



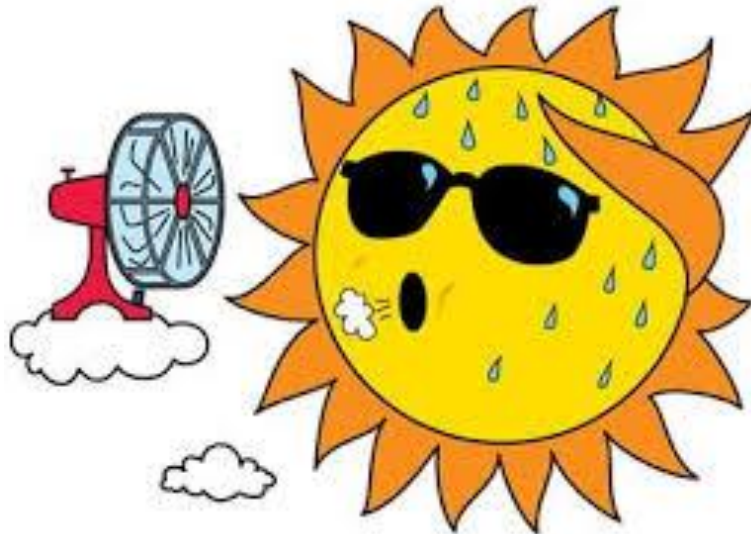
Italian culture promoting well-being



There are
many things
in Italy
promoting
well-being,
although they
seem
stereotypes....

CLIMATE IN ITALY

One of the things that makes us live well in Italy is the Mediterranean climate.



Italy is a special country in the middle of Mediterranean sea. So we have a mild climate: it's not too hot in summer and it's not too cold in winter.

During the year, we have four seasons: Spring, Summer, Autumn and Winter.

In Italy you can see a lot of different environment and landscapes from the mountain to the sea.

You can find the very tallest mountains in the far North: the Alps; instead the lower ones are in the middle of the peninsula: the Appennines. On the mountains snows a lot in the Winter and the Summers are short and cool.





On the coast there are hot summers and mild winters.

It's wonderful visiting Italy in every season.

You can ski or go climbing on the mountains, go to the sea or visit all the famous cities. Nobody will be bored travelling around Italy.



PERSONAL CARE

In Italy people care a lot about style and personal image, for example going to the hairdresser or beautician several times a month.

Also fashion has a special role here: many internationally famous brands are Italian, such as Gucci, Prada, Fendi, Versace, Dolce & Gabbana.



CINEMATOGRAHY



Cinematography has always entertained Italians. Sitting down and watching movies together is an activity that has always brought families and friends together in Italy. Comedies and love films are very famous. The Italian actors of the past, such as Totò, Massimo Troisi, Alberto Sordi and Sofia Loren have become real icons.

FAMILY AND FOOD

!!! Italian food !!!



FOOD

Italian food is universally known and appreciated, thanks to the quality of the materials and the variety of flavors that allow to delight palates from all over the world. According to experts, Italian food is the food of the future, and it is a huge heritage to defend. In fact, the history of Italian food is an ancient one, which draws from the Greeks and is the pillar of the Mediterranean diet, made from poor but healthy ingredients, it is the sustainable cuisine par excellence. With their habit of eating well and in company, the Italians have given food an added value, a sacred habit, a real philosophy of life.



THE MOST FAMOUS ITALIAN'S DISHES AND

Also focusing on those of Matera

- Pizza
 - Pasta with tomato sauce
 - Pasta carbonara
- And many other dishes....



Typical dishes from Matera: CRAPIATA

The crapiata is eaten above all on August 1st as a tradition. It's a poor dish which has very ancient origins. It dates back to the Roman period. It is a mix of legumes and cereals... DELICIOUS!!!!!!!



FAVE E CICORIE

Fave e cicorie is a typical dish always accompanied by Matera bread.



CIALLEDDA

Cialledda is a typical dish of Puglia and Basilicata. To cook it you have to use: Matera bread, onions, olives, “caroselli”, tomatoes, oregano, salt and olive oil



FRIENDS AND LAUGHS

Friends give us a hand in every moment our lives, colouring them, being there for you in beautiful moments and in bad times.



You grow with friends, get more mature and have different experiences that last forever. You can trust them, feel accepted and share joys, anxieties, fears and emotions!

In our city we have the habit of gathering together and have some long walks in the Sassi; we talk, we eat together, we organise football and basketball tournaments, we run in the parks, we joke around with them, we spend hours in full harmony, serenity, carefree and we laugh, laugh and laugh! And then the next day we look at the photos we took, remembering the beautiful moments.



FAMILY SUNDAY

in Italian families on Sunday morning at lunchtime we usually go to our grandparents' houses to eat and enjoy the family. This is a good way to keep the family bond strong





on Sundays, grandmas and grandparents prepare baked pasta with meatballs for lunch and as second course meat, for example, sausages or pork or lamb steaks drinking the typical wine of Basilicata, the Aglianico. As a dessert a cake, usually "tiramisù", made with biscuits, coffee, cream and mascarpone cheese. if you want you can have also some fruit such as "candongia " strawberries

Thank you for your attention

Ciao ciao