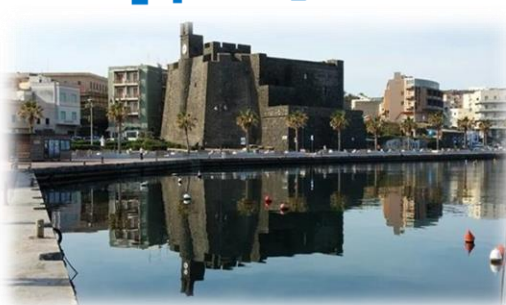


cultura
e dintorni

Erasmus+ Pantelleria



Live your Erasmus
experience with
Cultura e Dintorni in
Pantelleria, Sicily!!!

Erasmus Plus in Pantelleria – Italia

1. Erasmus Plus a Pantelleria

1.1. Who we are pag. 3

1.2. Services for a period in Italy pag. 3

2. Pantelleria Island

2.1. Nature and Sea pag. 5

2.2. UNESCO Traditional agricultural practice of cultivating the 'vite ad alberello' pag. 12

2.3. National Park of Pantelleria pag. 13

2.4. History, tradition and culture pag. 14

3. Cooking class

3.1. Cooking class of *Traditional Dishes* pag. 26

3.2. Cooking class of *Typical desserts* pag. 27

4. Accommodation

4.1. Accommodations in typical houses: Dammusi pag. 28

4.2. Accommodation in Residences pag. 29

5. Companies for internship

5.1. Companies divided by sector pag. 30

6. Contact pag. 32



1.1. Who We Are

Cultura e Dintorni is an Association whose priority is creating growth opportunities both for the person and for society, creating synergies, tools and methods for the dissemination of culture, education, social responsibility of individuals and organizations. The activities of the Association and its aims are inspired by the principles of equality between men and women and are respectful of the inviolable rights of the person. Cultura e Dintorni is an Italian association which deals to pursue qualification and professional, social and artistic improvement in the fields of training, education, culture, entertainment, tourism, technological innovation, entertainment, communication and art in general. The association is dedicated to the management of European mobility projects, especially Erasmus + programs, to the support work for European projects but also tourism promotion and improvement of Pantelleria. Cultura e Dintorni cooperates with several partners from all over Europe, with public organizations and private companies of Pantelleria that welcome young guests from all over Europe for training or internship.

1.2. Services for a period in Italy

WELCOME AND TUTORING

We welcome all participants with a Welcome Meeting and providing them a welcome kit, guaranteeing maximum personal and professional support thanks to our specialized staff.

INTERNSHIP ORGANIZATION

Cultura e Dintorni provides, for each beneficiary, work placements according to previous professional experience and language skills. We organise professional visits and seminars for teachers, trainers and people employed in the training environment. The whole experience is assessed through special tools: Participant Handbook, Company Handbook and Skills Portfolio. We also provide Europass Mobility Certification and Final Reporting concerning the whole experience.

ACCOMODATION

Participants are usually accommodated in fully equipped and comfortable flats shared with other beneficiaries. Participants can be also accommodated in typical houses, hotels and residences.

MAINTENANCE/POCKET MONEY

Participants will receive Pocket Money, to cover food costs, or it will be served to them breakfast, packed lunch and dinner.

TRANSFER TO/FROM AIRPORT

Cultura e Dintorni organizes the transfer by private bus or taxi at the participants arrival and departure.

LOCAL TRANSPORT

Cultura e Dintorni provides a weekly or a monthly transport pass for participants who need it to reach internship place.

CULTURAL ACTIVITIES

The association organizes different guided tours in the most beautiful cities of the Island of Pantelleria and various activities like Sicily cooking courses, walks in the park, and excursions at archaeological and naturalistic areas etc...

CERTIFICATES AND ECVET DOCUMENTATION

At the end of their stay in Italy, Cultura e Dintorni issues, to each participants, an internship certificate and a certificate of a language course. If the project requires us to follow the ECVET procedure, we provide all the documents requested for the assessment and Europass Mobility Certificate.

EUROPASS

Cultura e Dintorni cooperates actively with the sending organization in all procedures for issuing the Europass Certificate.

FINAL REPORT

At the end of the programme, we prepare a final report containing information about the project (work placement companies, professional visits, evaluations, pictures, etc...) for the sending organisation.



SECTORS FOR INTERNSHIP



App and Web Design , IT sector

Tourism, Hotel, Restaurants



Agriculture, Viticulture

Travel Agency



Archaeology

National Park



2.Pantelleria Island

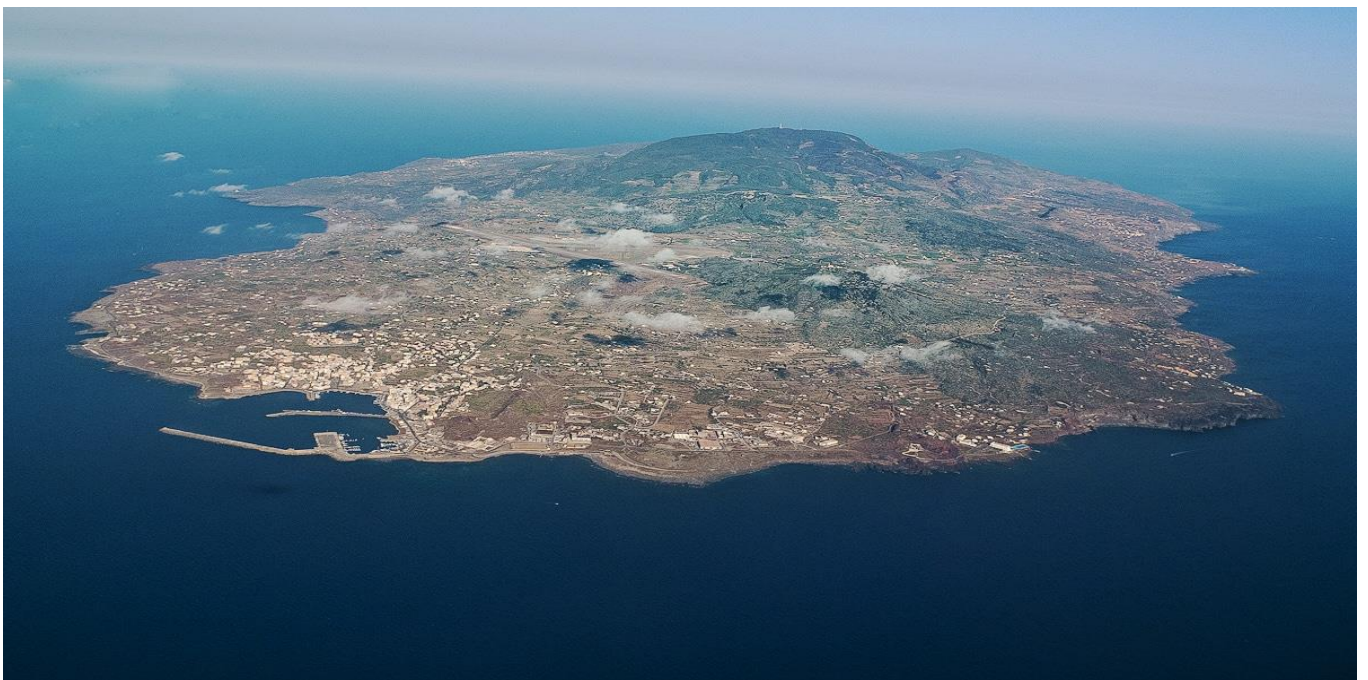
2.1. Nature and Sea

Pantelleria is a volcanic island, located in the Mediterranean Sea. In this island the inhabitants are more farmer than fishermen.

The island's economy has always been centred around farming as demonstrated by the endless terraces with dry stone walls, a technique used to gain space for cultivations and for retaining water.

A very hard farming to carry on due to the strong wind, here all the crops stay close to the ground to withstand the wind and exploit any humidity. Not surprisingly, Pantelleria is called the Windy Island.

The cooking and typical dishes of the island reflect this world with inevitable influences by various Mediterranean cultures.



There are typical, top-quality products that cannot be reproduced anywhere else, the first of which is **passito**, the yellow gold of Pantelleria, made from the **zibibbo** grape.

Passito is a sweet, aromatic, scented and intense dessert wine that is golden yellow in colour, sometimes with amber highlights.



In the 2015, thanks to the many hardworking farmers, **UNESCO** has inscribed *the agricultural practice of the bush vine of Pantelleria* as an intangible cultural heritage of humanity.



This was a recognition that was given for the first time to a particular method of grapevine cultivation in order to protect and promote a patrimony that has distinct cultural and economic value;

By recognizing this traditional method of cultivation of the vine, UNESCO has brought to the forefront two important aspects: the economical one because the grapes from these vines are very ones used to produce both the zibibbo wine and passito and from a sociological point of view, this practice is an integral part of the culture and history of the island.

This recognition has become a reality and it is because they have endeavored over the years to keep the tradition alive and productive in an extremely difficult environment such as that of Pantelleria.



A great deal of work is necessary throughout the year at least triple the amount of labor and interventions needed to cultivated a "normal" vineyard.

There are no machines that can replace the farmer, his wisdom, experience and traditional know-how. It is a method of cultivation that has been passed down over the years from father to son.

Here on the island, the farmers have had to adapt agricultural practice to the harsh and often hostile conditions. The vines must be protected and this is done by planting them below ground level in a sort of depression of 20 cm. In this way, these small hollows become a protective environment for the vines against the strong winds and the only irrigation is provided by the night moisture, because it does not rain often.

This method of cultivating zibibbo vines has resulted in shaping the island's appearance over the time into one of the most picturesque agricultural landscapes in the Mediterranean area.

A volcanic island that boasts thousands of terraces of dry stone walls, stark black obsidian rocky formation and circular "Arab" wall gardens that serve to protect citrus fruit trees from the wind.





In Pantelleria you can find a beautiful festival named Passitaly, this is the event with which the island promotes itself to the world; an event dedicated to the promotion of natural passito wines of the Mediterranean. Promoted by the City of Pantelleria and the Consortium, it is an opportunity to taste the best wine and discover the island in all its potential.



The island of Pantelleria is also famous for the **capers**. They are unique worldwide for their quality, due to the exceptional conditions found on the island, producing the best flavour, scent and compact fruit. There are plants all over the island which are never treated with insecticides or chemical fertilisers.

Since 1996, capers from Pantelleria have been awarded Protected Geographic Indication (PGI), and they are also a Slow Food presidia.



The caper is nothing but the bud that hasn't yet opened.

The farmers pick them at the first light of dawn, when it is still fresh, with a delicate and tiring procedure, while bent over the branches as the plants are so close to the ground.

It is a very painstaking, tiring job that takes a great deal of patience.

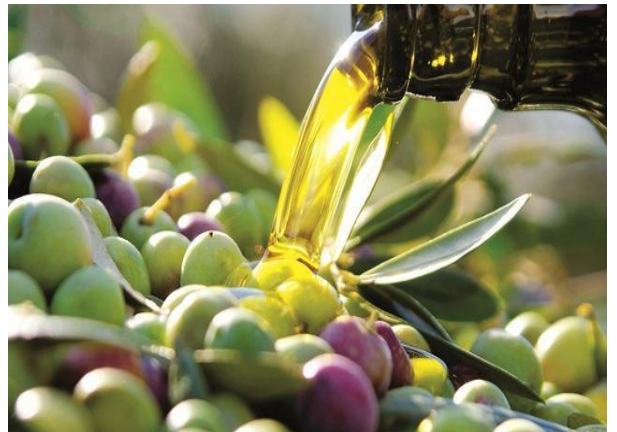
At the end of the day the pickling phase begins, with procedures that were jealously handed down from father to son. This is another important symbol of the island.





The **olive tree**, like the zibibbo grape, it is cultivated by protecting it from the wind, so you will see this ancient trees growing close to the ground, not more than a metre high.

To keep the tree low, it is weighed down with rocks and pruned in October, so that the branches can grow longer near the ground. The olives are almost all of the "Biancolilla" variety and produce a high-quality extra virgin olive oil with a low acid content.



There are many places with secondary volcanic activity on the island; authentic thermal baths which everyone can enjoy for free all year around. The most famous lake of the Island is **Specchio di Venere Lake**, it is the crater of an extinct volcano, with hot water springs of more than 40°C.



Near this lake there is an area where you can try mud therapy; there are natural pools surrounded by rocks where the water bubbles up. The particularity of this lake is that it is easy to find here different type of bird: you can find there Heron, Flamingos and Crane.



In addition to the beauty that offers the island of Pantelleria, we can define it as a real outdoor spa.

The phenomena of secondary volcanism found on the entire island generate thermal springs, natural benefits and caves with therapeutic effects located in places with unique charm where to enjoy authentic moments of relaxation in an exceptional setting.

You can enjoy, for example, the beneficial effects of thermal waters that flow at high temperatures, perfect for smoothing and giving shine to the skin, or ideal muds to cure the unsightly appearance of cellulite.

The thermal springs on the island are numerous and allow, thanks to the beneficial waters that flow, to treat arthritis, rheumatism, phlebitis and dermatitis and have a skin that is always smooth and hydrated. Thanks, moreover, to the caves and natural saunas it is possible to detoxify and relax the body and the mind becoming one with the pristine scenarios of the island.



2.2 UNESCO Traditional agricultural practice of cultivating the 'vite ad alberello' (head-trained bush vines) of the community of Pantelleria



The traditional practice of cultivating head-trained bush vines (*vite ad alberello*) is transmitted through generations of vine growers and farmers of the Mediterranean island of Pantelleria. About 5,000 inhabitants own a plot of land, which they cultivate using sustainable methods. The technique consists of several phases. The ground is prepared by levelling the soil and digging a hollow to plant the vine. The main stem of the vine is then carefully pruned to produce six branches, forming a bush with a radial arrangement. The hollow is constantly reshaped to ensure the plant is growing in the right microclimate.

The wine grapes are then harvested by hand during a ritual event starting at the end of July. The vine-growers and farmers of Pantelleria, male and female, practice *vite ad alberello* under harsh climatic conditions. The knowledge and skills of bearers and practitioners are handed down in families through oral and practical instruction in the local dialect. In addition, rituals and festivals organized between July and September allow the local community to share this social practice. The people of Pantelleria continue to identify themselves with vine growing and strive to preserve this practice.



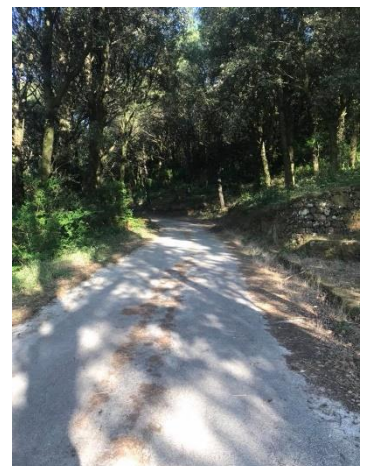
2.3 National Park of PANTELLERIA



Nationaal park Pantelleria is en nationaal park bij het Italiaanse [Sicilië](#), gelegen op het eiland [Pantelleria](#). Het werd opgericht in 2016.

First Sicilian Park, 80% of the island. In the uncontaminated Mediterranean scrub, a dense network of paths, trekking and mountain-biking, winds through pines and oaks. The variety of landscapes is linked to the volcanic nature of the island: lava flows, favare, volcanic lakes and thermal waters. Dry stone walls and terraces testify ingenious agricultural practices of ancient memory, preservatives of precious biodiversity.

In 2014 the "Agricultural practice of the Vite ad Alberello" was included in the UNESCO list as an Intangible Cultural Heritage of Humanity and in 2018 the "Landscape of dry stone of Pantelleria" was registered in the National Register of Historic Rural Landscapes. Among the vine, olive and caper crops, the dammusi, ancient dwellings of dry-wall lava stone with white domed roofs, emerge. The archaeological areas are a widespread museum in the area: settlements dating back to the Bronze Age, a 16th century BC village, megalithic tombs unique in the world, a late Punic Acropolis and a late Roman settlement of the 5th century AD.



2.3 History, tradition and culture

Dammusi

The typical houses of the Pantelleria's island are called Dammusi, they are made of volcanic stone, these are insulated against the heat especially then the scirocco wind blows, thus keeping the interior temperature pleasantly cool.

The whitewashed domed roofs also made of stone serve to convey the rainwater down into huge underground cistern wells.



An important recognition was obtained at the Ministry of Agriculture (MiPAAF) for the island: the "*dry stone landscape of Pantelleria*" was officially included in the list of historical rural landscapes.



Walking trails

There are more than 100 km of trails that crisscross the island in every direction for those who want to vent some excess energy. In the 2016, the Italian president, Sergio Mattarella, established the **National Park of Pantelleria**.

This is a unique opportunity for the whole island to protect and enhance its territory by recovering many abandoned areas, emphasizing centuries old viticulture and other farming techniques and rediscovering once-forgotten cultural activities.



Archeology

Pantelleria is a land in the Mediterranean that is extremely rich with regard to the various civilizations each of which has left their mark on the island.

It is not merely a place for only sunning and swimming, it is absolutely important for visitors to spend some time visiting the interior of Pantelleria beginning at the various archeological sites that make Pantelleria an open-air museum.

The island has been home to a myriad of civilization; the Sesi people, the Phoenicians, the Romans, Carthaginians, Byzantine Arabs, Normans and many other.

The necropolis of Sesi

It is located in the area of Mursia. This is one of the oldest and most impressive settlements in the Mediterranean, dating back to the Bronze Age, about four thousand years ago.

The people of Sesi settled in Pantelleria considering its strategic position for trade, their economy was also based on agriculture, breeding, hunting and fishing.

The site consists of the megalithic tombs, the village and the defensive fortification of the High Wall.

The tombs, easily recognizable, are truncated cone structures, with elliptical or circular plan, built outside the village walls. The village was defended on one side by the sea, on the other by an incredible and mighty wall, almost 200 meters long.

The San Marco Acropolis

This site was settled by the Punic and Roman populations and is located in the area between the two hills of San Marco and Santa Teresa.

It was once the vital centre of the island and this can be understood due to the excellent view from this elevated point.

The big defensive walls built with square blocks together with a system of terraces represented the city's defense system. There are also many cistern wells some of which are connected that were dug underneath the buildings.

Between the two hills there is a flat area where there was a public forum along with some sacred place, some monumental structures and a second century B.C. temple where capitals and stone sculptures were found.

Among the most important discoveries made were the beautiful, perfectly preserved marble busts of Julius Caesar, Antonia "Minore" and Titus which have been brought and exhibited around the world in various museums.

These imperial sculptures were found inside two cistern wells at the acropolis site.



The Byzantine tombs

These are graves dug in the rocks, most of which are small, dating from the Byzantine period. You can find one of them in Zighidi county, at the end of a very scenic stretch of road. The other one is called Tombs of Gibbiuna, is in the Ghirlanda valley.

The castle

The centre of the island's cultural programme is the castle. This is where the main cultural, artistic and promotional events are held on Pantelleria. It is in the main of the town; this castle built from lava stone in the Middle Age,

occupies a strategic position, dominating the port.

It was originally used to defend the island and its trade, but in more recent times was used as a prison while during WWII, it was the command headquarters of the Air Force, Navy and Carabinieri.

Restoration work has turned it into the main cultural centre on the island and some of its rooms are also used for museum exhibitions.

The main courtyard is the place where events and presentations.



Below, a short list with the most beautiful and evocative landscapes to visit on the island of Pantelleria:

- **Cala Cinque Denti**



- **Arco dell'Elefante**



- **Gadir**



- **Cala Tramontana**



- **Cala Levante**



- **Balata dei Turchi**



- **Cala Cottone**



- **Laghetto delle Ondine**



- **Kattibuale**



- **Punta Li Marsi**



- **Cala dei Santi**



- **Sataria Cave**



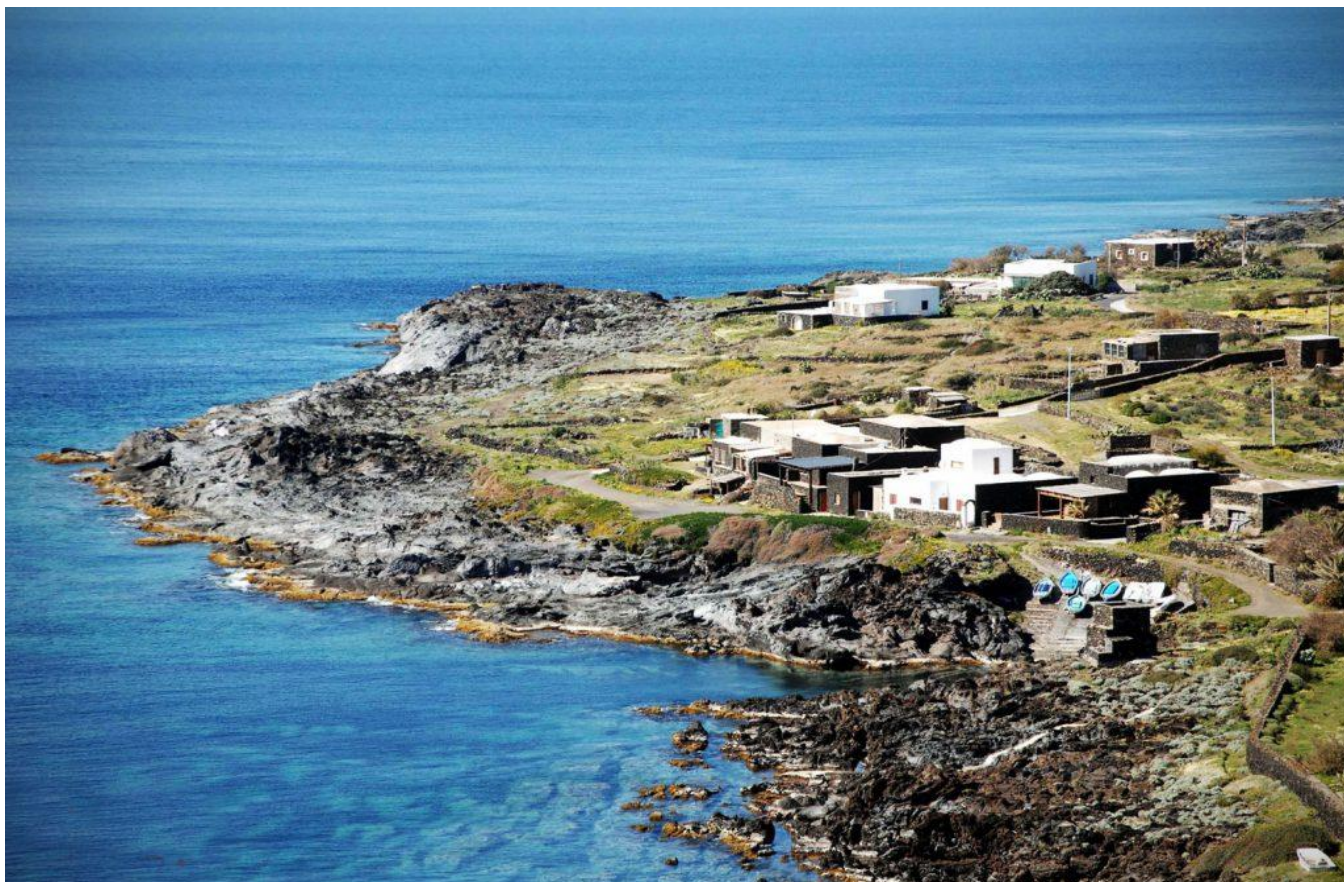
- **Cave of the Marine Ox**



- **Nikà**



- **Punta di Suvaki**



- **Martingana**



3. Cooking Class

3.1 Cooking class of *Traditional Dishes*

The island of Pantelleria isn't famous only for their amazing landscapes and historical locations, in this place you can also find unique foods.

The dishes that will be prepared in the cooking class on the island of Pantelleria are: **Pantelleria cous cous, ravioli amari, Pantelleria salad and Pantelleria rolls.**

For make a good couscous in the world there are many different recipes, but the one made in Pantelleria is really special:

it is enriched with red scorpion fish, grouper, gurnard, lugaro, San Pietro fish, potatoes, peppers, courgettes and aubergines.



The ravioli amari are made with fresh pasta stuffed with ricotta and mint, and and seasoned with tomato sauce.

Pantelleria salad it is a very simple dish, which is enriched with many ingredients that make it delicious. in this salad you will find: potatoes, tomatoes, red onions, black olives, capers, oregano, basil, sea salt and extra virgin olive oil.



Pantelleria swordfish rolls are a tasty and easy to prepare second dish, but very tasty.

They are thin slices of stuffed swordfish with pistachio grains, raisins, parsley, salt, pepper, garlic and tuma (a typical local cheese).

They are then breaded in breadcrumbs and cooked in the oven.

3.2 Cooking class of *Typical Desserts*

You can't finish a good meal without a great dessert! We offer a cooking class with some of the best known dessert of the island.

You can have the possibilities of made with your hand three different type of desserts: **cannoli**, **bacio pantesco** and **mustazzoli**.

Cannoli's are a Sicilian desserts famous all over the world. From France to America, from England to Greece, everybody knows our cannoli.

Cannoli consist of tube-shaped shells of fried pastry dough, filled with a sweet, creamy filling usually containing ricotta and dusted with icing sugar.

They can be enriched with various ingredients, such as pistachio nuts, chocolate chips, hazelnut grains, flaked almonds and candied fruit.



The bacio pantesco it is basically two fried pods (made with special molds) that contain a ricotta cream enriched with dark black chocolate flakes. You will not be able to resist at this desserts!

The mustazzoli are real pasta sculptures filled with a mixture made with semolina, sesame, almonds, tangerine peel, sugar, honey, cinnamon, fennel seeds, cloves and vanilla. The taste is particular, but they deserve to be tried. They are entirely handmade.



4. Accomodation

4.1 Accommodations in Dammusi

All the Dammusi are well positioned, and are very close to the different cities. The apartments are equipped with kitchen, bathroom and double and triple rooms. Below there are some example of the typical Dammusi of Pantelleria island.

SERVICES

Towels - Fridge - Iron – Coffee – Wardrobe – Ironing board – Sofa – Washing machine – Balcony – Hairdryer – Bathroom – Desk – TV – Tub or shower.



4.2 Accomodation in Residence



5. Companies for internship:

5.1. Companies divided by sector

Restaurants, Hotels and Resorts:

- La Nicchia (Restaurant and Winebar) www.lanicchia.it
- Il Cappero (Restaurant and Pizzeria) ilcappero@libero.it
- Ristorante Altamarea www.altamareapantelleria.it
- L'Officina (Restaurant) www.costeghirlanda.it/officina/
- Ristorante U' Trattu www.facebook.com/utrattu/
- Ristorante "La Risacca" <https://it-it.facebook.com/Ristorante-LA-RISACCA-Pantelleria-137346679671584/>
- Ristorante La Vela www.facebook.com/ristorantelavelapantelleria/
- Dammuso Ristorante <https://it-it.facebook.com/dammusoristorante/>
- Osteria Il Principe e Il Pirata <http://www.ilprincipeeilpirata.it/>
- Ristorante Al Tramonto www.ristorantealtramonto.it
- Cossyra Hotel www.cossyrahotel.it
- Hotel Village Suvaki www.hotelsuvaki.it
- Resort Dammusi Sotto le Stelle www.dammusisottolestelle.it
- Yacht Marina Hotel srl www.marinahotelpantelleria.com
- Blue Moon Hotel www.blumoonhotel.it
- Kuddie Rosse www.kuddierosse.it

Local Agriculture and local speciality:

- Azienda Agricola Konza Kiffi www.konzakiffi.com
- La Panteska (Birrificio Artigianale) lapanteska.it
- Agenzia per l'agricoltura agricolturapantelleria.com
- Cooperativa Agricola Produttori Capperi www.capperipantelleria.com

- Azienda agricola Saporì di Pantelleria www.saporidipantelleria.it
- Famiglia Gastaldello Capperi e Olio Extravergine di Oliva www.famigliagastaldello.it
- Olio "Pantysco" www.agricolapineda.it
- Azienda Agricola Emanuela Bonomo www.aziendabonomopantelleria.it
- Kazzen srl www.kazzen.it
- Bonomo e Giglio srl www.lanicchia.it

Viniculture:

- Azienda Vinicola Minardi www.viniminardi.it
- Azienda Agricola Solidea www.solideavini.com
- Ebraxas www.abraxasvini.com
- Cantine Pellegrino www.carlopellegrino.it
- Donna Fugata www.donnafugata.it

IT sector:

- IVAN FERRERO www.bepantelleria.com



6. Contact

GRAZIA MARTUCCI

Management Department

grazia.martucci@culturaedintorni.org

Tel: 0039 366.2516872

MARTINO SANTORO

Administrative manager and finance

martino.santoro@culturaedintorni.org

info@culturaedintorni.org

Tel. 0039 335.1359701

BARBARA BIELEN

European Marketing Relations

info@culturaedintorni.org

Tel. 0039 339.4427930

WEB SITE

www.culturaedintorni.org

SOCIAL NETWORKS

Facebook: Cultura e Dintorni

Instagram: AssociazioneCulturaeDintorni

Youtube: Cultura e Dintorni