (XVI, XVII century). This fair is the symbol and pride of the city of Stilo. The fair takes place every year on the first Sunday of August and is divided into days of shows, entertainment and cultural insights. In order to recall the past there are also storytellers, fortune tellers, flag-wavers, knights and historical banquets.



<https://youtu.be/qpRAhbFJd2E>

CULTURE



LANGUAGES



Occitan, or lingua d'oc, is an Romance language mainly spoken in southern France. Occitan comes from the Occitan word òc which means yes.

THE OCCITAN



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The history of the Occitan language is very ancient and refers to pre-Roman and Greek times. The first attempt of linguistic colonization was during Rome's military and political expansion into Gaul. In the period during the barbarian invasions of the fifth century, the Occitan language inevitably enriched itself with some influences. Occitan is currently considered to all intents and purposes a well-defined idiom. The Occitan language has linked Spain, France and Italy for over a millennium. Occitan has variations:

- Gascon;
- Lengadociano;
- Provenzale;
- Limousin;
- Auvergne;
- Vivarese or Alpine Occitan;

HISTORY

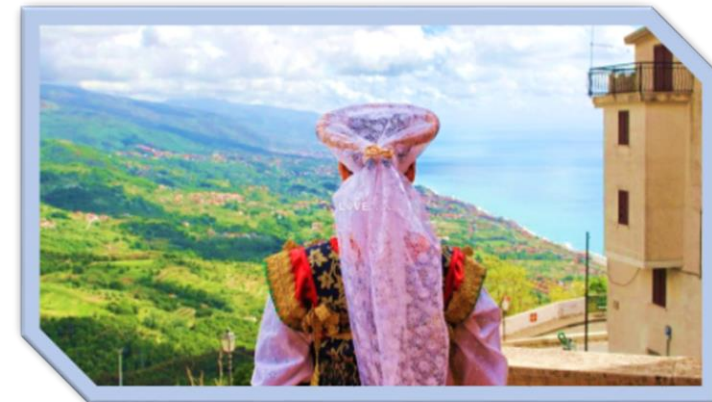


The Occitan in Calabria, currently live in Guardia Piemontese. After their adherence to the Protestant reform, which took place in 1532, the Pope Pio the Fifth, decided that both the Piedmontese Waldensians and those of Calabria had to be annihilated thus ordered a persecution. In 1561 the ax of the Catholic church was unleashed on the Calabria Occitan villages, carrying out a massacre of women and children, so the few remaining survivors were forced to convert.



<https://youtu.be/hrckFN9zdHk>

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CELEBRITIES

Flavius the Great Aurelio Cassiodoro, was presumably born in 485 A.D. in Scolacium, the ancient Squillace.



CASSIODORO



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Aurelio Cassiodoro was a Roman politician, a literary man and historian, who lived under the Roman-barbarian reign of the Ostrogoth and later under the Eastern Roman Empire. He built three tanks in the reef, where fish caught from the sea were transferred for farming purposes: a sort of first form of aquaculture. Cassiodoro Basins are natural pools, located in the Gulf of Squillace, more precisely between the Bay of Caminia and Copanello.

HISTORY



Nowadays Cassiodoro pools are a touristic resort, especially for its natural pools of extraordinary clarity and a temperature of a few centigrade above average, not to forget the rocks and the clarity of the sea outside the pools



<https://youtu.be/ENjtCeD13a8>

CULTURE



RELIGIOSITY



The Naca is procession which occurs on Holy Friday before Easter in Catanzaro. Naca is a dialect word which means *cradle*, from the Greek word *nachè* and it represents the cradle in which the statue of Dead Jesus is collocated. The cradle is adorned with damasks, silk and flowers. On it there are four angels. It is followed by the Madonna Addolorata (Grieved Virgin Mary) represented by a heart pierced with 7 swords, that symbolize the 7 pains of Mary.

THE NACA



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The religious celebration dates back to 1600. Catholic religion is strongly felt in Calabria, thus living representations of the 14 Stations recall the last sad moments of Jesus Christ preceded by two thieves and their crosses and three Marias following behind him in a suggestive atmosphere.

HISTORY



Originally the Naca was transported by shoulder by the artisans and farmers through all the streets of the city centre with a typical swinging stride. Today the security forces play this role: firemen go through a long path preceded by the standards and the flags of the Confratelli (members of a brotherhood), with their head encircled by a braided crown of wild asparagus: they visit the Sepulchres while they bring on their shoulders, in turn, a Penitentiary Cross.



<https://youtu.be/fWiDoQs-FaQ>

CULTURE



RARITIES



The plant that originates it is a low branching tree, with branches protected by resistant and long thorns, which differentiate it from lemon. It has leathery, elongated leaves, with main rib in relief, more intense green in color at the top, and paler at the bottom. Cedar flowers are white and large. The fruit is rich in mineral salts, vitamin C and sugar, while it is practically free of fats and proteins.

THE CEDAR



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The cedar tree played a significant role in ancient times. The Lebanon cedar is frequently mentioned in the Bible. It was used to build King Solomon's Temple. Cedarwood oil, was one of the first ingredients in perfumery and Egyptians used it for embalming corpses.

HISTORY



The Cedar of Calabria is cultivated in the stretch of Tyrrhenian coast between the municipalities of Tortora and Diamante, called Riviera dei Cedri.

It is here that it finds its natural habitat thanks to a microclimate characterized by mild temperatures all year round, without particular temperature excursions.



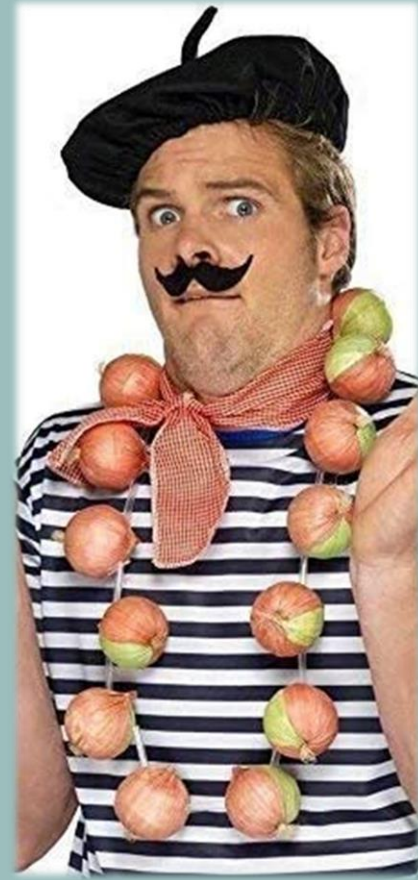
<https://youtu.be/TfRI05o14ww>

CULTURE



FLAVOURS

Tropea's red onion is grown in Calabria, mostly in Nicotera, Catanzaro, Cosenza and Vibo Valentia. It is characterized by its strong resistance to climatic conditions and diseases. It is particular if compared to other types of onions since it is very sweet, crunchy and in red/purple color.



THE RED ONION OF TROPEA



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In ancient times it was called *allium cepa*. It seems it was brought to Calabria by the Phoenicians. According to old tradition it ensures the following beneficial properties:

It is anti-inflammatory;

It is antitumor;

It is antioxidant;

It reduces blood pressure;

It prevents cardiovascular diseases;

It helps the body to expel heavy metals;

It purifies the blood;

it is a panacea for digestion;

It regulates blood sugar levels so it is consumable by diabetics;

It improves bone density in women during and after menopause;

HISTORY

CIPOLLA ROSSA DI TROPEA

Caratteristiche Varietali
La cipolla rossa di Tropea è il nome dato alla cipolla rossa (Allium cepa) coltivata tra Tropea, in provincia di Vibo Valentia, e Cangerà dei Greci, nel comune di Anzulla, in provincia di Cosenza, e lungo la fascia tirrenica. È composta da varie varietà locali che hanno caratteristiche di colore rosso e con tendenza rossa. La selezione dell'ortogonare dipende dal microclima particolarmente stabile nel periodo invernale, senza sbalzi di temperatura per l'azione di mitigazione svolta dalla vicinanza del mare e dal fenomeno di "brisa", che confermano le caratteristiche pregiate del prodotto. La forma è rotonda ed ovale.

Proprietà Nutrizionali
Il gusto è determinato in particolare dalla consistente presenza di zuccheri (s) i quali glucosio, fruttosio, saccarosio. Questo ortogon contiene vitamina C, vitamina E, ferro, selenio, iodio, zinco e magnesio.

Benefici per la Salute
• Potere antiscorbutico che porta beneficio per il cuore e le arterie, e previene il rischio di infarto.
• Sedativo naturale, utile a conciliare il sonno.

TRADITIONAL USES IN THE KICHEN

Tropea onion can be used as a flavour, in a salad, in a pizza, as a jam etc....



<https://youtu.be/cEsS2Ger79A>



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THANKS FOR YOUR ATTENTION



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