

One week in the rural heart of Italy: the Abruzzo mountains

A THEMATIC WEEK IN ABRUZZO: EXPERIENCE MEDIEVAL ARCHEOLOGY, LOCAL TRADITIONS, NATURE.



Program title	One week in the rural heart of Italy: the Abruzzo mountains.
Program duration	7 days/6 nights (flexible)
Educational objective	Rural landscape and historical settlements of Abruzzo providing an on-field experience to specific university disciplines.
Key words	Medieval archaeology, local food tradition and evolution, rural landscape interpretation, geology, art and architectural restoration.

Program description	<ul style="list-style-type: none"> • Week long in depth and on-field thematic programs catering to the needs of specific university disciplines. • Guided visits, hands-on experience, meetings with key people, lectures by local experts and university professors • Professors and students are hosted in comfortable guesthouses, situated in an historical building. • Traditional meals and local food. • Participation in community services depending on the season.
Specific discipline related subjects	<p>The week can focus on specific discipline related subjects.</p> <ul style="list-style-type: none"> • Medieval Archaeology –Visits to medieval settlements, such as convents, monasteries, castles, churches, bridges, towers, fortified towns, as well as excavations in archaeological sites to get to know and understand the medieval landscape, its livelihood and economy (in partnership with the University of L’Aquila, ArQueologia team). • Local food tradition and geography: an analysis of the relationship between landscape, local produce, and the food culture it generates; experience local crop harvesting, processing and the preparation of daily meals to realize that local cuisine is not coincidental. • Rural landscape interpretation – detecting the historical overlapped signs and “imprints” tell us about the local history, economy and community life. • Geology – the geological features of a landscape affected by cyclical earthquakes, its consequences on architecture and structure of settlements. • Different approaches in restoration of art pieces and historical buildings– the ancient town of L’Aquila, hit in 2009 by an earthquake, is now an extraordinary living workshop where one can experience the art of restoration first-hand. • Economy and policy of Natural Parks – 70% of inland Abruzzo is protected land and a lively economy connected to these parks and their natural assets has subsequently developed.
Location	Abruzzo inland
Course season	From March to November
Participants number	8 – 20 people

Services included in the basic fee		<ul style="list-style-type: none"> • Program organization • The selecting of key people to be involved in the program, on field experiences and requested specific activities • Assistance and management of the program in partnership with the University professors • Tutoring • Full board • Domestic transport
Extra service on demand		<ul style="list-style-type: none"> • Sport programs (horseback riding, ski, swimming pool, tennis, canoe, soccer, walking tours, mountain bike, hiking). • Recreational programs (concerts, guided visits, parties, etc.)
Costs included in the fee	Costs per person	Full board
	Shared costs	Classroom and facilities Teaching Tutoring Domestic transport Organization