



2014 - 2020 programme for Education,
Training, Youth, and Sport

Staff Training Activities

by Restoring Ancient Stabiae Foundation



*"Our lives are Swiss -
So still - so Cool -
Till some odd afternoon
The Alps neglect their Curtains
And we look farther on!
Italy stands the other side!"*

Emily Dickinson



RAS

Restoring Ancient Stabiae
FOUNDATION

Dear Sir/Madame,

We would like to inform you that the European Union, through its new program **Erasmus +**, can contribute with a grant to the **Mobility** of teachers in your Institute, thus enabling them to attend a professional training course highly useful for their careers! **Pick a course and your entire stay will be reimbursed by the EU¹.**

This is a great opportunity for you to visit Italy and improve your teaching skills, fully funded by the European Union².

It is a once in a lifetime experience. Don't miss it!

Since 2011, the RAS Foundation has been promoting different advanced courses in the fields of History, Archaeology, Italian Language and Mediterranean Diet, within the **Key Action 1** of Erasmus + - **Mobility of Individuals**.

Below a selection of the courses we offer:

Thematic field of the training: **History and Archaeology**

- Roman Civilization in the Vesuvian Area: Discovering the Roots of European Culture;
- Greek and Pre-Roman Archaeology in Campania : From the Greek Colonization to the Samnite Wars;
- Introduction to Greek, Pre-Roman and Roman Archaeology in Campania;
- At the Heart of the Roman Empire: Roman Archaeology and History between Naples and Rome;
- Underwater Archaeology: At the Discovery of Ancient Routes in the Mediterranean Sea.

Thematic field of the training: **Italian Language**

- Italian L2 course: Explore Italian Culture through its Language.

Thematic field of the training: **Restoration and History of art**

- Naples between the 17th and 20th Century: Art, Architecture and Folklore;
- Art, Conservation and Restoration: Baroque Echoes in Sorrento.

Thematic field of the training: **Performing and Visual Arts**

- Ancient Drama: a Site Specific Course on Roman theatre;
- Archaeo-Acoustic: From the Sonorous Landscape to the Use of Sounds and Music in Ancient Rome;
- The World of Clay: Handicraft, Art and Well-being (Experimental Archaeology).

Thematic field of the training: **Health and food**

- The Mediterranean Diet: Health Meets Tradition;
- Nutrigenetics and the Mediterranean Diet.

¹ The EU contribution for courses held in Italy ranges from € 70 to €140 per day for the stay, and € 700 for the course. The grant covers the total costs up to the fifteenth day of activities.

² Through the Erasmus + National Agencies: http://ec.europa.eu/education/tools/national_agencies_en.htm.

To give you an insight on our Foundation:

The **Restoring Ancient Stabiae (RAS) Foundation** is a non-profit cultural organization established in 2002 with the aim of creating an Archaeological Park to bring back to life the Roman town of *Stabiae*, where a cluster of breathtaking seaside villas - buried by the eruption of Mt. Vesuvius in 79 AD - is still preserved.

The Restoring Ancient Stabiae Foundation has been charged with the unique opportunity of preserving these spectacular elite villas, and transforming this site three miles from Pompeii into one of the largest archaeological parks and projects to date. The RAS Foundation currently cooperates with prestigious universities and schools from all over the world to organize cultural activities, alongside with archaeological and scientific programs, as part of a Collaboration Agreement with the Archaeological Superintendence of Pompeii.

In May 2007, the RAS Foundation opened the doors of the **Vesuvian International Institute** for Archaeology and the Humanities, a multidisciplinary Campus for researchers, students and travelers exploring the Bay of Naples.

For the length of the course, participants will stay at the **Vesuvian Institute**, the **RAS Foundation** headquarters (for more info www.vesuvianinstitute.org). The Institute is located in Castellammare di Stabia, overlooking the enchanting **Bay of Naples**, not far from Herculaneum, Pompeii, Paestum, Sorrento, Amalfi, Positano, and the Isle of Capri. The Institute offers a panoramic view of the bay, which can be enjoyed from most of its comfortable rooms. The on-site restaurant serves traditional Italian food. It is a nice place to stay!

A complete list of our training courses is available for consultation in the attached document - please be aware that it is always possible to customize each of our offers according to your needs.

We would be grateful if you could express your interest in participating using the attached "Expression of Interest" form.

At last, we would like inform you that RAS Foundation, as part of its intent of promoting knowledge and spread the Italian culture, allows participants to bring a companion outside of the Erasmus programme by paying only 15 euros more per day³.

The deadline to request a EU grant is March 4, 2015 for training activities starting from June 2015.

More information on the **Erasmus + Programme** can be found at:

http://eacea.ec.europa.eu/erasmus-plus_en

For any clarification or support during the application project, don't hesitate to contact our office in Brussels: Mrs. Antonella Riviaccio antonella.riviaccio@stabiae.org

Or our Office and Managing Director: Mr. Ferdinando Spagnuolo erasmusplus@stabiae.org

Yours sincerely,

Restoring Ancient Stabiae Foundation

www.stabiae.org

Via Solaro, 13 - 80053 Castellammare di Stabia (Naples) – Italy

³ This cost includes: all meals and accommodation in double room with the participant in the Erasmus plus Programme.

IN-SERVICE TRAINING IN THE FIELD OF History and Archaeology



- 1 Roman Civilization in the Vesuvian Area:
Discovering the Roots of European Culture
- 2 Greek and Pre-Roman Archaeology in Campania:
From the Greek Colonization to the Samnite Wars
- 3 Introduction to Greek, Pre-Roman and Roman Archaeology in Campania
- 4 At the heart of the Roman Empire:
Roman Archaeology and History in the Bay of Naples
- 5 Underwater Archaeology:
At the Discovery of Ancient Routes in the Mediterranean Sea

LANGUAGES USED FOR THE TRAINING:

MAIN LANGUAGE:

English

OTHER LANGUAGE/S USED DURING THE TRAINING:

Italian

LANGUAGE VERSION(S) IN WHICH MATERIALS WILL BE PROVIDED:

English

TITLE OF THE TRAINING ACTIVITY:

1

Roman Civilization in the Vesuvian Area: Discovering the Roots of European Culture

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

The course aims to emphasize the importance of those cultural roots, which have brought together various people and civilizations, and have come to represent a founding element of Europe. The course introduces participants to the Roman civilization and culture by stressing its crucial influence on the subsequent development of the European states. The archaeological sites of the Vesuvian area (Pompeii, Herculaneum and Stabiae - among the most visited in the world) and various aspect of Roman culture (architecture, cooking, fashion and beauty, music) will be investigated. This experience will allow participants to learn more about their roots, while understanding the theory and the practice of the archaeological field. It will also help them form a more comprehensive view on the world they live in, and appreciate Italy in its historical context. Participants will take away all they have learned from this course, and find it relevant in many aspects of their lives outside of Italy.

The main objectives of the course can be summarized as follows:

1. to introduce participants to the art, architecture, history and cultural aspects related to the Romans;
2. to stress out the importance and the influence of Roman culture on the development of European culture;
3. to encourage all participants to exchange personal experiences with the other participants, and between participants and lecturers as well;
4. to lead participants to connect the theory and the experience in teaching and in the educational process;
5. to introduce the bay of Naples as a territory of further destination for art courses and travels;
6. to introduce participants to the history, folklore, culture, linguistics, art, architecture, archaeology in Italy that has been influenced by the Romans.

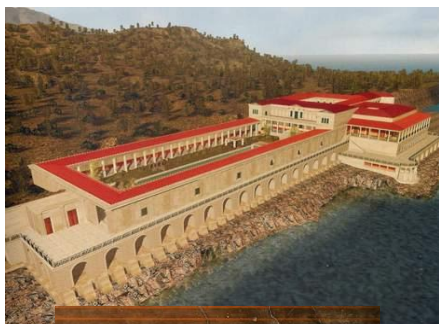
Methodology

The methodology is based on both theory and practice. Rather, the theory will offer participants the tools they need to build a strong understanding of sites and their history once they are there. The project is based on learning and experiencing on site, involving participants in workshops and visits around the region Campania with skilled guides and experts in the field, in addition to lectures and classroom sessions. Manuals with learning activities to complete will be provided. The lectures, lead by qualified archaeologists, will focus on significant and prominent aspects of Roman culture and civilization.

Participants will make themselves familiar with the Roman culture and its history in a fun and enjoyable environment. By learning about this ancient society and by getting to know the aspects of its daily life, participants will become engaged and interested. This methodology allows for participants to connect their lives with the culture of ancient civilizations, and come away with a better understanding and appreciation for both the Roman and the European culture, history and society.

This will be a very-much outdoor based course as the participants will be visiting various sites. Highly qualified guides and trainers will ensure an easy approach to art, maintaining, at the same time, a high level of education. The course will be based on the balance between theory and shared experience, and on the participants' active contribution to discussed subjects and themes.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00am - 12.30pm

Introductory meeting with professor

Lecture: Archaeology in the Vesuvian area: history of the excavations, Stabiae and the villas of pleasure (*otium*, in Latin) from the Bourbon era to present day

Lunch at Vesuvian Institute

Afternoon: Tour of the Villas at Stabiae

Dinner in Sorrento

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.30am

Lecture: Introduction to Roman everyday life through the archaeological discoveries in Pompeii. The *domus* and its wall-paintings.

12.30 - 5.00pm Tour of Pompeii (Lunch in Pompeii)

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 - 11.00am

Lecture: Introduction to Herculaneum: the chronicles of the eruption by Pliny the Younger; the ship of Herculaneum and the skeletons found on the beach; the site and the Villa of the Papyri.

12.00pm Lunch in Herculaneum

Afternoon: Tour of Herculaneum

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00am - 12.00pm Tour of Oplontis and Boscoreale

Lunch at Vesuvian Institute

Free afternoon

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Departure for Naples

10.30am - 13.00pm:

Visit to the Archaeological Museum of Naples

Lunch in Naples

Afternoon: Tour of the historical center of Naples

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Paolo Gardelli - Coordinator of the excavation projects and archaeological activities at the RAS Foundation.

With a Specialization in Classical Archaeology at the University of Padua in his background, he is working since 2011 as teacher of staff training courses financed by EU, as well as a certified tourist guide for the Region Campania.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

TITLE OF THE TRAINING ACTIVITY:

2

Greek and Pre-Roman Archaeology in Campania: from the Greek Colonization to the Samnite Wars

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

The course aims to discover Campania before the Roman colonization, emphasizing the importance of the pre-Roman and Greek civilizations, particularly in reference to the colonization of the entire coast of southern Italy. The Greek colonies were spread along the coast as far as the heel of Italy, including Sicily. The first colony was established about 765 B.C. on the island of Ischia just off the coast of Naples. Campania was rich in Greek colonies (Cumae, Paestum, Ischia and Naples itself), and through this course participants will have the opportunity to investigate the successful expansion of Greek colonies and the profound impact they had on the further development of Italy.

While Greeks were living on the coast, the inland areas of Campania were inhabited by the Italic populations, stationed on the mountain ranges of the Apennines: Oscan, Samnite and Lucani. Between the sixth and fourth century, these populations overtook the coastal areas, subduing the Greeks, and it is against them that the Romans will have to fight upon their arrival in Campania. Three different wars will be carried on (the so-called Samnite Wars), the third of which, in 290 BC, will mark the final victory of the Romans, and the beginning of the Roman hegemony in Campania.

This training experience will introduce participants to the distinguishing features of the pre-Roman world, pointing out the cultural and social traditions we still share with them, transcending linguistic, ethnic and cultural boundaries. Participants will take away all they have learned from this course, and find it relevant in many aspects of their lives outside of Italy.

The main objectives are thus:

1. to introduce the various aspects of the Greek colonization and the pre-Roman period in southern Italy, as well as their impact on early Roman history;
2. to encourage all participants to exchange personal experiences;
3. to lead the participants to connect the theory and the experience in teaching and in educational processes;
4. to introduce the bay of Naples as a territory of further destination for art courses and travels.

Methodology

The methodology is based on both theory and practice. Rather, the theory will offer participants the tools they need to build a strong understanding of sites and their history once they are there. The project is based on learning and experiencing on site, involving participants in workshops and visits around the region Campania with skilled guides and experts in the field, in addition to lectures and classroom sessions. Manuals with learning activities to complete will be provided. The lectures, lead by qualified archaeologists, will focus on significant and prominent aspects of Greek and pre-Roman cultures and civilizations.

Participants will make themselves familiar with the ancient cultures and their history in a fun and enjoyable environment. By learning about this ancient society and by getting to know the aspects of its daily life, participants will become engaged and interested. This methodology allows for participants to connect their lives with the culture of ancient civilizations, and come away with a better understanding and appreciation for both the Greek and the Italic culture, history and society.

This will be a very-much outdoor based course as the participants will be visiting various sites. Highly qualified guides and trainers will ensure an easy approach to art, maintaining, at the same time, a high level of education. The course will be based on the balance between theory and shared experience, and on the participants' active contribution to the subjects and the themes discussed.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00 - 11.00am Introductory meeting with professors

Lecture: Archaeology in Campania: Pithecusa, Cumae and Paestum - the oldest Greek colonies in the West.

12.30pm Tour of the Archaeological Park of Cumae (with sack lunch)

Afternoon: Visit to Solfatara (Pozzuoli)

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00am Departure for Paestum - tour of the archaeological site (with sack lunch)

Afternoon: Visit to the Archaeological Museum of Paestum

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

Departure for Ischia

11.30am - 12.30pm

Lecture on site: Pithecusa, a crossroad of cultures. Visit to the Archeological Museum of Ischia.

Lunch

Afternoon: free time on the island and return to Castellammare

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00 - 11.00am

Lecture: Local populations in Campania before the Roman colonization: Osci and Samnites (with sack lunch)

Afternoon: Tour of Benevento and visit to the Archaeological Museum of Montesarchio

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Departure for Naples

10.30am - 12.30pm

Lecture on site: From Parthenope to Neapolis.

Visit to the Archaeological Museum of Naples (with sack lunch)

Afternoon: Tour of the historical center of Naples, including the archaeological remains under the Church of S. Lorenzo Maggiore

8.30pm. Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Paolo Gardelli - Coordinator of the excavation projects and archaeological activities at the RAS Foundation.

With a Specialization in Classical Archaeology at the University of Padua in his background, he is working since 2011 as teacher of staff training courses financed by EU, as well as a certified tourist guide for the Region Campania.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

TITLE OF THE TRAINING ACTIVITY:

3

Introduction to Greek, Pre-Roman and Roman Archaeology in Campania

PROGRAMME OF THE TRAINING ACTIVITIES *Two weeks*



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

8.00 - 9.00am Breakfast

9.30 - 10.30am Introductory meeting with professor

10.45am Departure for Mt. Vesuvius. Tour on site: the volcano; the eruption of 79AD (with sack lunch)

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.00am *Lecture: Archaeology in Campania: Pithecusa, Cumae and Paestum - the oldest Greek colonies in the West.*

12.30pm Tour of the Archaeological Park of Cumae (Lecture on site with sack lunch)

Afternoon: Visit to Solfatara (Pozzuoli)

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00am Departure for Paestum - Tour of the archaeological site (Lecture on site with sack lunch)

Afternoon: Visit to the Archaeological Museum of Paestum

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

Departure for Ischia

11.30am-12.30pm

Lecture on site: Pithecusa, a crossroad of cultures.

Visit to the Archeological Museum of Ischia.

Lunch

Afternoon: free time on the island and return to Castellammare

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

9.00 - 11.00am

Lecture: Local populations in Campania before the Roman colonization: Osci and Samnites (with sack lunch)

Afternoon: Tour of Benevento and visit to the Archaeological Museum of Montesarchio

8.30pm Dinner at Vesuvian Institute

Saturday

7.30 - 8.30am Breakfast

Free time



Sunday

7.30 - 8.30am Breakfast

Free time

Monday

7.30 - 8.30am Breakfast

9.00am - 12.30pm

Lecture: Archaeology in the Vesuvian area: history of the excavations, Stabiae and the villas of pleasure (*otium*, in Latin) from the Bourbon era to present day

Lunch at Vesuvian Institute

Afternoon: Tour of the Villas at Stabiae

Dinner in Sorrento

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.30am

Lecture: Introduction to Roman everyday life through the archaeological discoveries in Pompeii. The *domus* and its wall-paintings.

12.30 - 5.00pm Tour of Pompeii (Lunch in Pompeii)

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

Departure for Ischia

11.30am-12.30pm

Lecture on site: Pithecusa, a crossroad of cultures.

Visit to the Archeological Museum of Ischia.

Lunch

Afternoon: free time on the island and return to Castellammare

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00 - 11.00am

Lecture: Introduction to Herculaneum: the chronicles of the eruption by Pliny the Younger; the ship of Herculaneum and the skeletons found on the beach; the site and the Villa of the Papyri.

12.00pm Lunch in Herculaneum

Afternoon: Tour of Herculaneum

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Departure for Naples

10.30am - 12.30pm:

Lecture on site: From Parthenope to Neapolis.

Visit to the Archaeological Museum of Naples

Lunch in Naples

Afternoon: Tour of the historical center of Naples, including the archaeological remains under the Church of S. Lorenzo Maggiore

8.30pm Dinner at Vesuvian Institute - *Final certificates ceremony*

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Paolo Gardelli - Coordinator of the excavation projects and archaeological activities at the RAS Foundation. With a Specialization in Classical Archaeology at the University of Padua in his background, he is working since 2011 as teacher of staff training courses financed by EU, as well as a certified tourist guide for the Region Campania.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.960,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

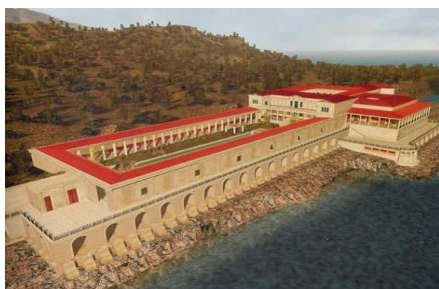
REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

TITLE OF THE TRAINING ACTIVITY:

3

At the Heart of the Roman Empire: Roman Archaeology and History between Naples and Rome

PROGRAMME OF THE TRAINING ACTIVITIES Two weeks



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00am - 12.30pm Introductory meeting with professor

Lecture: Archaeology in the Vesuvian area: history of the excavations, Stabiae and the villas of pleasure (*otium*, in Latin) from the Bourbon era to present day.

Lunch at Vesuvian Institute

Afternoon: Tour of the Villas at Stabiae and dinner in Sorrento

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.30am

Lecture: Introduction to Roman everyday life through the archaeological discoveries in Pompeii. The *domus* and its wall-paintings.

12.30 - 5.00pm Tour of Pompeii (Lunch in Pompeii)

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 - 11.00am

Lecture: Introduction to Herculaneum: the chronicles of the eruption by Pliny the Younger; the ship of Herculaneum and the skeletons found on the beach; the site and the Villa of the Papyri.

12.00pm Lunch in Herculaneum

Afternoon: Tour of Herculaneum

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00am - 12.00pm Tour of Oplontis and Boscoreale

Lunch at Vesuvian Institute and free afternoon

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Departure for Naples

10.30am - 13.00pm:

Visit to the Archaeological Museum of Naples

Lunch. Afternoon: Tour of the historical center

8.30pm Dinner at Vesuvian Institute

Saturday

7.30 - 8.30am Breakfast

Free time



Sunday

Departure for Rome (with sack lunch)

Free afternoon

Orientation, welcome dinner

Rome: From its Foundation to Late Antiquity

Rome is a world capital that never ceases to capture everyone's imagination.

How was it possible that one small village became the capital of an empire so vast and powerful to dominate the Mediterranean for centuries, and whose legacy still affects the present day?

In this course we will answer this question beginning with a study of the geology and topography of Rome in the tenth century BC, then moving on to examine the city's history and its many key protagonists, from the Republican age to Late Antiquity, and how each contributed to the continual change and development of the Eternal City.

Monday

Lecture in classroom: Geology, Construction Materials, Engineering at the time of the Romans

Tour: Terrace of the Vittoriano; seven hills of Rome; Forum Boarium; Tiber Island

Tuesday

Lecture: Regal period and the Republican Rome: the Conquest of the Peninsula; Carthage; Greece

Tour: Campus Martius; Roman Forum; Capitoline Museums

Wednesday

Lecture: Late Republic and the Principate: Marius, Sulla, Pompey, Julius Caesar, and Augustus.

Tour: Campus Martius; Archaeological Museum: Palazzo Massimo alle Terme; Archaeological Museum: Palazzo Altemps

Thursday

Lecture: The Roman Empire, its Rulers (Julio-Claudians; Flavians; Antonines; Severans) and the Architectural Revolution.

Tour: Imperial Forums Museum/ Markets of Trajan; Colosseum, Pantheon

Friday

Lecture: Late Antiquity in Rome and its Surroundings

Tour: S. John Lateran; Ostia Antica

Farewell dinner - *Final certificates ceremony*

Saturday

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Paolo Gardelli - Coordinator of the excavation projects and archaeological activities at the RAS Foundation. With a Specialization in Classical Archaeology at the University of Padua in his background, he is working since 2011 as teacher of staff training courses financed by EU, as well as a certified tourist guide for the Region Campania.

Role: Teacher.

Darius A. Arya - Ph.D. - CEO and co-founder of American Institute for Roman Culture.

Darius oversees, directs, and manages the day to day operations of the Institute. He also guides and fosters support for the organization in its many initiatives: programming, projects, fundraising, outreach. He has led the AIRC's 11 years of excavation (Forum, Ostia Antica, Park of the Aqueducts). He also frequently appears as host/ expert on TV documentaries (History, National Geographic, Discovery).

PhD University of Texas in Austin.

Fellow of American Academy, Fulbright Fellow.

Role: Teacher.

Alberto Prieto - PhD University of Texas in Austin and associate Director of Archaeology of American Institute for Roman Culture.

Alberto, an archaeologist and film-maker, has lived and worked in Italy on and off for 15 years before joining AIRC in Rome in 2008. His activities include teaching in semester- and month-long undergraduate programs, coordination of archaeological teaching and research programs, project development, photography and videography, video production.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 2.000,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

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TITLE OF THE TRAINING ACTIVITY:

5

Underwater Archaeology: At the Discovery of Ancient Routes in the Mediterranean Sea

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

This educational workshop is designed to offer participants a hands-on experience - as well as a theoretical one - in underwater archaeology, in order to be better acquainted with this lesser known but fascinating discipline.

During the course, the following subjects will be covered: naval structure and construction; history of ancient navigation; tools and materials used on ships.

The excursions will help participants to learn and understand the history of the relationships between man and sea, and the origins of the development of Mediterranean civilization.

Methodology

This workshop includes lessons with multimedia material regarding the history, evolution and recent developments in underwater archaeology. There will also be practical in-depth studies on the methodologies of retrieval and excavation, which will allow students to acquire the use and understanding of specific instruments. Also, manual experiments will be performed to create replicas of ancient amphorae, as well as other archaeological artifacts, in original scale,

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00am - 12.30 pm

Lecture: Historical aspects, techniques, and equipment used in the field of underwater archaeology.

1.00 - 2.00pm Lunch

3.00pm Visit to the archaeological site at Stabiae

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00am - 12.30pm Visit to ancient seaside villas (Vico Equense, Sorrento) and the "Villa Fondi" Museum (Piano di Sorrento)

1.00 - 2.00pm Lunch

2.30 - 7.30 pm

Lecture: The ships: methods of construction, techniques of assemblage, and ship structure. Ancient navigation, ancient routes and Mediterranean-external commerce

8.30pm Dinner at Vesuvian Institute



Wednesday

7.30 - 8.30am Breakfast

9.00am - 12.30pm The last voyage of Pliny the Elder: boat excursions along the coast.

1.00 - 2.00pm Lunch

2.30 - 7.30pm

Lecture: The ships: ruins and evidence of naval evolution. Anchors: literary tradition; the evolution of their form, and the materials used.

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00am - 12.30pm

Lecture: Amphorae: production, categories, uses and circulation. Practical exercise doing sketch drawing and reproduction of amphora fragments

1.00 - 2.00pm Lunch

2.30 - 7.30pm

Lecture: Set up construction site, stratigraphy and trilateration. Building exercise, stratigraphy and trilateration

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

9.00am - 6.00pm Visit to the Castle-Museum in Baia (it is possible to snorkel overtop the submerged ruins until November) (with sack lunch)

8.30pm Dinner at Vesuvian Institute - *Final certificates ceremony*

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Vasco Fronzoni - Degree in science, language, history and culture of the Mediterranean. Archaeological under water guide. Expert of Underwater Archaeology.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

IN-SERVICE TRAINING IN THE FIELD OF Italian language



1 Italian L2 Course: Explore Italian Culture through its Language

LANGUAGES USED FOR THE TRAINING

MAIN LANGUAGE:

English/Italian

OTHER LANGUAGE/S USED DURING THE TRAINING:

English/Italian

LANGUAGE VERSION(S) IN WHICH MATERIALS WILL BE PROVIDED:

English/Italian

TITLE OF THE TRAINING ACTIVITY:

1

Italian L2 Course: Explore Italian Culture through its Language

FULL DESCRIPTION OF TRAINING CONTENTS

Introduction

The main aim of our Italian language and culture courses is to offer to foreign students, who don't speak Italian, the basis of our language, grammar and vocabulary in order to teach them how to communicate in all situations of daily life. The courses will be organized in different levels, starting from a general introduction to Italian focused on the study of the main structures of the spoken and written language, and of most common uses.

Methodology

This is a general introduction dedicated to beginner students and aimed at familiarizing with the acquisition of Italian language. Phonetics, the foundation of grammar structures and verbs are introduced with attention to their actual use in an authentic linguistic context.

Topics To Be Discussed

The teaching approach is comprehension-based. Participation and team working ability are encouraged in class. The role of the language professor is not only to provide the students with information, rules and correction of mistakes but also encourage them towards a challenging linguistic experience. Priority is given to comprehension and language production. Each lesson must respect the following points:

General introduction to Italian language;

- Main structures of Italian language;
- Common uses and situations;
- How to say/ how to translate.

During the course, the professor will check students' level of comprehension and learning through written and oral tests, and homework assignments. At the end of the course there will be a final written and oral examination.

COURSE MAIN AIMS:

- To provide students with basic skills in understanding the spoken language through the use of an appropriate vocabulary related to specific situations;
- To acquire the basic structures to communicate;
- To be able to comprehend and write short paragraphs.

RECOMMENDED:

- Italian/English Dictionary;
- Texts and exercises will be given by the professor during the lessons.

PROGRAMME OF THE TRAINING ACTIVITIES **Two weeks**



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

Explanation of the Italian Language Course and the weekly activities

Italian Language - Lesson 1

Lunch at Vesuvian Institute

Guided tour of the Roman villas at Stabiae: Villa San Marco and Villa Arianna

Lunch at Vesuvian Institute

Free time

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

Italian Language - Lesson 2

Departure to visit Pompeii - Guided tour of the most famous archaeological site in the world

Sack lunch

Free time

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

Italian Language - Lesson 3

Departure to visit a pasta factory in Gragnano

Guided tour of "La Fabbrica della Pasta" (pasta factory): discover the secrets of the Italian pasta making. Lunch at "La Fabbrica della Pasta"

Free time

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

Italian Language - Lesson 4

Departure for Mount Vesuvius - Tour of the volcano

Return to the hotel

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Depart to visit Naples

Guided tour in the streets of the historical city center

Lunch in a typical Neapolitan pizzeria

Visit to the National Archaeological Museum of Naples

Return to the hotel

Dinner at Vesuvian Institute

8.30pm Dinner at Vesuvian Institute

Saturday

Free Time



Sunday

7.30 - 8.30am Breakfast

Italian Language - Lesson 5

Departure to visit Sorrento: a full immersion in the Italian way of life

Sack lunch

Free time in the historical center

8.30pm Dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

Departure to visit the historical city center of Rome

Sack lunch

Return to hotel

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

Italian Language - Lesson 6

Lunch at Vesuvian Institute

Departure to visit Positano

Free time

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

Departure to visit Agerola (near Salerno)

Visit to a Slow Food Factory of Mozzarella Cheese.

Lunch at the Mozzarella Factory

Free Time

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

Italian Language - Lesson 7

Lunch at Vesuvian Institute

Guided tour of the archaeological site of Herculaneum

Return to hotel

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Italian Language - Lesson 8

Lunch at hotel

Cooking class: How to make a "Neapolitan Pizza"

8.30pm Pizza Party - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Carmelinda Spina - Ph.D candidate at the University of Naples "L'Orientale" in Theory of Language and Speech, she is a trained teacher in Italian Language for Foreigners (L2).

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.960,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

IN-SERVICE TRAINING IN THE FIELD OF Restoration and History of Art



- 1 Naples between the 17th and 20th Century: Art, Architecture and Folklore
- 2 Art, Conservation and Restoration: Baroque Echoes in Sorrento

LANGUAGES USED FOR THE TRAINING

MAIN LANGUAGE:

English

OTHER LANGUAGE/S USED DURING THE TRAINING:

Italian

LANGUAGE VERSION(S) IN WHICH MATERIALS WILL BE PROVIDED:

English

TITLE OF THE TRAINING ACTIVITY:

1

Naples between the 17th and 20th Century: Art, Architecture and Folklore

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

The course intends to introduce the participants to the various expressions of Neapolitan art between the 17th and 20th century, which have influenced not only the surrounding Campania region but have stretched well all over Europe. Home to Caravaggio in his later years, his art will have a profound influence on local artists, who will set for dramatic expression and emphatic naturalism. Under the rule of the Bourbon kings, in the 18th century naturalism will transform into baroque, and Naples will experience its golden age: now at the heart of Europe, thanks to the archaeological discoveries in Pompeii, Herculaneum and Stabiae, the city will be embellished by magnificent aristocratic palaces, religious buildings and a strive towards modernity. With the unification of Italy, in 1861, and the explosion of the trend of the so called Grand Tour, Naples starts showing its folkloristic character and melancholic landscapes to the world, and be known for it.

roots of this culture that has been so important and influential in European history and culture.

Participants to the course will become familiar with an essential part of Italy's artistic and historical development, in one of its most peculiar, uncharacteristic cities. "See Naples and die", used to say the Grand Tourists to describe a city which embodies all that is beautiful in the world.

The course main objectives are:

1. to introduce participants to the art, architecture, history, culture and folklore of Naples;
2. to stress the importance and the influence of Neapolitan artistic expression on European culture;
3. to encourage an exchange of personal experiences among participants, as well as between participants and lecturers;
4. to lead participants to connect theory and practical experience in teaching and in educational processes;
5. to introduce the bay of Naples as a fertile ground for further art courses and cultural travels;

Methodology

The methodology is based on both theory and practice. Rather, the theory will offer participants the tools they need to build a stronger understanding of the sites and their history once they are there. The project is based on learning and experiencing on site, involving directly the participants in workshops and visits of the region Campania with skilled guides and experts in the field, in addition to lectures and classroom sessions. Manuals with learning activities to complete will be provided. The lectures, lead by qualified archeologists and art historians, will focus on relevant aspects of the history and history of art in the Gulf of Naples and in the region Campania, with a special focus on the city of Naples. Participants will learn about the Neapolitan culture and its history in a fun and enjoyable environment, connecting with its artistic expressions over the last centuries of the modern era.

This will be a very-much outdoor based course where the participants will be visiting various sites and museums. Highly qualified guides and trainers will ensure an easy approach to art, maintaining, at the same time, a high level of education.

The course will be based on the balance between theory and shared experience, and on the participants' active contribution to discussed subjects and themes.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00 - 11.00 am Introductory meeting with professor

Lecture: Art of the 17th century: the influence of Caravaggio on the Neapolitan school; the classical style of Guido Reni; Jusepe de Ribera and Artemisia Gentileschi

11.30 am Departure (Lunch in Naples)

Visit to the Palace of Capodimonte National Gallery and hilltop wood

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.am

Lecture: Art of the 18th century: the golden age of Naples under the Bourbon rule; the Neapolitan Baroque

11.15 am Departure (Lunch: pizza in Naples)

Tour of the historical centre of Naples and visit to: Sansevero Chapel Museum; Cathedral and Museum of the Treasure of San Gennaro; Church of San Gregorio Armeno; Santa Chiara Monastery

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 am Departure

Morning: Visit to the Royal Palace of Caserta

12.00 pm Lunch in restaurant (TBD)

Afternoon: Visit to the Royal Factory of San Leucio; Caserta vecchia

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00 - 12 am Visit to the Villas at Ancient Stabiae

1 pm Lunch at Vesuvian Institute

Afternoon: Visit to the Royal Casino of Quisisana and Archaeological Exhibit; visit to the Cathedral of Castellammare di Stabia to admire Ribera's work

Departure for Sorrento: tour of the city and dinner

Friday

7.30 - 8.30am Breakfast

9.00 - 11 am **Lecture:** Art of the 19th and 20th century: Landscape and Folklore - the school of Posilippo; the art of the Grand Tour

11.30 am Departure (Lunch in Naples)

Visit to Castel Nuovo (Maschio Angioino) and the Civic Museum; The Filangieri House and Museum

8.30pm Dinner at Vesuvian Institute - *Final certificates ceremony*

Saturday

7.30 - 8.30am Breakfast and departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Experienced Art Historian. Teacher of Art History at the University of Naples.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

TITLE OF THE TRAINING ACTIVITY:

2

Art, Conservation and Restoration: Baroque Echoes in Sorrento

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

The course aims to introduce participants to the various expression of the Baroque art in Sorrento, a city whose appearance changed radically in the 17th century thanks to the influence of the Neapolitan school, where Caravaggio had played a sweeping influence. Aristocratic palaces were renewed according to the new fashion, becoming now opulent and luxurious, while churches were filled with the dramatic expressions of Baroque art, the roots of which have been extremely important and influential in European history and culture. These Baroque paintings and frescoes will be the subject of this course: participants will see them on site, and will learn the techniques to restore and conserve them for future generations.

The course main objectives are:

1. to introduce participants to the art and restoration of Sorrento and Naples;
2. to stress the importance and the influence of Neapolitan artistic expression on European culture;
3. to introduce participants to the field of restoration and conservation through theoretical and practical lessons, making direct experience of the original ancient materials;
4. to test aspirations of those interested in pursuing a career in restoration and conservation through an hand-on experience;
5. to introduce the bay of Sorrento as a fertile ground for further art courses and cultural travels.

Methodology

The methodology is based on theory of restoration. Rather, the theory will offer participants the tools they need to build a stronger understanding of the sites and their history once they are there. The project is based on learning and experiencing on site, involving directly the participants in workshops and visits of Sorrento and Naples, with skilled guides and experts in the field, in addition to lectures and classroom sessions. Manuals with learning activities to complete will be provided. The lectures, lead by qualified restoration and art historians, will focus on relevant aspects of the history and history of art of Sorrento and Naples.

This will be a very-much outdoor based course where the participants will be visiting various sites and museums. Highly qualified guides and trainers will ensure an easy approach to art, maintaining, at the same time, a high level of education. As the focus of the course is on conservation, the lectures will be focused on the following subjects:

- Introduction to the restoration of paintings: evaluation of the state of degradation;
- Introduction to the main techniques of restoration of paintings on canvas: veiling, lining, cleaning;
- Introduction to the restoration of frescoes: consolidation, cleaning, filling, integration of color.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival at the Vesuvian Institute

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00 - 11.00 am

Introductory meeting with professor

Lecture: Restoration of paintings

11.30 am Departure to Sorrento (Lunch on site)

Visit to the Church of Our Lady of Carmine and the Church of the Santissima Annunziata

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.am

Lecture: The restoration of St. Antonino's Church in Sorrento

11.15 am Departure (Lunch: pizza in Vico Equense)

Visit to the St. Antonino's Church in Sorrento

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 - 11 am

Lecture: Restoring Artemisia Gentileschi's work

11.00 am Departure

Visit to the Royal Palace of Naples

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00 am Departure

Morning: Visit to the Museum of Capodimonte

Lecture on site: The influence of Caravaggio on the Neapolitan school; the classical style of Guido Reni; Jusepe de Ribera and Artemisia Gentileschi

Lunch: pizza in Naples

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

9.00 am Departure

Morning: Visit to the Correale Museum in Sorrento

Afternoon: tour of the city

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Andrea Porzio - Technical director of the restoration of cultural heritage, attested at the Ministry of Heritage and Cultural Activities.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

IN-SERVICE TRAINING IN THE FIELD OF Performing and Visual Arts



- 1 Ancient Drama: a Site Specific Course on Roman theatre
- 2 Archaeo-Acoustic: From the Sonorous Landscape to the Use of Sounds and Music in Ancient Rome
- 3 The World of Clay: Handicraft, Art and Well-being

LANGUAGES USED FOR THE TRAINING:

MAIN LANGUAGE:

English

OTHER LANGUAGE/S USED DURING THE TRAINING:

Italian

LANGUAGE VERSION(S) IN WHICH MATERIALS WILL BE PROVIDED:

English

TITLE OF THE TRAINING ACTIVITY:

1

Ancient Drama: a Site Specific Course on Roman theatre

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

The course aims to emphasize the importance of theater in ancient Rome, a meeting point for various people and civilizations, which have come to represent a fundamental element of Europe. The course introduces participants to the most important examples of ancient theater, as those examples came to be the primary influence on the development of European theater. The importance of the archaeological sites of the Vesuvian area (Pompeii, Herculaneum and Stabiae - one of the most visited archaeological sites in the world) and the influence of many Roman cultural aspects (Roman actors and masks; the Atellana theater, etc..) on the subsequent development of performing arts, offer participants the possibility to investigate the roots of a culture that has been so important and influential in European history and civilization.

An experience such as this, is essential to participants' understanding of the theory and the practice of the field. It will offer participants the possibility to have an experience that will shape their world view, and help them better understand Italy in its historical context. Participants will take away all that they have learned from this course, and find it relevant in many aspects of their lives outside of Italy.

Therefore, the main objectives are:

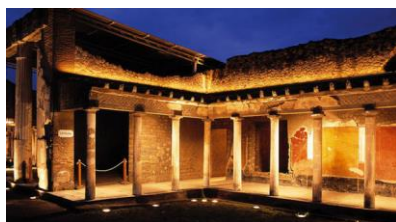
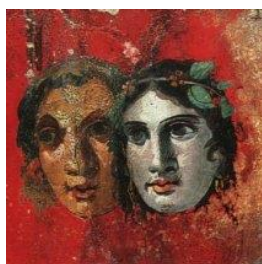
1. to introduce the art of performance, the architecture of the theater, as well as the history and culture in the Roman period to participants;
2. to stress out the importance and the influence of Roman civilization for the development of European culture;
3. to encourage all participants to exchange personal experiences with the other participants, and between participants and lecturers as well;
4. to lead the participants to connect the theory and the experience in teaching and in the educational process;
5. to introduce the bay of Naples as a territory of further destination for art courses and travels (especially in connection to the ancient theaters);
6. to introduce participants to the history, folklore, culture, linguistics, performing arts, architecture, and archaeology showing a Roman influence.

Methodology

The methodology is based on both theory and practice. Rather, the theory will offer participants the tools they need to build a strong understanding of the site and its history once they are there. Participants will be provided with guided tours to the archeological sites and manuals with learning activities to complete. The lectures, lead by qualified teachers of performing arts, will focus on significant and interesting aspects of the culture of the Roman civilization. Participants will learn Roman culture and its history in a fun and enjoyable environment. By learning about this ancient society through the aspects of its daily life, participants will become engaged and interested. This methodology allows for participants to connect their lives with this ancient culture and come away with a better understanding and appreciation for Roman culture, history and society.

The project is based on learning and experiencing on site, involving directly the participants in workshops and visits around the region Campania with skilled guides and experts in the field, beside lectures and classroom sessions. This will be a very-much outdoor based course where the participants will be going around various sites. Highly qualified guides and trainers will ensure an easy approach to art, maintaining, at the same time, a high level of education. The course will be based on the balance between theory and shared experience, and on the participants' active contribution to the subjects and the themes discussed.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00am - 12.30pm

Introductory meeting with professor

Lecture: Archaeology and theater in the vesuvian sites

Lunch at Vesuvian Institute

Afternoon: Tour of the Villas at Stabiae

Dinner in Sorrento

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.30am

Lecture: Roman everyday life through the archaeological discoveries in Pompeii: the Odeion and the Large Theater.

12.30 - 5.00pm Tour of Pompeii (Lunch in Pompeii)

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 - 11.00am

Lecture: Introduction to the Roman theater: the *Atellana*, *Palliata*, and *Togata*: Plautus' and Terence's plays

12.00pm Lunch in Herculaneum

Afternoon: Tour of Herculaneum

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00am - 12.00pm Tour of Oplontis and Boscoreale

Lunch at Vesuvian Institute

Free afternoon

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

Departure for Naples

10.30am - 13.00pm:

Visit to the Archaeological Museum of Naples

Lunch in Naples

Afternoon: Visit of the historical center of Naples (Nero's theater)

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Ettore Massarese - Professor of art of performance in University of Naples "Federico II"; Theater's director.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

REGULATION: Courses may only start if a minimum of (10) participants is reached. Should the number not be reached, exceptions will be taken into consideration.

TITLE OF THE TRAINING ACTIVITY:

2

Archaeo-Acoustic: From the Sonorous Landscape to the Use of Sounds and Music in Ancient Rome

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

The course's goal is to rediscover the sounds and the music from the antiquity through iconography, musical instruments, architecture and literature. In particular, we will retrace the uses of sound and music in ancient Rome, i.e. the meaning of sound and the significance of listening to it in ancient times.

In retracing ancient sound through iconography, ancient texts and architecture an extraordinary world of sound will be revealed: a philosophy that describes the acoustic relationship between nature and technique. Discovering the Ancient soundscapes with their own tuning, their signals, the sound prints and sounds archetypes we find them painted on the walls: the subjects represented and their location, in the silent spaces and in the colors.

The therapeutic properties of the sounds of nature and of the ancient musical instruments will be revealed.

Virgil - as well as many other Latin authors, writes about archetypical and primeval sounds with psycho-acoustic powers that can stimulate or release, regenerate and heal. The gurgling of the waters, the whispering of the wind, the singing of birds that are depicted among the frescoes on the ancient walls of Pompeii, Herculaneum,

Stabiae represent sounds still alive and present in the Vesuvian area. They represent a reaffirmation of the natural landscape of the Campania territory "Campania Felix."

Methodology

The course includes lectures, guided tours in the principal ancient landscapes and soundscapes where music and sound are found, and various workshops in the acoustic lab with ancient instruments. Will be given information on the ancient musical instruments and their reconstruction.

It might also be possible to construct and play the Pan Flute using simple reeds (*Arundo donax*) of the Vesuvian area.

The participants will then see and hear the musical multi-ethnic instrumentarium used in the Roman Empire.

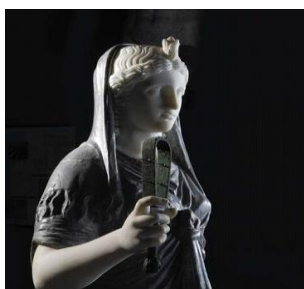
Musical performances with the replicas of the ancient musical instruments, in combination with recitation, dances and acting.

The musical culture of the Imperial Rome revealed by its instrumentation, the iconography and the ancient texts, constitutes the roots of the European musical culture.

Musical performances will accompany also some of the guided tours, in combination with recitation, dances, acting and the whole environment.

Particular attention will be given to the water sounds effects in ancient Roman architecture: Impluvium, dripstones, labrum, little fountains, canals, pools, washtubs, and thermal complex to emphasize the philosophy of acoustic design between nature and technique.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

9.30pm SYNAULIA concert

Monday

7.30 - 8.30am Breakfast

9.00am - 10.30 am General Introduction: Introductory meeting of the course, teachers and didactic material to be covered

11.00 am - 12.30 pm Ancient sound paths

1.00 pm - 1.45 pm Lunch

3.00 pm - 5.00 pm Visit to the Valley of the Mills Amenity

5.30pm - 6.30pm Stop in Gragnano: pasta factories and local products

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00 am - 12.30 pm Lecture with performance: musical Instruments from prehistory and Ancient Rome

1.00 pm - 1.45 pm Lunch

3.00 pm - 5.00 pm Visit the Archaeological park of Pompeii: Architecture of sound

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 am - 12.30 pm Guided tour to National Archaeological Museum of Naples Live Museum

1.00 pm - 1.45 pm Sack Lunch

3.00 - 6.00 pm Visit historical center of Naples and Nero's underground theater

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00 am - 12.30 pm Lecture: The role of sound and music in ancient Rome

1.00 pm - 1.45 pm Lunch

2.30 pm - 5.00 pm Visit the ancient Roman villas of Stabiae Iconography and acoustic environment

5.30 pm - 7.30 pm Free afternoon to tour Castellammare

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

9.00 am - 12.30 pm Lecture with performance: The ancient present

1.00 pm - 1.45 pm Lunch

2.30 pm - 6.30 pm Experimental Archaeology workshop

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Synaulia - The first group of music and dance of Ancient Rome was founded by Walter Maioli, Nathalie van Ravenstein and Luce Maioli, who carried out a research about the rediscovery of ancient musical heritage, studied and rebuilt dozens of ancient musical instruments, dances, choreographies and recitations.

Walter Maioli - Artist, flutist, composer, researcher of the Archaeology of Music.

Role: Teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

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TITLE OF THE TRAINING ACTIVITY:

3

The World of Clay: Handicraft, Art and Well-being

FULL DESCRIPTION OF TRAINING CONTENTS

Objectives

Workshop of Experimental Archaeology: The project aims to provide an opportunity to re-read our history through the cultures and civilizations, which have shaped our roots. Focus will be on clay as a versatile material, experimented with an holistic approach in the sphere of education.

Clay was a mineral widely used by our ancestors to serve many purposes, from body care to ornament, from base material for everyday utensils to artistic implement. As an affordable, and highly resistant material, it was used to produce tableware and pottery for storage, to carry food, to make ornaments and vases. Scenes of worship and daily life would decorate the ceramic surface. As an easily moldable material, clay was also used to manufacture musical instruments, to create sculptures and artistic artifacts, as well as architectural elements, designs and structures. Finally, clay found also an application in body care: as an ingredient for cosmetics and unguents, it was used for the well-being of the body. And even modern technology would not be the same without clay (i.e., ceramic materials are used in the coating of space shuttles).

The course will analyze in-depth a range of techniques to model and utilize clay in use from the Neolithic Age to the Roman time, and exploring the civilizations that inhabited our territory. A series of workshops will combine theoretical and practical education regarding the use of clay, as well a few other aspects:

1) workshop on the molding and decoration of clay: evolution of patterns; the process of firing; practical session; 2) Group planning: creation of scale objects based on original models; 3) Experimental workshop on cosmetic clay; 4) Experimental workshop on cooking; 5) Experimental workshop on ancient music and dance; 6) Theatre workshop: participation in the creation and acting of a play based on the reading of ancient theatrical texts.

Italy has always stood out for its fine craftsmen, originality, innovation and ingenuity in various artistic disciplines. The aim of this course is to provide participants with an opportunity to investigate hands-on the roots of our culture. They will learn different aspects of daily life in the ancient world, and they will not only acquire a better understanding and appreciation of the ancient civilizations, which have shaped ours, but most of all they will attain a capability to expand their horizons and their creative skills.

In conclusion, the main objectives of the present course can be summarized as follows: 1) Provide an introduction - both practical and theoretical - to the history, folklore, culture, art, architecture and well-being of past civilizations; 2) Highlight the significance and the influence of culture on the development of creativity and individual talents; 3) Encourage all participants to exchange experiences with their peers and mentors; 4) Introduce the Bay of Naples and the Sorrentine Peninsula as another destination for art classes, study, and travel.

Methodology

The course methodology consists in guiding participants through the discovery of their roots by visiting museums, as well as archaeological and naturalistic sites, where they will be put in front of the objects and the history that have shaped our present, while experiencing sounds and dances, perfumes, the Latin language as recited in the theatre. On the archaeological sites and tracks, the guide will transport the participants into the past world, with the narration of stories ranging from mythology to history, and the legends related to the sites themselves. The experts will use language appropriate to kindle curiosity and participation. Lessons on-site are partially theoretical and mainly practical. Participant will experience the world of clay as primary material, and will be encouraged to experiment, discuss and implement small group projects. They will make drawings and craft artifacts following the ancient techniques: step by step, they will go from easier to more elaborate creations, following the evolution in time of patterns and designs, firing and decorative techniques.

PROGRAMME OF THE TRAINING ACTIVITIES Two weeks



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30 am Breakfast

9.00 am - 12.30 pm

Introductory meeting with professor

1st Laboratory of Experimental Archaeology

Lunch at Vesuvian Institute

Afternoon: Visit at the archaeological site at Stabiae

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30 am Breakfast

9.00 am One-day excursion with sack lunch at Punta Campanella (Sorrentine Peninsula)

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30 am Breakfast

9.00 am-12.30 pm

2nd Laboratory of Experimental Archaeology

Lunch at Vesuvian Institute

Afternoon: Drawing session at the Villas at Stabiae

8.30pm. Dinner at Vesuvian Institute

Thursday

7.30 - 8.30am Breakfast

9.00 am One-day excursion with sack lunch in Paestum

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30am Breakfast

9.00 am Kitchen workshop

Lunch at Vesuvian Institute

Afternoon: Practical experimentation

8.30pm Dinner at Vesuvian Institute

Saturday

7.30 - 8.30 am Breakfast

Free time

8.30pm Dinner at Vesuvian Institute

Sunday

7.30 - 8.30 am Breakfast

Free time

8.30pm Dinner at Vesuvian Institute

Monday

7.30 - 8.30 am Breakfast

9.00 am One-day excursion with sack lunch in Villa Fondi (Pianto di Sorrento)

8.30pm Dinner at Vesuvian Institute



Tuesday

7.30 - 8.30 am Breakfast

9.00 am - 12.30 pm

3rd Laboratory of Experimental Archaeology

Lunch at Vesuvian Institute

Afternoon: Visit to the National Archaeological Museum of Naples

8.30pm Dinner at Vesuvian Institute

Wednesday

7.30 - 8.30 am Breakfast

9.00 am One-day excursion with sack lunch at the Baia di Jeranto (Sorrentine Peninsula)

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00 am - 12.30 pm

4th Laboratory of Experimental Archaeology

Lunch at Vesuvian Institute

Afternoon: Roman theater music and dance performances

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30 am Breakfast

9.00 - 12.30 pm

5th Laboratory of Experimental Archaeology

Lunch at Vesuvian Institute

Afternoon: Kitchen workshop

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Elisabetta Surico - Fine Arts Academy, Researcher. Skilled artist in ancient ceramics techniques and the various uses of clay, FIE guide (FIE = Federazione Italiana Escursionisti - Italian Federation of Excursionists).

Role: teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.960,00 euros

CANCELLATION FEE IN: 250,00 euros

CANCELLATION RULES: Cancellation is free of charge within two weeks before the intended starting date; passed this time limit, the cancellation fee is valued in 250,00 euros to cover the expenses for the booking of venues, meals and transportation.

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IN-SERVICE TRAINING IN THE FIELD OF Health



- 1 The Mediterranean Diet: Health Meets Tradition
- 2 Nutrigenetics and the Mediterranean Diet

LANGUAGES USED FOR THE TRAINING

MAIN LANGUAGE:

English

OTHER LANGUAGE/S USED DURING THE TRAINING:

Italian

LANGUAGE VERSION(S) IN WHICH MATERIALS WILL BE PROVIDED:

English

TITLE OF THE TRAINING ACTIVITY:

1

The Mediterranean Diet: Health Meets Tradition

FULL DESCRIPTION OF TRAINING CONTENTS

Introduction

A prevention against obesity, diabetes, hypertension, digestive disorders and several types of cancer, the Mediterranean diet is considered one of the healthiest diets in the world, ideal for keeping fit and well-balanced. It is characterized by a great use of vegetables, cereals, fresh fruit and olive oil as the main source of fat, frequent consumption of fish, minimal consumption of meat, and a small amount of wine during meals.

History

The diet has its origins in the Italian history and tradition, while the specific term dates from the early post-war years, when it was noted that the incidence of cardiovascular disease in Greece was significantly lower than that in the United States. The American doctor Ancel Keys theorised that this difference was a result of the different dietary habits observed in the two countries. He was so convinced of the benefits of the nutrition and lifestyle typical of Italy and other Mediterranean countries, that he moved to live in Pioppi, a small town of Cilento, a region of healthy southern Italy.

The verification of his thesis was obtained with a study (begun in the 1950s) which drew comparisons between lifestyles of the populations of seven countries: Finland, Holland, Greece, Italy, Yugoslavia, Japan and USA.

The study is still famous, and widely cited in scientific literature as the Seven Countries Study. The results of the study confirmed the relationship between diet and health, and followed the incidence of various diseases, in particular clarifying that the type of fat used, and not the quantity, had a greater influence on the development of cardiovascular diseases. Since then, the Mediterranean diet has been considered an ideal model for maintaining good health.

Topics To Be Discussed

Quality of ingredients

Guided by basic theory and tasting sessions, you will learn to recognize and evaluate the quality of the ingredients used in every dish.

Working tools

Using the right tools is a vital part of the art of cooking. You will learn to work not only with professional utensils and appliances, but with seemingly less important devices such as cooking thermometers and the modern techniques of vacuum packing, which are crucial for creating a food pantry of the highest quality.

Theory of Taste and Proportion

Knowledge of the rules of ingredient combinations is the key to culinary success.

Healthy Food

Traditional cuisine of Campania Region hinges on balanced calories equation. Through the Mediterranean Diet course you will learn to experiment and improvise with a balance of flavors and aromas, creating tasty dishes within the bounds of a healthy diet.

Food and wine harmony

Each evening you will taste at least two different wines, enjoyed alongside various dishes, and partake in discussion and appreciation of the meal.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival at the Vesuvian Institute

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30 am. Breakfast

9.00am. Departure to the archaeological site at Stabiae

Lecture on site: The Ancient Roman Diet

Return to Vesuvian Institute

1.00pm Lunch

3.00 - 6.00 pm. 1st Lesson: The importance of cereals in the Mediterranean diet: How to make homemade bread

Free Time

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30 am. Breakfast

9.00am. Departure to Gragnano

Gragnano is a hilltop town located 1 mile east of Castellammare di Stabia, famous for its pasta. We will visit a pasta factory and learn the techniques of slow drying as opposed to industrially-produced pasta. The visit at "La Fabbrica della Pasta" will focus on two aspects of this art: the modern and the traditional. The former addresses technological innovation, the modern production environment, and the efficiency of the procedures using contemporary factory equipment. The latter addresses the old ways, inextricably linked to the tradition of pasta masters, the manual work of cutters, the spraying and packaging. The visit will include a look at historical research to recover the original shapes of the pasta, and the handmade bronze tools used to produce them.

Return to Vesuvian Institute

1.00pm Lunch

3.00 - 6.00 pm. 2nd Cooking Class: The role of Pasta in the Mediterranean Diet

Free time

8.30pm Neapolitan dinner on a panoramic terrace

Wednesday

7.30 - 8.30 am. Breakfast

9.00am. Departure to Sorrento with sack lunch

Sorrento is a little pearl in the Mediterranean area. The charms of Sorrento are many, from the picturesque streets of the old city, adorned by patrician villas, to the Marina Grande, a traditional fishing harbor and popular destination for a stroll. The town, with pretty pastel colored houses and several quaint small squares, is surrounded by orange and lemon groves, and lush thickly wooded hills where vines and olives are grown.

Visit to "I Giardini di Cataldo" a typical Limoncello Factory.

Tasting of Limoncello and other traditional products.

Free Time and return to Vesuvian Institute

8.30pm Dinner at Vesuvian Institute



Thursday

7.30 - 8.30 am. Breakfast

Departure to Caserta

Visit to "La Marchesa", a farm company pioneer in the production of Mozzarella di Bufala Campana.

La Marchesa agricultural cooperative was established in 1981 under the direction of the Cirillo family, who had been in the fresh produce business for many years as managers of La Cirillo cooperative, which was among the pioneers in the production of Mozzarella di Bufala Campana (Buffalo Mozzarella from the Campania region). The turning point came in 1994, with an entry into the Consorzio per la Tutela del formaggio Mozzarella di Bufala Campana DOP, the Consortium for the Protection of Buffalo Mozzarella from the Campania region with PDO (Protected Designation of Origin) status.

Return to Vesuvian Institute

4.00 - 7.00 pm. 3^A Cooking Class: Fresh Cheese in the Mediterranean Diet

Free Time

8.30pm Dinner at Vesuvian Institute

Friday

7.30 - 8.30 am. Breakfast

Departure to Naples -

Guided tour in the streets of the historical city center.

1.00pm Lunch in a typical Neapolitan pizzeria

Return to the Vesuvian Institute

4.00 - 7.00 pm. 4^A Cooking Class: Preparation of a typical Neapolitan dinner

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Aniello Sorrentino - A professional with over thirty years experience. In addition to being Comins, chef de rang, chef tournant and chef, he is a teacher in different Hotel schools of the Amalfi and Sorrento Coast. He acquired skills in important restaurants in Italy and abroad, especially in Germany. He also holds the role of consultant at several hotels, gives courses in gastronomy and is an expert in food and wine pairings.

Role: teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

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INFORMATION ON COURSE SESSIONS: Courses will take place between March and November, on the third and/or fourth week of each month.

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TITLE OF THE TRAINING ACTIVITY:

2

Nutrigenetics and the Mediterranean Diet

FULL DESCRIPTION OF TRAINING CONTENTS

Introduction

What is Nutrigenetics? As the word says, it is Genetics applied to Nutrition. Your genes largely determine what you are in your basic physical appearance in a sort of deterministic way (eye, hair & skin color, limb length, etc.), but the expression of your genetic traits in the development of long term diseases is largely influenced by interaction with the environment in which you live, and the key element in your environment is the food that you consume every day. Nutrition is the part of the environment that affects us the most and the good news is that it is also the one that we can control the most. But even better news is that we now know much more about which nutrients are more or less beneficial to each one of us on the basis of our genetic profile. Everybody knows that we are what we eat, but not everybody knows that each of us is affected in a different way by the various macro and micro-nutrients because of some very common genetic variations called SNPs (single nucleotide polymorphism) that Nutrigenetics has been studying for various decades now. A wealth of epidemiological and interventional studies have enabled us to better answer the question "What should I eat to stay healthy for as long as possible?"

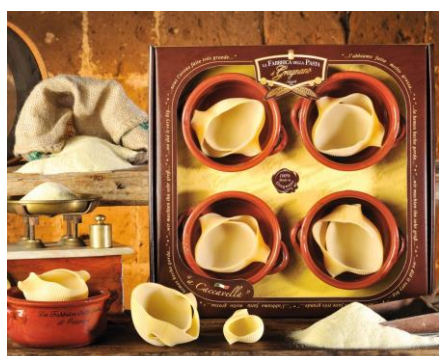
As RAS we are very happy to have been joined by Eurogenetica and have decided to be involved in the dissemination of this new knowledge because our interest in healthy nutrition is at the very heart of our Mediterranean roots and would be very proud to be an interface between this important research and the people who come to stay at the Vesuvian Institute.

We are thus pleased to offer to those who are interested in discovering more about their life-long affair with food a brief introductory course in nutrigenetics and a nutrigenetic test. The testing is noninvasive (a sample taken with a swab from the mouth). It consists of three relevant aspects:

1. Diet, this will give you very important information to help better control your weight because you will learn about your sensitivities to refined carbs and fats.
2. A full nutrition profile which will advise you on the optimal amount of macro and micro-nutrients for your genetic profile.
3. Fitness. This tests you for your sensitivity to physical activity and tells you which type of activity, whether power or endurance exercise, is likely to be most beneficial to you, because not surprisingly, also this is written in your genes.

In addition, this test will tell you whether you are sensitive to lactose and if you have a predisposition to celiac disease.

PROGRAMME OF THE TRAINING ACTIVITIES One week



Sunday

Arrival

8.30pm Welcome dinner at Vesuvian Institute

Monday

7.30 - 8.30am Breakfast

9.00 - 11.00am Part 1: Introduction to "personal" genetics

1.00pm Lunch at Vesuvian Institute

3.00pm Departure for guided tour of Villa San Marco (Stabiae Villas). Lecture on site about the Ancient Roman Diet

8.30pm Dinner at Vesuvian Institute

Tuesday

7.30 - 8.30am Breakfast

9.00 - 11.00am Part 2: Gene x environment interactions

1.00pm Lunch at Vesuvian Institute

3.00pm Departure for Naples guided tour in the streets of the historical city center

8:00pm Dinner in a typical Neapolitan pizzeria

Return to the Vesuvian Institute

Wednesday

7.30 - 8.30am Breakfast

9.00 - 11.00am Part 3: Nutrigenetics applied to the Mediterranean diet

1.00pm Lunch at Vesuvian Institute

3.00 - 4.00pm Part 3: Nutrigenetics applied to the Mediterranean diet

5.00 - 7.00pm Cooking Class: how to make a typical Italian dish: spaghetti al pomodoro

8.30pm Dinner at Vesuvian Institute

Thursday

7.30 - 8.30 am Breakfast

9.00 - 11.00am Part 4: Obesity, genetics and the Mediterranean diet

11.00am Departure to Sorrento and free time (with sack lunch)

Afternoon: Visit to "I Giardini di Cataldo" a typical Limoncello Factory.

Tasting of Limoncello and other traditional products.

Return to Vesuvian Institute

8.30pm Dinner at Vesuvian Institute - Final certificates ceremony

Friday

7.30 - 8.30 am Breakfast

9.00 - 11.00am Part 4: Obesity, genetics and the Mediterranean diet

11.30am Departure to Gragnano: visit to a typical pasta factory, "La Fabbrica della Pasta", and tasting of different types of pasta

8.30pm Neapolitan dinner at Vesuvian Institute - *Final certificates ceremony*

Saturday

7.30 - 8.30am Breakfast

Departure

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance

IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:

Ferdinando Spagnuolo - RAS Foundation Managing Director.

Role: Course coordinator.

Keith A. Grimaldi - the scientific director of EUROGENETICA, a company leader in the research and practical application of nutrigenetics, was involved in the creation of the first nutrigenetic test in the world, in the year 2001.

Role: teacher.

FEE IN € FOR ACCOMMODATION, ALL MEALS, COURSE (tuition and materials), TRANSFER, ENTRANCE TO THE SITES AND INSURANCE 24 EMERGENCY SERVICE/CONTACT: 1.240,00 euros

CANCELLATION FEE IN: 250,00 euros

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