
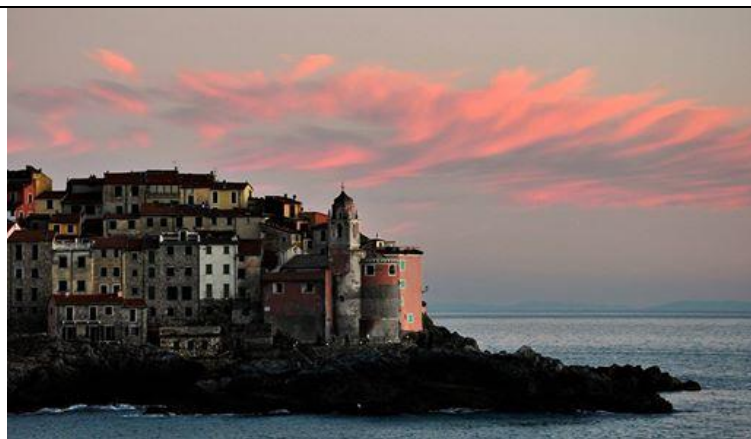




Centro di Educazione Permanente  
UNIVERSITÀ DELLE LIBERETÀ DEL FVG

## TRAINING COURSE INFORMATION

<b>TITLE</b>	Learning Cities: two Unesco pearls, the Gulf of the Poets and the “Cinque Terre” National Park Arts, Nature and Culture	
<b>THEMATIC FIELD</b>	<input type="checkbox"/> General culture <input type="checkbox"/> Cultural heritage <input type="checkbox"/> ICT, Media and communication <input type="checkbox"/> Artistic education <input type="checkbox"/> Languages <input type="checkbox"/> Health and wellbeing <input type="checkbox"/> Other Please specify:	
<b>LANGUAGE USED</b>	Main language:	English
	Language in which materials will be provided:	English
	 <p>Lerici, the Gulf of the Poets</p>	



“Cinque Terre” , Riomaggiore



“Cinque Terre”, Manarola

**TYPOLOGY OF COURSE PARTICIPANTS**

- Teachers/ trainers/
- ready to gain and exchange experience in the field of adult education,
- eager to strengthen his/her own teaching competences and learn various techniques to boost his/her learner’s knowledge.
- staff working in the field of Arts, Applied Geography, History, Food Service.
- capable of communicating in English at least on an intermediate level

**INSTITUTION ORGANIZING THE TRAINING**

<b>Name of the Organization</b>	Aidea La Spezia
<b>Street and number</b>	Via Manin, 27
<b>Postcode</b>	19121
<b>Town/City</b>	La Spezia
<b>Country</b>	Italia
<b>Website</b>	www.aidealaspezia.org
<b>Nearest big city</b>	Genoa, Pisa

**FULL DESCRIPTION OF TRAINING CONTENTS**

**Preparation**

The course aims at showing the characteristics of the territory, of the town, of the “Gulf of the Poets” and of the “Cinque Terre” National Park ...

The gulf of La Spezia is known as the “Gulf of the Poets”. Such nickname is due mainly to the fact that, during the centuries, many poets, writers and artists used to stay for long parts of their lifetimes in the villages of the gulf, struck by the beauty of this "water amphitheater". Among the many artists who loved this place, we remember the writer [David Herbert Lawrence](#), the writer and painter [George Sand \(a woman\)](#), the poet [Lord Byron](#) and the writer [Percy Bysshe Shelley](#).

**“Cinque Terre” National Park – Protected Marine Area**, a territory where sea and land blend together forming a unique and suggestive area. Eighteen kilometers of rocky coastline rich of bays, beaches and deep sea bottoms, dominated by a chain of mountains that run parallel to the coast. Terracings where grapevines and olives are cultivated, and whose containment is assured by ancient stone walls.

	A naturalistic patrimony of great variety. Paths and mule tracks with breath-taking panoramas. Five villages: Monterosso al Mare, Vernazza, Corniglia, Manarola e Riomaggiore, which overlook the sea. An environment where the work of many generations over the centuries transformed an inaccessible territory in a place of extraordinary beauty.
<b>Objectives</b>	<p>Knowledge of the territory, its traditions, its history, its culture and its artistic and landscape beauties.</p> <ul style="list-style-type: none"> <li>➤ Knowledge of the mediterranean environment compared to the season variations and the man-nature relationship;</li> <li>➤ knowledge of some local products and the traditional cooking of La Spezia</li> <li>➤ knowledge of some worldwide artistic movements (the Liberty, the Futurism) about which the town offers valid direct evidencies.</li> </ul>
<b>Methodology</b>	<p><b>Teaching Methodologies foreseen</b></p> <ul style="list-style-type: none"> <li>■ Frontal lesson in the classroom</li> <li>■ Participated lesson</li> <li>■ Work in teams</li> <li>■ Guided visits</li> </ul> <p>So, active methodologies, based on the experience, will be used, engaging the learners in debates, work in teams and so on.</p> <p>Before each excursion, the cultural, linguistic and historical aspects of the area, the tour or the museum, pre-selected for the guided visit, will be presented in a frontal lesson.</p>
<b>Follow-up</b>	The learning process will be supported by the presence of a dedicated tutor, responsible <b>for conducting follow-up work</b> and teaching assistance, thus ensuring full communication between teacher and students.

#### PROGRAMME OF THE TRAINING (DAY BY DAY)

Sunday	Arrival of participants	
<b>Monday</b>	<b>Morning ore 9.00-13.00</b>	<p>-In the classroom:</p> <ul style="list-style-type: none"> <li>• Presentation of the Learning Cities project</li> <li>• Presentation of the Association and the participants</li> <li>• Presentation of the programme of the week <ul style="list-style-type: none"> <li>• Historical hints about the town of La Spezia</li> </ul> </li> </ul> <p>-Guided visit to the Historical Centre</p>
	<b>Afternoon ore 15,00-17.00</b>	-Visit starting from the Navy Arsenal and Naval Museum
<b>Tuesday</b>	<b>Morning ore 9.00- 13.00</b>	Guided visit to the “Cinque Terre”
	<b>Afternoon ore 14.00- 17.00</b>	Guided visit to the “Cinque Terre”
<b>Wednesday</b>	<b>Morning ore 9.00- 13.00</b>	-In the classroom: Presentation of the typical ligurian cooking products and its recipes
	<b>Afternoon ore 18.00- 20.00</b>	-Culinary path in the town

Thursday	Morning ore 9.00- 14.00	In the classroom: La Spezia and “its” poets -Guided visit to San Terenzo/Lerici
	Afternoon	Afternoon free
Friday	Morning ore 9.00- 14.00	- Guided visit to Portovenere + Tour of the islands (Palmaria, Tino, Tinetto)
	Afternoon ore 15.00- 16,30	The Historical gardens (call Olimpia Cecchi/)
Saturday	Morning ore 9.00- 13.00	- The Humbertine District, Liberty and Futurism in La Spezia, The Palace of the Government (in the classroom) -Coffee Break
	Afternoon ore 18.00- 20.00	-Path on foot in the town between the 1800s and the 1900s -Goodbye dinner
Sunday	Departure of participants	
TYPE OF CERTIFICATION AWARDED		
Certificate of attendance including description of training contents and time input		