



TRAVEL NOTEBOOK

A pilot experience in Emilia-Romagna
Rimini, 26th – 31st March 2017



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This “travel notebook” has been devised to guide a group of senior tourists on holiday with their grandchildren so they can discover the beauty and opportunities on offer in the Emilia-Romagna area.

The idea is the brainchild of a team of public and private entities from Italy, Spain, Slovenia and Belgium, led by DIESIS COOP, and is part of the European Seninter project, **co-funded by the European Union COSME Programme.**

The goal of Seninter is to build a **sustainable and innovative tourism product** suited to grandparents on holiday with their grandchildren that can encourage off-season holidaying and socioeconomic growth in the host region. The offer is based on the principles of responsible tourism, proposing experiences to discover the top tangible (events and activities for children, spa and nature visits) and intangible heritage attractions through social relations, physical activities and meetings with the local community, with other older people and their grandchildren.

With its programmes, **Seninter intends to satisfy the needs of senior tourists** who, when choosing to go on holiday,

expect to gain the same from it as each one of us, regardless of age: they want to socialize, try out new experiences, satisfy their cultural and gastronomic curiosity and, why not, have the opportunity to live some intergenerational experiences.

So Seninter will give two generations the chance to get together and exchange life stories, images, flavours and sounds that may also belong to different cultures and traditions.

For Seninter, the Emilia-Romagna region has singled out the **Adriatic Riviera as its holiday destination**. It is an area that has always been considered suitable for all ages, popular thanks to the traditions and customs it has kept alive over time.

The international generational exchanges afforded by Seninter's proposed programmes will strengthen its users' sense of European citizenship. They strive to create **emotional links between tourists and destinations**, which go beyond both visible and invisible borders.

The results of this experience will establish a **sustainable and responsible holiday model** which can be replicated in other contexts with great socioeconomic benefits for the host communities.

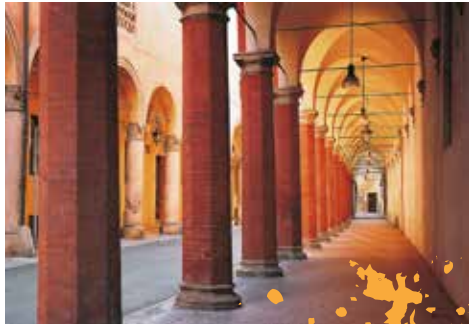




Adriatic coast



landscape view



Bologna



Parmigiano-reggiano cheese



Po Delta park



San Leo



EMILIA-ROMAGNA

Land with soul and a smile

A trip to Emilia-Romagna is an authentic **Italian lifestyle** experience.

Our region is one of the richest and most dynamic areas in Europe and has a strong vocation for **quality of living, well-being and social cohesion**. It is traditionally a **hospitable, welcoming land that is open to the outside world**.

The landscape ranges from **coast to mountains**, in a harmonious sequence of environments and landscapes:

- the Adriatic coast - with its endless sandy beaches;
- the Po valley – the region's productive core;
- the gentle foothills – with their hamlets and castles;
- the Apennines – land of snowy mountain tops and ancient woodlands;
- the majestic and silent River Po;
- the national parks and numerous protected areas to safeguard biodiversity.

Over the millennia, **peoples and cultures have met and settled right here, in the**

heart of Italy, giving rise to a people and place with an original **regional identity**. At the dawn of history, the local civilizations merged with the Umbrians, Etruscans, Celts and Romans. It was the latter who **colonized the Po Valley**, founded the cities and built the main communication routes, such as the Via Emilia, giving the region part of its name. Even today, when flying over the valley, the signs of the Roman era are still very visible, starting from the patchwork of colours of the various pieces of land: the result of centuriation, the system the Romans used to organize farmland.

The Dark Ages were the era of the Lombards and **Byzantines**. The latter settled in Ravenna in Romagna, in what was the last capital of the Eastern Roman Empire.

The term "**Romagna**", the second part of the region's name, is a Late Antique word which means "land of the Romans" and indeed it designates the lands of the ancient Byzantine Exarchate.

In the following centuries, **Emilia-Romagna was at the centre of great historic events in Italy and Europe:**



- the 11th-century struggle over investitures between the Papacy and Empire which culminated in the humiliation of Henry IV in Canossa (episode still remembered in the German expression “Gang nach Canossa” – walk to Canossa);

- the establishment of the **oldest university in the western world** in **Bologna**, in 1090;

- the **sophisticated Renaissance courts**, hotbeds of the arts and thinking, such as the Este court in Ferrara, which left works of great prestige all over Emilia-Romagna, recognized by UNESCO as heritage of humanity;

- in the Napoleonic era at the end of the 18th century, the **first independent republics**, such as the Cisalpine Republic, represented by the **tricolour** flag, founded in Reggio Emilia in 1796;

- last, in the 20th century, during the Second World War, the conflicts between the German army and allied troops along the **Gothic Line**.

The **cultural heritage** of Emilia-Romagna - its different people, places, assets, landscapes, values and ideals - provides the foundation for the region's very identity... and it is a priceless treasure chest **open to visitors**.

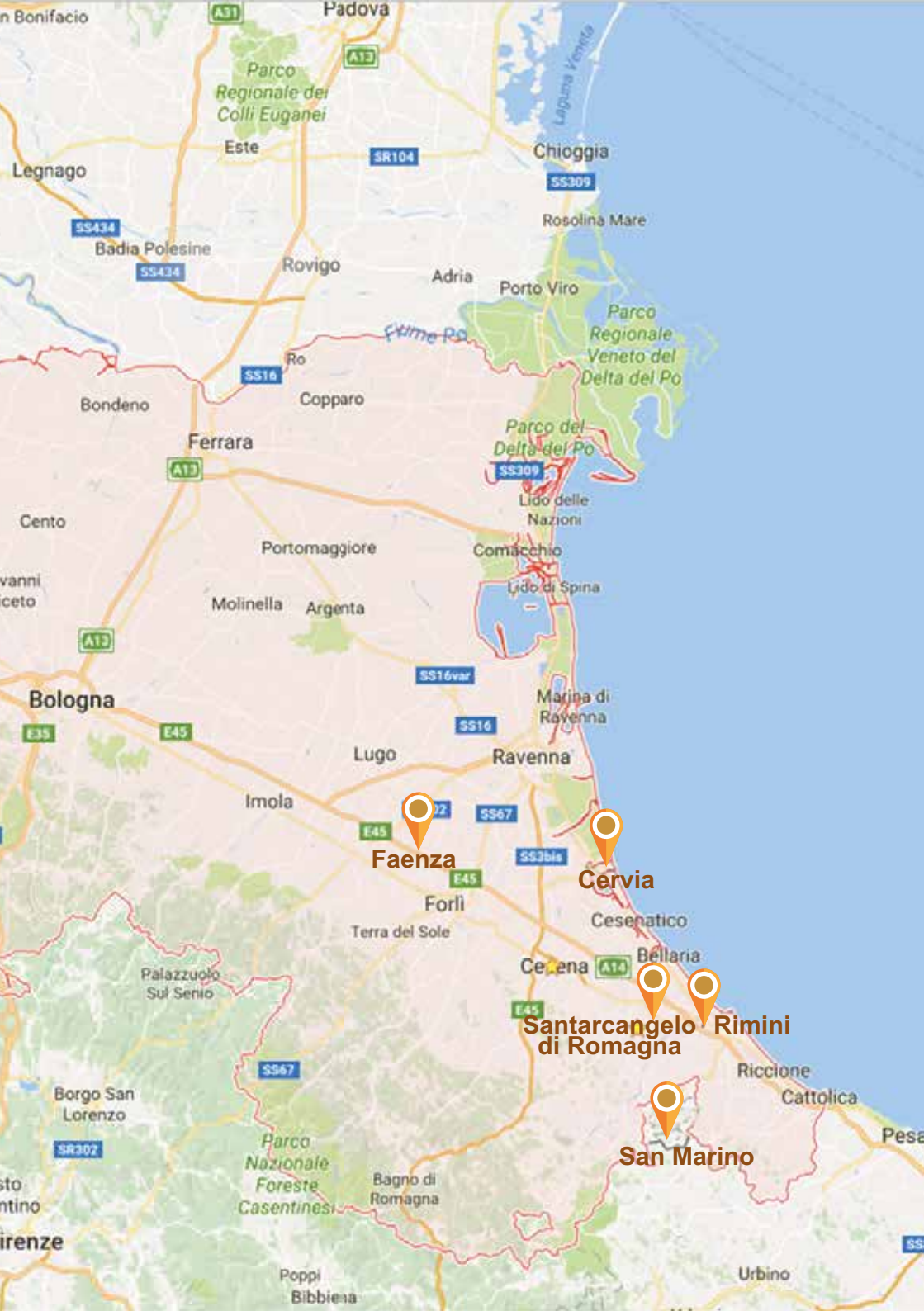
For those who so desire, this land and this people, with their open and hospitable

character, offer the opportunity to share moments of everyday life, take part personally in activities, get to know traditions, practices and customs, and enjoy a unique and personal experience, giving the chance to “live like a local”.



Ferrara





PROGRAMME

The programme of the “pilot trip” that has been devised and put together for the Seninter project is aimed at senior tourists seeking an authentic experience that can boost their cultural baggage... and more besides. And our tourists will have their grandchildren with them, the new generations to transmit their knowledge to.

It is a journey that steps outside the standard classic tourist package. It is inspired by the principles of solidaristic and responsible tourism (there is a section on this in this notebook). Its goals are to discover a region, meet the local communities and exchange experiences.

Day 1

Sunday 26 March 2017

- Arrival in Rimini in the late afternoon - Accommodation at Hotel Spiaggia Marconi*** (Viale Regina Elena, 100 - Rimini) with full board
- Welcome drink -

Dinner and overnightstay in the hotel

Day 2

Monday 27 March 2017

Breakfast in the hotel

- Departure for the port of Rimini Guided tour of **Borgo San Giuliano**, the picturesque old fishing district with its alleyways and colourful houses. Not to be missed: the adjacent imposing ancient Bridge of Tiberius (1st century AD).

Lunch in the hotel

- In the afternoon, transfer to the north of Rimini, to the “**Viserba 2000**” social centre, to meet the local community of grandparents and their grandchildren. Here there will be a lively storytelling session during which the grandparents will take turns to tell stories about the ir childhoods, involving the grandchildren, and comparing the customs and traditions of the two different countries. Snack for everyone at the end.

Dinner and overnight stay in the hotel

Day 3

Tuesday 28 March 2017

Breakfast and lunch in the hotel

- Morning off, those interested can visit the nearby Republic of San Marino, the smallest republic in the world.

Lunch in the hotel



- After lunch, transfer to the **historical centre of Rimini** on the road train (or by bus if bad weather).

Guided tour of the main Roman-era monuments, including the **Surgeon's House**, the **City Museum**, and, for the kids, **participation in the "The Book of Orpheus" workshop** (the children will visit the archaeological section of the City Museum and colour in prints to make their own book inspired by Orpheus' fairy tales).

Dinner and overnight stay in the hotel

Day 4

Wednesday 29 March 2017

Breakfast in the hotel

- Morning off to visit the weekly market held in Rimini's old town centre on Wednesday and Saturday mornings.

Lunch in the hotel

- In the afternoon, departure for **Faenza** – town famous for its majolica pottery – to visit the **MIC International Museum of Ceramics**. With a special programme for the kids: the **"Earth Surprises" workshop** with a short introduction to the art of pottery-making and then a clay handling session to learn the basic pottery techniques through play.

Dinner in the hotel

- **Special dance evening** with the local community at the **"I Sempre Giovani" social centre** in Rimini with a show by young local dancers, orchestra and...

dance lessons open to all, young and old alike.

Overnight stay in the hotel

Day 5

Thursday 30 March 2017

Breakfast in the hotel

- Transfer to Santarcangelo di Romagna, to the **"A. Franchini" social centre** for **show cooking by local "azdore"**, the ladies of the house.

At the end a guided tour of the characteristic historic village with stops at the **traditional Marchi rust printing workshop** and **tufa caves**.

Lunch will be with the local community at the **"A. Franchini" social centre** and will be based on local specialities prepared during the show cooking.

- The afternoon visit is to the **Cervia Nature Park** for **interactive educational activities** on the topic of **"Old McDonald's Farm"** – the children will be able to go in with the animals, take care of the baby animals, and find out what farm animals eat and how they live on the farm from some fun stories.

Dinner and overnight stay in the hotel

Day 6

Friday 31 March 2017

Breakfast in the hotel

Departure



Rimini - Tempio Malatestiano



handmade pasta



liscio dance



Santarcangelo - Malatesta Castle



MEETING THE PEOPLE

The **VISERBA 2000** recreational and cultural centre counts 700 members and is run by a team elected in 2015 under president Oscar Tamburini.

It is located in Viserba in an old farmhouse that was renovated in the 1990s to create a dance hall, bar, TV room, cards room, meeting room and large outdoor areas. It organizes a host of activities each year for its members, ranging from entertainment, evening get-togethers, trips, group holidays, courses, etc.

The **ISEMPREGIOVANI** social centre in Rimini was established in 1991. Its premises have suitable spaces and areas for hosting all of the countless activities organized for its members: dance evenings, card games, senior gymnastics courses, seminars, get-togethers following trips, etc. Furthermore, it has a large library and wi-fi connection. The president, Giuseppe Cenni, and the management committee, were elected in 2015.

The **ACHILLE FRANCHINI** social centre was established in 1987 as a volunteer association located in Santarcangelo di Romagna. At present it has 661 members. The many activities organized during the

year make this social centre a meeting place that encourages and gets a lot of older people to "spend time together": senior gymnastics courses, afternoon entertainment, holidays and trips, dinners, dance courses, yoga and shiatsu massages, etc.



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PLACES

RIMINI

Rimini is a Roman colony founded in 268 BC. It was one of the most important communication hubs of the time. No fewer than three consular roads started and ended in Rimini: the Via Emilia (which starts from the Bridge of Tiberius), Via Flaminia (which arrives at the Arch of Augustus) and Via Popilia (which led to the city of Aquileia).

The city was rich and prosperous as testified by the impressive architecture that has survived to the modern day: the **arch of Augustus** (1st century BC), the **bridge of Tiberius** (1st century AD), the **remains of the amphitheatre** and the **Surgeon's House**. This dates from the second half of the 2nd century BC and has been identified as the dwelling and workplace of an important doctor, a type of "home surgery".

The *ARimini Caput Viarum* visitors' centre, created with the Ipa Adriatic Cross Border Cooperation 2007-2013 Programme European funds as part of the HERA – Tourism of Adriatic Heritage – project, is a multimedia and interactive experience that enables visitors to "re-live" ancient Roman Rimini with the aid of the most recent ICT solutions (touch screen

monitors, apps, "virtual guided tour" technologies, etc.). A must-see.

Another place where you can discover local history is the **City Museum**, hosted in the 18th-century Jesuit College. Here there are collections of articles and works of art that range from ancient times to the present day, including the set of surgical tools found in the Surgeon's House (the most important known set from the Roman world), and frescoes from the 14th-century Rimini school, one of the biggest painting movements of the Middle Ages, influenced by Giotto.

The museum offers a top, wide-ranging educational experience aimed at adults and children, with ateliers, storytelling, multi-sensorial guided visits and workshops, such as "The Book of Orpheus" which will be proposed to our visitors on their tour of the archaeological section.



Rimini - the Surgeon's House



Rimini - the port



Rimini - the Arch of Augustus



Rimini - the Bridge of Tiberius





In addition to its Roman heritage, Rimini's historical centre also bears other important evidence of the energy and creativity of the town:

- **Piazza Cavour** – overlooked by the medieval power houses (Palazzo dell'Arengo and Palazzo del Podestà), the 18th-century former fish market, the elegant Fontana della Pigna (fountain remembered by Leonardo da Vinci when he came to Romagna) and the "reborn" Teatro Galli (almost completely destroyed during bombing in the Second World War).

- **Piazza Malatesta** – the ancient Roman forum, situated close to which is Rimini's cathedral, known as the Malatesta Temple in honour of the noble family who wanted it to be built. It is one of the most precious pieces of Italian Renaissance architecture and works of art (the exterior is by Leon Battista Alberti, while inside one can admire the bas-reliefs by Agostino di Duccio, the fresco by Piero della Francesca and the crucifix by Giotto).

The tour is completed by two unmissable pit stops:

- one opposite the great **Malatesta Castle**, the fortified residence from which

the Malatesta family dominated a large part of Romagna from the 13th to the 15th century;

- the other in the picturesque **Borgo San Giuliano**, the historical sailors' and fishing district where Rimini's traditions live on in the narrow alleyways and on the small cottages' colourful façades (which often still have the name – and nickname – of the family of fishermen who live or lived there).

The most charming corners host beautiful murals painted on occasion of the "Festa de Borg", inspired by figures from the town and the films of Rimini's great film director Federico Fellini (here in the Borgo it is easy to find the magical atmosphere of *Amarcord*, the screen masterpiece that Fellini wanted to dedicate to the town of his birth and its inhabitants).



FAENZA

It is the city of ceramics and an active member of the **European Route of Ceramics**, certified by the European Council. With Roman origins, it is situated at the crossroads of the Via Emilia with an ancient road that links the port of Ravenna with Tuscany and the Tyrrhenian Sea.

The visit to Faenza involves an obligatory stop at the **MIC International Museum of Ceramics**, founded in 1908 by Gaetano Ballardini. It is one of the most important cultural centres for ceramic research and documentation in the world.

It hosts works produced in Italy, Europe and around the world, from ancient times up to the biggest 20th-century and contemporary artists (Picasso, Matisse, Rouault, Léger, Chagall, Fontana, Burri, Nespole, Matta, etc.). A section of the exhibition is entirely dedicated to the evolution of Faenza's ceramics, from the Late Middle Ages up to the present day. Since 2011 the MIC has been a UNESCO "monument of peace culture".

Faenza's pottery is so-called majolica (or glazed earthenware), that is ceramic with a thick, white, tin and lead-based, glassy finish. The art of ceramics in Faenza dates back to ancient times. We are talking the

1st century BC, the era of the most ancient evidence of the presence of furnaces and pottery workshops in the area. The production of this article was fostered by the presence of clay in the waters of the nearby River Lamone.

The archaic period corresponds to the Middle Ages. Among the most common decorations from this age are geometric, plant and animal, epigraphic and heraldic figures and patterns – such as the vivid decorations of peacock feathers and Persian palmettes with their oriental flavour. The most widely used colours were green, brown and turquoise on glazed white. In the 16th century, thanks to the unbeatable technical and artistic skills of Faenza's craftsmen, who would then go on to make the historiated and "Faenza white" patterns, the town's fame spread to the refined noble courts of both Italy and Europe. The 18th century was the high point for the carnation and grape leaf decorations. Dating from the 20th century is the so-called pomegranate decoration, adding a sophisticated touch of pure gold to the milky white majolica.

Faenza's pottery is a tradition still anchored in the work of single craftsmen, artists and family-run workshops, which combine new aesthetic trends with traditional

medieval and 19th-century decorative styles. Don't miss: a visit to a **workshop** to see the artists at work or participation in an **educational workshop** to learn the basic clay handling and decoration techniques.



Faenza - piazza del Popolo



Faenza pottery



Faenza - monumental fountain



Faenza - cathedral

SANTARCANGELO

This pleasant town in the Rimini hinterland is **one of the most authentic and beautiful in Romagna**. Despite being a large town (it has over 20,000 inhabitants) Santarcangelo di Romagna has been able to preserve its village-like atmosphere, where everything is on a human scale. It has a **strong cultural identity**, which finds expression in its hospitable “osterie” (inns), numerous craft workshops and ancient traditional fairs. The town is part of the Cittaslow circuit – the international network of towns and cities where the living is good.

It was founded in the Roman era, in connection with the centuriation of the Po Valley, and at the time was characterized by the presence of furnaces. The Via Emilia consular road, which still passes through it today, fostered the development of trade and the transformation of the settlement into a lively and industrious trade centre and meeting point. In the Middle Ages, the town was moved from the valley floor to Colle Giove, where its fortified hamlet structure is still very much evident.

An **impressive fortress** was built on the hilltop, passing into the hands of the **Malatesta family** (the nobles who dominated this corner of Romagna for a couple of centuries) in the 13th century. Between the 18th and 19th centuries



Santarcangelo - panorama



Santarcangelo - tufa caves



Santarcangelo - Marchi printers - mangle



Santarcangelo - village

the village underwent great expansion and returned to the valley bottom. Noble residences were built alongside the common buildings, integrating well, and giving rise to the current urban layout of the old town centre.

Underneath Santarcangelo there is a whole subterranean world, consisting of **caves**, granaries, ice stores and escape routes dug over the centuries under the houses and streets of the medieval village. There are over 150 underground vaults used mainly to preserve food (wine, cereals, etc.). Some of them have unusual shapes that make us believe they were used as places of worship.

The town was the birthplace of such illustrious names as Pope Clement XIV, and brilliant and original artists and intellectuals the likes of Guido Cagnacci, Raffaello Baldini and **Tonino Guerra**.

It is a singular place with a “genius loci” that reflects the true soul of Romagna. To discover it, you just have to get one of its inhabitants to tell one of the many curious, myth-like tales of times past and the “mad” characters sometimes reminiscent of the ones painted by **Federico Fellini** in *Amarcord*. Or watch a “pallone col bracciale” match (an ancient ball game played in the 16th century). And then maybe... watch an old mangle at work.



CERVIA

Cervia is situated in a marvellous part of Emilia-Romagna's Adriatic coast, 20 km south of Ravenna, with a 10 km-long beach of fine sand and gently degrading seabed. In modern times, the old "salt town" and "fishing village" have transformed thanks to tourism, in which it was a pioneer at the end of the 19th century.

It is one of the most famous bathing resorts on the Adriatic which, in addition to Cervia, includes Milano Marittima (the garden city founded in 1912), Pinarella and Tagliata.

Since 1973 it has hosted CerviaAmbiente, the association established to promote and safeguard the environment. With the pine wood and salt-pans, the town boasts a priceless natural heritage which forms the southern area of the Po Delta park.

Cervia's pinewood is the southernmost part of the wood praised in past centuries by Dante and Byron. At present it extends over 260 hectares, in addition to 27 hectares of the **Natural Park** established in 1963. The vegetation is marked by the presence of two species of Mediterranean pines: the umbrella pine (*pinus pinea*) which produces pine nuts and the maritime pine (*pinus pinaster*), as well as oak, white poplar



Cervia - pinewood



Cervia - salt-pan

and locust trees.

An interesting fact: pines are not native to the Po Valley and this part of the Adriatic coast. The pinewoods originated for economic reasons. It was the Romans who introduced them during the Augustan era. They used the timber to build ships and keep the naval fleet at the port of Ravenna efficient. When the Empire fell, the pinewoods survived and in the 18th century grew to their largest size thanks to the local communities of monks who drew their sustenance from their ownership of the woodland.

The **Salina di Cervia** is a natural reserve for the repopulation and nesting of many animal and vegetable species, as well as a highly interesting landscape.

Comprising 50 salt-pans, it covers a surface area of 827 hectares. The Adriatic Sea ebbs in and out of the salt-pans thanks to a channel that is over 16 kilometres long. In 1959, the multiple harvesting system (with numerous small family-run salt-pans) was abandoned to instead pass to industrial harvesting. This process transformed the Salina di Cervia into one large salt-pan where the salt was harvested with mechanical equipment just once a year, at the end of summer, into some tens of basins called "salt ponds".

The Camillona salt-pan – the living section of the **MUSA Salt Museum** – is the only survivor of the individual salt-pans (here the salt is still harvested by hand today). It is still working thanks to a group of volunteers called "Civiltà del Sale" and it produces a top-quality salt that is a Slow Food presidium. An interesting fact: in the waters of the salt-pan lives the brine shrimp, a small reddish crustacean which is incredibly important for the production of salt (by feeding off algae and debris, it makes the water clear and thus increases the penetration of the sun's rays and evaporation).



ACTIVITIES

THE CUISINE

Traditional popular cuisine is the central theme of the meeting with the Santarcangelo community.

Emilia-Romagna can boast countless wine and food firsts. A couple of examples. We are the region in Europe with the highest number of certified quality products (44, no less). We are the food valley of Italy. "Made in Emilia-Romagna" products are known and exported all over the world, for their goodness and exceptional quality: from parmesan (Parmigiano Reggiano), to Parma ham, from traditional balsamic vinegar from Modena and Reggio Emilia to hand-made pasta (tagliatelle, tortellini, ravioli, cappelletti), from Culatello di Zibello ham to the Piadina Romagnola flatbread, from nectarines to the oily fish from the Adriatic.

And the wines? The great Roman authors already mentioned them in ancient times. Some examples: Lambrusco, "labrusca vitis agrestis", cited by Virgil, Cato, Varro and Pliny the Elder, Trebbiano – the present-day Trebbiano – always following the Roman legions, and Sangiovese, ironically defined as the people of Romagna's best-loved saint. It is no coincidence that Pellegrino Artusi – the author of what is

still today the basic text for learning to cook Italian food, "Science in the Kitchen and the Art of Eating Well" – was an authentic Romagnolo.

It takes time and space to recount the rich gastronomic tradition of Emilia-Romagna. What we want to do in this notebook is point out some interesting facts, and then leave you to discover and explore all the tastes and flavours on your trip. Here agrobiodiversity, the transformation of what nature offers and eating together are one of the highest expressions of our local cultural heritage, as well as being a social rite. Speaking about food and getting down and making it gives the chance to tell of the area's history and its products and the gestures made to transform the raw materials into experiences, and to discover the symbolic rites and reasons accompanying the tradition.

We eat well in Emilia-Romagna because from a young age at home we are used to eating well, and when we go to a restaurant we expect the same attention and quality. Until fifty years ago – and still today in a large part of our region – we were a people of country-dwellers who could recognize a high quality product, because we had seen it being grown or bred.

We are proud but not jealous of this



tradition, and it is a passion we love to share. In the same way that the region has a double name, there are two hearts to Emilia-Romagna's cuisine.

We have a funny saying: *"When you knock on a door and ask for something to drink, you'll know you're in Emilia because you'll be offered some water, or in Romagna if there's wine in your glass"*. This to explain that we have to speak of two distinct types of cooking, albeit with some common traits.

Emilian cuisine is in turn a combination of food traditions, the result of eight centuries of autonomous Emilian cities, which were bona fide capitals of small kingdoms (a practical example: in a distance of just twenty kilometres tortellini change their shape, filling and name). Emilian cooking is solid, plentiful and rich in great gastronomic traditions because Emilia was home to powerful noble families in the past and some of the most famous cooks of the time served in their courts. Let us think of one of our most famous pasta dishes: tagliatelle. Legend has it that they were invented by the chef of the Este court to celebrate the wedding between the Duke of Ferrara and Lucrezia Borgia. Emilian specialities range from pasta dishes: tagliatelle with meat sauce (tagliatelle mind and not spaghetti – an absolute heresy if

you are from Emilia-Romagna!), tortellini in broth, lasagne, tortelli with herbs, cappellacci with pumpkin, ...; to the main courses: stracotto stews, gran fritto battered meat and vegetables, cotechino pork sausage,...; Emilian salami, which cannot be beaten in terms of quality and variety (mortadella, prosciutto, culatello, salame, coppa, pancetta...); with its cheeses and Parmigiano Reggiano, parmesan, the king of kings.

Romagna's cuisine is more rustic, down-to-earth and simple. On the Riviera, the cuisine is enriched by its fishing culture, with fish, crustaceans and molluscs from the Adriatic Sea. Like in Emilia, in Romagna too the pasta dishes are the pièce de résistance. **Pasta dough made at home** by the azdora (lady of the house) with egg and flour is an art learnt as children and is handed down from generation to generation. From this more or less thin "canvas" they make tagliatelle, tagliolini, quadrettini, maltagliati, strichetti, malfattini, ravioli, cappelletti, pappardelle... There are countless "specific" dishes giving Romagna its identity: passatelli (pasta that looks like large wrinkly spaghetti, prepared using a special tool, with breadcrumbs, egg, parmesan and a bit of lemon), grilled castrato mutton (legacy of Romagna's colonization by the Umbrians) and the piadina. Whole

treatises have been dedicated to the last of these. It is a flatbread made of wheat flour, lard or olive oil, bicarbonate, salt and water, which is rolled out and cooked on a terracotta plate or tray (these days made of cast iron or steel). It earned the PGI designation in 2014. This "bread" is found throughout Romagna and every town has its own recipe: in Rimini they make it so thin that it is like a veil, whereas in the hinterland, in Cesena and Forlì, they prefer it thicker. Piadinas go well with everything that our region offers: ham, salami, salad, cheese (it is delicious with squacquerone, a local soft cheese), fish, wild herbs. Watch out: if the piadina is folded over, filled and closed before cooking, it's no longer a piadina, but a **cassone**.



typical products



Romagna's piadina



fish skewers



Sangiovese grapes



LISCIO

Liscio is a dance for pairs which originated in Romagna at the end of the 19th century, to then spread throughout Italy and even cross the border. The name (*liscio*, pronounced lee-sho means “smooth”) derives from the dancers’ movements as they slide their feet on the dance floor. The dances and music are the mazurka, waltz and polka, at a fast pace, using cheerful, rhythmic instruments such as the clarinet, violin, accordion and, since 1928 with the debut of the orchestra of maestro Secondo Casadei, drums and sax. The first to have had the idea to speed up mazurkas and polkas was Carlo Brighi, known by the nickname of *È zaclén* (the duckling), a violin player from Savignano sul Rubicone who lived in the second half of the 19th century. He is the father of “il liscio”. With his orchestra he started to travel round Romagna and spread the new fashion of dance music and ballroom dancing. He even went so far as to organize a big travelling “tent” originally called “È Festival” and then “Capannone Brighi”, the forerunner of the modern balere (dance floors). The creator, protagonist and greatest dancer of Romagna’s folkloristic music, creator of the liscio phenomenon is, however, **Maestro Secondo Casadei**. From the same

area as Brighi (he was born in Sant’Angelo di Gatteo in 1906), it is thanks to him and his nephew Raoul that we have the staples still played by the orchestras in Romagna today. It is his “**Romagna Mia**” (recorded in 1954) that is the regional anthem sung by the romagnoli on every occasion for celebration.

RUST PRINTING

Wine vinegar, wheat flour and rusted iron are the ingredients for the recipe, dating back over 300 years, at the basis of rust printing. A craft technique passed down the generations as shown by the very old moulds (with patterns hand-engraved in pear or walnut wood) still in use in the print workshops today. It is a typical tradition only found in Romagna. The most classic designs are motifs from popular art and peasant traditions: cocks, caveja (the symbol of Romagna), grapes, ears of corn, medallions with the image of Saint Anthony the Abbott, etc. Every printers has its own traditional patterns, some with totally original designs, and others with similar subjects interpreted in different ways. The Romagna Canvas Printers’ Association, uniting the few craft workshops that still practise this tradition today, has been active since 1997. One of the oldest print works, La **Stamperia Marchi**, is found in Santarcangelo di Romagna, where a giant mangle from 1633 is used to press the canvases before printing.



LA PIADINA

Piadine (or piade) have been present on tables in Romagna since ancient times. **Known since the Roman era**, at first piadinas were eaten by peasant families instead of bread. Today it is one of the leading typical products of Romagna's cuisine. It can be enjoyed warm or cold, and is extremely tasty either on its own or filled with salami, cheese, sausage, vegetables au gratin or herbs, but in any case always accompanied by a glass of good Sangiovese wine. The piada's popularity can be seen by the great many ways of preparing it. **The recipe** given here uses the ingredients for piadina romagnola following **Casa Artusi** and the "**Associazione delle Mariette**", association for home cooking and gastronomic traditions.

Difficulty: medium

Ingredients (for 5 piadine): 500 g type 0 (bread) flour, 70 g top quality lard, such as Mora di Romagna, 2 pinches of bicarbonate (approx. 3 g) or 10 g yeast powder for savoury pastry, 8 g salt such as Sale Dolce di Cervia, water to mix

Preparation: form a well of flour on the board, put the pieces of lard in the centre with the bicarbonate or yeast and the salt.

Add water to create a smooth and elastic dough. Divide the dough into balls of approx. 150 g each and roll them out with a rolling pin to form circles. Every so often sprinkle some flour onto the rolling pin so the dough does not stick. The **thickness can vary**: from around 6-8 mm in the Forlì and Ravenna areas to the extra thin Rimini version (2-3 mm). It is advised to cook the piadine quickly, on a very hot plate, or on a special terracotta tray ("**teggia**"), turning it clockwise with the tips of a fork so it does not burn, pricking any small bubbles that may form, and turning it over when golden.

Note: Milk as well as water can be used to make the dough for piadine. The lard can be replaced by extra virgin olive oil.



Romagna mia

Introduzione

Sib-
Sen-to la no-stal-gi-a

Fa7
d'un pas-sa-to o-ve la mam-ma mi-a

Sib-
ho la-scia-to non ti po-trò scor-dar

mi-
ca-set-ta mi-a... in questa not-te stel-la-ta la mia se-re-

Sib+
-na-ta io can-to per te... Ro-ma-gna mi-

Fa7
-a, Ro-ma-gna in fio-re, tu sei la stel-la

Sib
tu sei l'a-mo-re; quan-do ti pen-so vor-

Sib7 Mi- Sib Fa7
-rei tor-na-re, dal-la mia bel-la al ca-so-

Sib
-la-re. Ro-ma-gna, Ro-ma-gna

Sib Fa7
mi-a, lon-tan-da te non si può

Sib Mi-
star! Ro-ma-gna, Ro-ma-gna

Sib Fa7
mi-a lon-tan-da te

Sib Fa7 Sib
non si può star!



RESPONSIBLE AND FAIR TOURISM

“Responsible tourism is tourism that is carried out according to principles of social and economic justice and with full respect toward the environment and cultures.

Responsible tourism recognizes the centrality of the local host community and its right to be protagonist in devoting sustainable and responsible tourism in its native land.

Everyone of us might be a “good traveller” caring for the world and people around, just following some easy behavioural rules.”

- Remember that your holiday is also a moment in which you encounter a different culture. Try to adapt to local practices and customs.

- Keep to local rules: don't insist on demanding privileges or exceptions and don't act offensively or arrogantly. Find out about local practices of tipping and begging.

- Wear appropriate clothing that is not too ostentatious especially at religious sites. Don't show off wealth and luxury that may contrast with local conditions.

- Have fun tasting local foods: food tells the story of the place and the people you're visiting. It's the most simple and immediate way of getting along with the local community.

You've got the rest of the year for your home cooking or international cuisine!

- Use services provided by the local population, particularly for transport and hospitality.

This will help you get to know the country and its people better, while contributing to the local economy.

- Help sustain local cultural events and craftwork: this way you will take home “real” souvenirs and help the host community at the same time.

- The world's wealth is in its variety: do your best to act cordially, with respect and without prejudice in your dealings with local people.



- People are not part of the landscape. Ask permission before taking their photos.
- Leave behind only your footprints: no rubbish (do not throw it on the ground or in the sea) and no graffiti.

- Don't take "keepsakes" from the environment or archaeological sites.

Buy responsibly: don't purchase products made from plants or animals threatened with extinction.

- When you are outdoors and particularly in protected areas, keep to paths: don't disturb plants, animals or their environment.

Visit protected areas only in small groups, and with expert guides, even better if they are local.

- Behave in an eco-friendly way: try to reduce your greenhouse gas and CO2 emissions while travelling.

Turn off the taps, air conditioning and lights in your hotel room when you go out, you will help save water and energy. Choose eco-friendly hotels for your holidays.



LET'S GO - a short guide to Italian language

yes:	sì
no:	no
maybe:	forse
welcome:	benvenuto
nice to meet you:	piacere di conoscerla/conoscerti
hi/hello:	ciao
good morning:	buongiorno
good afternoon:	buon pomeriggio
good evening:	buona sera
good night:	buona notte
goodbye:	arrivederci
see you:	ci vediamo
see you soon:	a presto
see you later:	a dopo
have a nice day.	buona giornata
thanks:	grazie
thank you very much:	grazie tante
please:	per favore
you are welcome:	prego
do not mention it:	si figuri/figurati
not at all:	di niente
excuse me:	mi scusi/scusami
sorry:	scusa/scusi
my name is...:	mi chiamo....
do you speak English?:	parla inglese?
I am sorry I do not speak Italian:	mi dispiace, non parlo italiano
I need your help:	ho bisogno di aiuto
Excuse me, where is the toilet?:	scusi, dove è il bagno?





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