



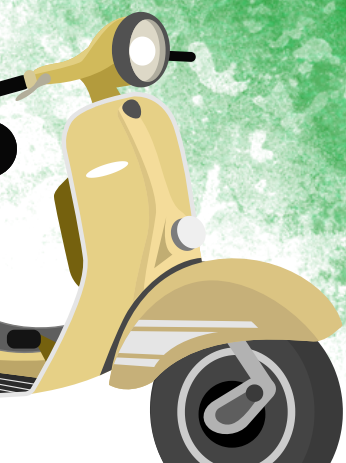
ESCUELA OFICIAL DE IDIOMAS  
ESTEPONA



**CPIA**  
Centro Provinciale per l'Istruzione degli Adulti  
Napoli Città 2

# MY TRAVEL Journal

ERASMUS+  
CPIA NAPOLI CITTÀ 2



Cofinanciado por  
la Unión Europea





Naples (Napoli in Italian) is a vibrant and historic city in southern Italy, known for its stunning coastal views, chaotic energy, and world-renowned culinary heritage. As the capital of the Campania region and the birthplace of pizza, it offers a unique mix of ancient ruins, baroque architecture, and a lively Mediterranean atmosphere.

### 1. Language

The official language is Italian, though many locals speak the Neapolitan dialect. English is commonly spoken in hotels and major tourist spots, but the locals are famously expressive—using a few basic Italian phrases or hand gestures will go a long way in making connections.

### 2. Currency

Italy uses the Euro (€). While credit cards are accepted in most shops and restaurants, Naples still has a strong cash culture. It is highly recommended to carry cash for street food, local markets, and smaller cafes.

### 3. Public Transport

- **Metro:** Naples has one of the most beautiful metro systems in the world (the "Art Stations"). Line 1 connects the city center to the hilly districts.
- **Funiculars:** Because of the city's vertical landscape, four funicular railways connect the lower city to the Vomero district.
- **Buses & Trams:** Operated by ANM, these cover areas the metro doesn't reach. Note that traffic in Naples can be heavy, so schedules are often flexible.
- **Ferries:** From the Molo Beverello port, you can easily take ferries to the islands of Capri, Ischia, and Procida.
- **Taxis:** Available at stands or via apps like Free Now. Always ensure the meter is running or agree on a fixed rate for long distances (like the airport).

### 4. Main Attractions

- **Spaccanapoli:** The narrow main street that splits the historic center in two, filled with shops, churches, and life.
- **Naples National Archaeological Museum (MANN):** One of the world's best collections of Greco-Roman artifacts, including many items from nearby Pompeii.
- **Castel dell'Ovo:** A seaside castle located on the former island of Megaride, offering beautiful views of the Gulf and Mount Vesuvius.
- **Catacombs of San Gennaro:** An impressive underground paleo-Christian burial site that reveals the city's deep religious roots.
- **Piazza del Plebiscito:** The city's largest square, home to the Royal Palace and the Basilica of San Francesco di Paola.

### 5. Food & Drinks

Naples is widely considered the culinary soul of Italy:

- **Pizza Napoletana:** Look for the "STG" (Traditional Guaranteed Specialty) label. Simple, fresh ingredients on a soft, charred crust.
- **Sfogliatella:** A shell-shaped pastry filled with sweetened ricotta; it comes in riccia (flaky) or frolla (shortcrust).
- **Pasta alla Genovese:** A slow-cooked onion and beef ragù that is a local Sunday staple.
- **Caffè Espresso:** Neapolitan coffee is famous for being short, strong, and served in a piping hot cup.
- **Limoncello:** A sweet lemon liqueur made from the citrus groves of the nearby Sorrento coast.

Naples is a city of raw beauty, deep tradition, and incredible flavor—enjoy your visit to this Mediterranean gem!



# Discovering the Campania Region

Campania is a stunning region in southern Italy, stretching along the Tyrrhenian Sea. It is world-renowned for its dramatic coastline, ancient history, and being the culinary heart of the country. The capital of the region is Naples (Napoli), a city bursting with life, baroque art, and the birthplace of the authentic Neapolitan pizza.

## Culture and Heritage

Campania is home to some of the most significant archaeological sites in the world, most notably Pompeii and Herculaneum, ancient Roman cities preserved in time by the eruption of Mount Vesuvius. The region also boasts the glamorous Amalfi Coast, a UNESCO World Heritage site famous for its colorful cliffside villages like Positano and Amalfi.

The region's gastronomy is legendary. Beyond pizza, Campania is famous for its Buffalo Mozzarella (Mozzarella di Bufala Campana), sun-ripened San Marzano tomatoes, and the sweet Limoncello produced from the giant lemons of Sorrento. From the blue waters of the island of Capri to the rugged peaks of the Apennines, Campania offers a sensory experience unlike any other.

## Multiple Choice Questions

- **What is the capital of the Campania region?**  
a) Rome      b) Florence      c) Naples      d) Bari
- **Which ancient Roman city, destroyed by Mount Vesuvius, is located in Campania?**  
a) Carthage      b) Ostia Antica      c) Pompeii      d) Syracuse
- **Which famous variety of cheese is a protected specialty of Campania?**  
a) Gorgonzola      b) Pecorino Romano  
c) Buffalo Mozzarella      d) Taleggio
- **The "Amalfi Coast," a world-famous stretch of coastline, is located in which region?**  
a) Tuscany      b) Campania      c) Liguria      d) Sicily
- **Which iconic volcano overlooks the city of Naples?**  
a) Mount Etna      b) Mount Stromboli  
c) Mount Vesuvius      d) Mount Olympus



# NAPLES

## Welcome to Naples!

Naples, the capital of Campania and a former capital of the Kingdom of the Two Sicilies, is a vibrant center of history, art, Mediterranean culture, and gastronomy. Nestled along the stunning Gulf of Naples, the city is famously overlooked by the imposing silhouette of Mount Vesuvius. Unlike the river-crossed plains of the north, Naples is defined by its dramatic coastline and its vertical urban landscape, where historic neighborhoods climb from the sea up toward the volcanic hills.

If you have time to explore beyond the historic center, we highly recommend visiting the National Archaeological Museum (MANN) and the Charterhouse of San Martino. The Archaeological Museum, home to one of the world's most significant Roman collections, is easily accessible via the "Art Stations" of Metro Line 1. Meanwhile, the Charterhouse of San Martino sits atop the Vomero hill and can be reached from the city center via the historic funiculars, offering breathtaking panoramic views of the city and the sea.

Our journey begins in Piazza del Plebiscito, Naples' grandest square, surrounded by remarkable landmarks like the Royal Palace and the Basilica of San Francesco di Paola, all waiting to be discovered. Enjoy your visit!





**Multiple Choice Questions**

- **What historical event is the square named after?**

- a) The construction of the Royal Palace.
- b) The vote that integrated Naples into the unified Kingdom of Italy.
- c) The arrival of Napoleon Bonaparte in the city.
- d) The end of the Bourbon monarchy rule.

- **Which famous Roman monument inspired the design of the Basilica of San Francesco di Paola?**

- a) The Colosseum.
- b) The Pantheon.
- c) St. Peter's Basilica.
- d) The Roman Forum.

- **What controversial use did the square have for several decades during the 20th century?**

- a) It was used as a public fish market.
- b) It was used as a military training ground.
- c) It served as a large parking lot for vehicles.
- d) It was closed for archaeological excavations.

- **Who are the two figures represented by the equestrian statues in the center of the square?**

- a) Joachim Murat and Napoleon Bonaparte.
- b) Charles III and Ferdinand I.
- c) Victor Emmanuel II and Garibaldi.
- d) Augustus and Julius Caesar.

- **When was the square finally closed to traffic and turned into a pedestrian masterpiece?**

- a) In 1846, after the completion of the Basilica.
- b) In 1816, by commission of King Ferdinand I.
- c) In 1994.
- d) During the Napoleonic era.



## NAPLES



### The Cathedral of Naples (Duomo)

The Cathedral of the Assumption of Mary, commonly known as the Duomo di Napoli, is the main Catholic church in Naples. It is famous for housing the \_\_\_\_\_ of Saint Januarius (San Gennaro), a sacred relic that attracts thousands of pilgrims from around the world.

Located in the heart of the city, the Duomo stands on Via Duomo, near the ancient Greek-Roman streets and close to the \_\_\_\_\_ of the city's early history. The current cathedral was built on the site of two early Christian basilicas, Santa Restituta and Stefania. During the \_\_\_\_\_ period, Saint Januarius was declared the primary patron saint of Naples.

At the end of the 13th century, King Charles I of Anjou ordered the original structures to be replaced to make way for a grand Gothic cathedral, but parts of the older Basilica of Santa Restituta were \_\_\_\_\_ and can still be accessed from inside the Duomo. This ancient section remains one of the cathedral's most fascinating \_\_\_\_\_, housing the oldest baptistery in the West.

Construction of the current cathedral began in 1272, commissioned by the Angevin dynasty. The chosen architects worked on the project through several \_\_\_\_\_ until its consecration in the early 14th century. The cathedral was finally completed under the reign of Robert of Anjou in 1314.

By the early 17th century, the cathedral was \_\_\_\_\_ to celebrate the city's devotion to its patron saint. Architect Francesco Grimaldi designed a spectacular side chapel to house the saint's relics, known as the Royal Chapel of the Treasure of San Gennaro. This chapel, which was decorated by the finest artists of the Baroque era, became a \_\_\_\_\_ of art and faith. The magnificent bronze gates and silver altars were crafted with immense detail, and since then, the vial containing the saint's blood has been preserved inside the chapel, where it is the focus of the famous miracle of liquefaction.

.



# **NAPLES**

## **Castel Nuovo (Maschio Angioino)**

### **1. Why was the castle originally named "Castel Nuovo"?**

- a) Because it was the first castle ever built in Italy.
- b) To distinguish it from the older Castel dell'Ovo.
- c) Because it was built with completely new materials.
- d) To celebrate the discovery of the New World.

### **2. Which king moved the capital to Naples and commissioned the castle's construction?**

- a) Alfonso V of Aragon.
- b) Joachim Murat.
- c) Charles I of Anjou.
- d) Ferdinand I.

### **3. What is the "Triumphal Arch" made of?**

- a) Dark volcanic stone.
- b) Bronze and gold.
- c) White marble.
- d) Red brick.

### **4. Which famous artist's frescoes can be found in fragments within the Palatine Chapel?**

- a) Leonardo da Vinci.
- b) Michelangelo.
- c) Giotto.
- d) Caravaggio.

### **5. What is the current function of Castel Nuovo?**

- a) It is the primary residence of the Italian President.
- b) It houses the Civic Museum and hosts cultural events.
- c) It is a high-security prison for the region.
- d) It is the main central railway station of Naples.



## NAPLES



### Castel Sant'Elmo: The Star-Shaped Guardian

#### **1. What makes the architectural design of Castel Sant'Elmo particularly unique?**

- a) It was built entirely of white marble brought from Rome.
- b) Its star-shaped layout was designed to eliminate defensive blind spots.
- c) It is the only castle in Naples built below sea level.
- d) It features six circular towers used for storing grain.

#### **2. Where does the name "Sant'Elmo" originate from?**

- a) A Spanish king who conquered the Vomero Hill.
- b) The Italian word for "helmet," representing its protective role.
- c) A 10th-century church dedicated to Saint Erasmus.
- d) The name of the lead engineer, Pedro Luis Elmo.

#### **3. What is the primary material used in the construction of the fortress?**

- a) Imported granite from the Alps.
- b) Local yellow tuff rock carved from the hill.
- c) Red bricks manufactured in the local harbor.
- d) Volcanic ash mixed with seawater.

#### **4. Besides being a military fortress, what was the castle's most common use in the 19th century?**

- a) It served as a luxury hotel for visiting diplomats.
- b) It was a public market for local farmers.
- c) It functioned as a prison for political dissidents.
- d) It was the main headquarters for the Neapolitan police.

#### **5. What can visitors find inside the castle today?**

- a) A collection of ancient Greek and Roman sculptures.
- b) An interactive museum dedicated to 20th-century Neapolitan art.
- c) The original royal crown jewels of the House of Bourbon.
- d) A working military base closed to the general public.



## Legends

Naples is a city where every street corner has a ghost, a miracle, or a secret. Here are three of the most fascinating urban legends and hidden secrets you'll find in the winding alleys:

### 1. The "Munaciello" (The Little Monk)

**This is perhaps the most famous legend in Naples. The Munaciello is a mischievous sprite dressed in a monk's habit.**

- **The Legend:** He is said to live in the ancient underground tunnels and water cisterns. He enters houses through the old wells.
- **The Secret:** If he likes you, he might leave gold coins in your shoes or hidden around the house. If he dislikes you, he'll break your plates or hide your keys.
- **The Reality:** Historically, "Munacielli" were likely the water well cleaners. Because they knew the secret passages under the city, they could slip into people's homes to steal—or, if they were having an affair with the lady of the house, they would leave expensive gifts to explain their presence!

### 2. The Skull with the Ears (Donna Lucia)

**In the Fontanelle Cemetery (an ossuary in a cave), there are thousands of skulls, but one is more famous than the others: the skull of Donna Lucia.**

- **The Secret:** This skull is unique because it still has "ears" (actually mummified cartilage).
- **The Ritual:** Neapolitans used to "adopt" a skull (anime pezzentelle), cleaning it and bringing it flowers in exchange for protection. Donna Lucia is the "listener." People whisper their most secret prayers into her ears because they believe she has a "direct line" to the afterlife.

### 3. The Legend of the Crocodile in the Castel Nuovo

**In the dungeons of the Maschio Angioino (Castel Nuovo), there is a cell known as the "Crocodile's Hole."**

- **The Legend:** During the reign of Queen Joanna II, prisoners began to disappear mysteriously from their cells. Guards discovered that a giant crocodile had swum across the Mediterranean, entered the castle through a vent, and was dragging prisoners out to sea by their legs.
- **The Outcome:** To get rid of the beast, it was supposedly fed a leg of horse laced with poison. If you visit the castle today, you can still see the dark, damp dungeon where the "beast" allegedly held court.

### 4. The "Pulcinella" Nose for Good Luck

**In the heart of the historic center (Via Tribunali), there is a bronze bust of Pulcinella, the iconic masked character of Neapolitan puppetry.**

- **The Secret:** You will notice that his nose is polished to a bright, shiny gold while the rest of his face is dark.
- **The Tradition:** Every local and tourist who passes by must rub Pulcinella's nose. It is said to grant a wish and ensure that you will one day return to Naples.



## The Legend of the Blindfolded Walk

Listen to the audio about this legend and put the sentences in order.

It is a classic Neapolitan challenge! If you visit the square, you will often see people laughing as they try—and fail—to complete this "impossible" walk.

### The Legend of the Blindfolded Walk

The legend dates back to the era of Queen Margherita of Savoy (though some versions say it was a Bourbon queen).

The story goes that once a month, the Queen would offer a royal pardon to any prisoner who could complete a simple task: they had to start at the entrance of the Royal Palace, be blindfolded, and walk in a straight line across the square to pass exactly between the two bronze equestrian statues of the kings.

It sounds easy—the square is wide and the statues are massive. However, no prisoner ever succeeded.

### Why is it so hard?

Without your eyesight to correct your balance, your natural gait and

the subtle incline of the ground pull you off course.

Stand with your back against the main door of the Royal Palace.

Try to walk roughly 100 meters to pass between the two horses.

Local legend, however, prefers a more romantic explanation:

The Result: Almost everyone ends up drifting far to the left or right,

Close your eyes (or wear a blindfold).

anyone from ever winning their freedom!

Even today, tourists and locals try it for fun. If you want to try it yourself, here is how it works:

it's said that a curse was placed on the square to prevent

often hitting the columns of the church or walking in a complete circle.

The Secret: The square's pavement (the sampietrini stones) is slightly sloping and uneven.





## The Historic Center of Naples

**Read the following statements and decide whether they are True (T) or False (F).**

- \_\_\_ The Historic Center of Naples has been populated for more than two millennia.
- \_\_\_ "Spaccanapoli" is the official name of the three parallel Greek streets.
- \_\_\_ The "grid" system currently used in the city center was an urban plan developed during the Baroque period.
- \_\_\_ Underground Naples (Napoli Sotterranea) served as a water supply system in the past.
- \_\_\_ The Gesu Nuovo church is famous for having a smooth, marble façade.
- \_\_\_ The author suggests that the neighborhood is a quiet and highly organized area.
- \_\_\_ The Historic Center is recognized by UNESCO as a World Heritage site.

## Pompeii: A City Frozen in Time

**Read the following statements and decide whether they are True (T) or False (F).**

- \_\_\_ Pompeii was rediscovered shortly after the eruption of Mount Vesuvius.
- \_\_\_ The volcanic ash helped preserve the city by protecting it from air and moisture.
- \_\_\_ Organic materials, such as bread, were completely destroyed by the heat and could not be found.
- \_\_\_ The plaster casts were created by filling gaps left by decomposed bodies in the ash.
- \_\_\_ The entire city of Pompeii has been fully excavated by modern archaeologist.
- \_\_\_ Pompeii serves as a source of information regarding the everyday lifestyle of ancient Romans.



## The Flavors of Naples: More Than Just Pizza

While Naples is undeniably the birthplace of pizza, its culinary identity is far more diverse. The secret to Neapolitan food lies in the quality of its raw materials. The region is famous for its **San Marzano tomatoes**, grown in the fertile volcanic soil, and **Mozzarella di Bufala** Campana, a creamy buffalo milk cheese that has protected geographical status.

The most iconic dish is, of course, the **Pizza Margherita**. Legend has it that it was created in 1889 to honor Queen Margherita of Savoy, with its ingredients representing the colors of the Italian flag: red (tomatoes), white (mozzarella), and green (basil). However, street food is equally important. You cannot walk through the historic center without seeing locals eating **Pizza a Portafoglio** (folded like a wallet) or **Cuoppo**, a paper cone filled with deep-fried treats like small fish, calamari, or crocchè (potato croquettes).

Naples also excels in pasta and pastries. **Pasta alla Genovese**, a rich sauce made by slow-cooking onions and meat for hours, is a beloved Sunday staple. For dessert, the city offers the **Sfogliatella**, a shell-shaped pastry with many thin layers, and the **Babà**, a mushroom-shaped cake soaked in citrusy rum syrup. Finally, a meal in Naples always ends with a **Caffè Espresso**, served incredibly hot and strong, often accompanied by a glass of water to cleanse the palate.

## The Legend of Sfogliatella

The story begins in the 17th century at the Convent of Santa Rosa in Conca dei Marini, located along the spectacular Amalfi Coast. According to legend, the creation happened by chance. One day, the nun in charge of the kitchens noticed she had some leftover semolina flour cooked in milk. Instead of throwing it away, she decided to experiment. She added dried fruit, sugar, and lemon liqueur to the semolina to create a filling. She then placed this mixture between two layers of lard-enriched dough, shaping it to resemble a monk's hood. The pastry was baked and became an instant success among the nuns and the local villagers. For over 150 years, the recipe remained a secret held within the convent walls, known as the Santa Rosa (which is still a version of the pastry today, usually topped with custard and a black cherry).

From the Convent to the City

The recipe finally "escaped" the convent in 1818. A Neapolitan pastry chef named Pasquale Pintauro managed to obtain the secret instructions. Pintauro was a man of great culinary vision; he simplified the recipe and modified the shape into the shell-like layers we recognize today. He opened a shop on Via Toledo in Naples, transforming his tavern into a laboratory for this new treat.



## The Two Versions: Riccia vs. Frolla

Today, when you walk into a Neapolitan pasticceria, you will be asked the classic question: "Riccia o frolla?"

- **Sfogliatella Riccia:** This is the "curly" or "flaky" version. It is made with many incredibly thin layers of crispy dough. Achieving this texture requires immense skill, as the dough must be rolled out very thin and coated with lard to create the characteristic "crunch."
- **Sfogliatella Frolla:** This is the "shortcrust" version. It uses the same delicious filling of ricotta, semolina, sugar, and candied fruit, but it is wrapped in a smooth, soft shortcrust pastry. It is easier to eat on the go and has a more delicate texture.

## Babà

### The Royal Origins: From Poland to Paris

The ancestor of the Babà was not Italian at all. It began with Stanislaus Leszczyński, the exiled King of Poland, who lived in the Lorraine region of France in the 18th century. Legend says the King found the traditional local Gugelhupf cake too dry. To make it more palatable, he decided to soak it in a sweet wine (later replaced by rum).

The King was a great fan of the stories from *The Thousand and One Nights*, and he allegedly named the cake after his favorite character: Ali Baba. Later, the recipe traveled to the royal courts of Paris, where legendary pastry chefs refined the dough into the soft, mushroom-shaped brioche we know today.

### The Arrival in Naples

The Babà arrived in Naples in the early 19th century via the "Monsù". The Monsù (from the French Monsieur) were French-trained chefs who worked for the aristocratic families of the Kingdom of the Two Sicilies. Neapolitan pastry chefs, famous for their ability to improve upon any recipe, took the French dessert and perfected it.

They realized that the porous, elastic dough was the perfect "sponge" for a syrup made of water, sugar, and high-quality rum. They also gave it its iconic elongated shape, making it easy to eat while standing or walking through the city's alleys.

### The Art of the Perfect Babà

A true Neapolitan Babà is a masterpiece of balance. The dough must be extremely light and airy, filled with tiny holes to absorb the syrup without falling apart.

- **The Texture:** It should be elastic; if you squeeze a perfect Babà, it should bounce back like a sponge.
- **The Syrup:** It must be moist but not dripping, with a delicate balance of sweetness and the sharp kick of rum.
- **Variations:** While the classic version is plain, many pasticcerie now serve it "mignon" (small) or sliced open and filled with whipped cream, Nutella, or fresh strawberries.



# Farnese Hercules

The Farnese Hercules is undoubtedly one of the most celebrated masterpieces of the Farnese collection housed in the National Archaeological Museum of Naples (MANN). This colossal marble statue, \_\_\_\_\_ in the 3rd century AD, is a faithful copy of a lost Greek bronze original from the 4th century BC, attributed to the legendary sculptor Lysippos. We are fortunate to know the creator of this specific marble rendition: the Athenian sculptor Glykon, who boldly signed his name on the stone positioned in front of the \_\_\_\_\_ demigod.

## Iconography and the Last Labour

The statue follows a traditional iconographic repertoire, \_\_\_\_\_ Hercules resting upon his famous club, which is draped with the skin of the Nemean Lion. While these symbols are easily visible, the sculpture hides a crucial detail: \_\_\_\_\_ his back, Hercules' right hand secretly clutches the Golden Apples of the Hesperides. This suggests he has just completed his final, grueling \_\_\_\_\_, capturing him in a rare moment of reflection immediately following his \_\_\_\_\_.

## Discovery and the "Battle of the Calves"

The statue was unearthed around 1500 in the Baths of Caracalla in Rome, alongside a "twin" known as the Latin Hercules (now located at the Royal Palace of Caserta). When it was found, the Farnese Hercules was missing its calves. Giacomo Della Porta, a talented \_\_\_\_\_ of Michelangelo, was commissioned to sculpt replacements. Interestingly, when the original ancient calves were eventually discovered, they were not immediately reattached. Experts at the time believed Della Porta's work was of superior craftsmanship. It wasn't until the 18th century, under the Bourbon dynasty, that the original ancient legs were \_\_\_\_\_ restored. Today, Della Porta's "discarded" calves are still on display directly behind the colossal statue as a testament to this art historical debate.

## Artistic Legacy and Modern Inspiration

Historically, both the Farnese and Latin Hercules stood together under the arches of the Villa Farnese in Rome (now the French Embassy). Michelangelo's engravings of this original setting served as the inspiration for a 2021 installation by the street artist JR. He created a majestic, illusory "gash" on the facade of the French Embassy, using perspective to simulate the interior rooms where the Hercules could be seen resting on his club.

## The Lysippean Revolution: A Human Demigod

What \_\_\_\_\_ sets this statue apart is its psychological dimension. Traditionally, Hercules is portrayed in the heat of \_\_\_\_\_ with contracted muscles—much like Canova's later version in Rome's National Gallery of Modern Art, which captures the moment of maximum tension.

Lysippos, however, introduced a revolutionary approach. Instead of a \_\_\_\_\_, invincible hero, he presents a demigod stripped of his pride, showing his intimate, human exhaustion. His gaze is not fixed on the horizon but directed toward the ground, his forehead furrowed by \_\_\_\_\_ as he remains absorbed in his own thoughts.



# NOTES



# NOTES

**Access to the online unit**





