



6 - DAY WORKSHOP 16-23 MAY 2014



Grundtvig Workshop
2013-1-IT2-GRU13-52160



GRUNDTVIG WORKSHOP
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CONTENTS

UMBRIA

PERUGIA

ASSISI

KEY&KEY COMMUNICATIONS

LINKS

USEFUL INFO

CITYMAP (Perugia)





UMBRIA

Umbria is a region of central Italy, the only region having neither a coastline nor a common border with other countries. However, it is not lacking geographically; being bathed by Lake Trasimeno and crossed by the River Tiber. The regional capital is Perugia. Umbria is appreciated for its landscapes, traditions, history, artistic legacy and cultural influence. The region is characterized by peaceful green hills and historical towns such as Assisi (a World Heritage Site associated with St. Francis of Assisi, the Basilica of San Francesco and other Franciscan sites, as well as works by Giotto and Cimabue), Norcia (the hometown of St. Benedict), Gubbio, Spoleto, Todi, Città di Castello, Orvieto, Castiglione del Lago, Passignano sul Trasimeno and other charming towns and small cities.

Geography

Umbria is bordered by Tuscany to the west, Marche to the east and Lazio to the south. Partly hilly and partly flat, and fertile owing to the valley of the Tiber, its topography includes part of the central Apennines, with the highest point in the region at Monte Vettore on the border of the Marche, at 2,476 m (8,123 ft); the lowest point is Attigliano, 96 m (315 ft). The Tiber River forms the approximate border with Lazio, although its source is just over the Tuscan border. The Tiber's

three principal tributaries flow southward through Umbria. The Chiascio basin is relatively uninhabited as far as Bastia Umbra. About 10 km (6 mi) farther on, it joins the Tiber at Torgiano. The Topino, cleaving the Apennines with passes that the Via Flaminia and successor roads follow, makes a sharp turn at Foligno to flow NW for a few kilometres before joining the Chiascio below Bettona. The third river is the Nera, flowing into the Tiber further south, at Terni; its valley is called the Valnerina. The upper Nera cuts ravines in the mountains; the lower, in the Chiascio-Topino basin, has created a wide floodplain.

In antiquity, the plain was covered by a pair of shallow, interlocking lakes, the Lacus Clitorius and the Lacus Umber. They were drained by the Romans over several hundred years. An earthquake in the 4th century and the political collapse of the Roman Empire resulted in the refilling of the basin. It was drained a second time, almost a thousand years later, during a 500-year period: Benedictine monks started the process in the 13th century, and the draining was completed by an engineer from Foligno in the 18th century.

In literature, Umbria is referred to as *il cuore verde d'Italia* (the green heart of Italy). The phrase is taken from a poem by Giosuè Carducci, the subject of which is the source of the Clitunno River in Umbria.

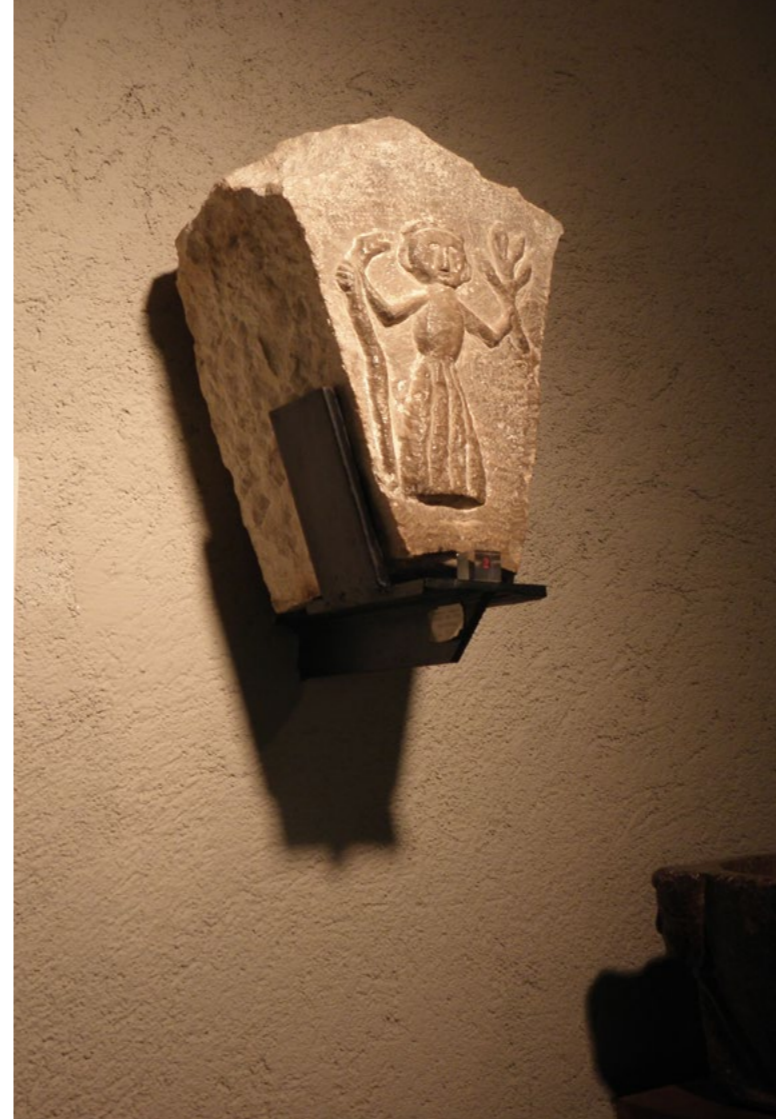


History

The region is named for the Umbri, a tribe, later absorbed by the Romans. Pliny the Elder recounted a fanciful derivation for the tribal name from the Greek ὀμβρος "a shower", which had led to the confused idea that they had survived the Deluge familiar from Greek mythology, giving them the claim to be the most ancient race in Italy. In fact, they belonged to a broader family of neighbouring tribes with similar roots. Their language was Umbrian, one of the Italic languages, related to Latin and Oscan. The Umbri probably sprang, like neighbouring tribes, from the creators of the Terramara and Villanovan culture in northern and central Italy, who entered north-eastern Italy at the beginning of the Bronze Age.

The Etruscans were the chief enemies of the Umbri. The Etruscan invasion went from the western seaboard towards the north and east (lasting from about 700 to 500 BC), eventually driving the Umbrians towards the Apennine uplands and capturing 300 Umbrian towns. Nevertheless, the Umbrian population does not seem to have been eradicated in the conquered districts.

After the downfall of the Etruscans, Umbrians aided the Samnites in their struggle against Rome (308 BC). Later communications with Samnium were impeded by the Roman fortress of Narni (founded 298 BC).



Romans defeated the Samnites and their Gallic allies in the battle of Sentinum (295 BC). Allied Umbrians and Etruscans had to return to their territories to defend themselves against simultaneous Roman attacks, so they were unable to help the Samnites in the battle of Sentinum. The Roman victory at Sentinum started a period of integration under the Roman rulers, who established some colonies (e.g., Spolegium) and built the via Flaminia (220 BC). The via Flaminia became a principal vector for Roman development in Umbria. During Hannibal's invasion in the second Punic war, the battle of Lake Trasimene was fought in Umbria, but the Umbrians did not aid the invader. During the Roman civil war between Mark Antony and Octavian (40 BC), the city of Perugia supported Antony and was almost completely destroyed by Octavian. In Pliny the Elder's time, 49 independent communities still existed in Umbria, and the abundance of inscriptions and the high proportion of recruits in the imperial army attest to its population.

The modern region of Umbria is different from the Umbria of Roman times (see Roman Umbria). Roman Umbria extended through most of what is now the northern Marche to Ravenna, but excluded the west bank of the Tiber. Thus Perugia was in Etruria, and the area around Norcia was in the Sabine territory.

After the collapse of the Roman empire, Ostrogoths and Byzantines struggled for supremacy in the region. The Lombards founded the duchy of Spoleto, covering much of today's Umbria. When Charlemagne conquered most of the Lombard kingdoms, some Umbrian territories were given to the Pope, who established temporal power over them. Some cities acquired a form of autonomy (the *Comuni*). These cities were frequently at war with each other, often in a context of more general conflicts, either between the Papacy and the Holy Roman Empire or between the Guelphs and the Ghibellines.

In the 14th century, the *signorie* arose, but were subsumed into the Papal States. The Papacy ruled the region until the end of the 18th century. After the French Revolution and the French conquest of Italy, Umbria became part of the ephemeral Roman Republic (1798–1799) and later, part of the Napoleonic Empire (1809–1814). After Napoleon's defeat, the Pope regained Umbria and ruled it until 1860. Following the Risorgimento and Italian unification, in 1861, Umbria was incorporated in the Kingdom of Italy.

The present borders of Umbria were fixed in 1927, with the creation of the province of Terni and the separation of the province of Rieti, which was incorporated into Lazio.

Economy

The present economic structure emerged from a series of transformations which took place mainly in the 1970s and 1980s. During this period, there was rapid expansion among small and medium-sized firms and a gradual retrenchment among the large firms which had hitherto characterised the region's industrial base. This process of structural adjustment is still going on. Umbrian agriculture is noted for its tobacco, olive oil and vineyards, which produce excellent wines. Regional varietals include the white Orvieto, which draws agri-tourists to the vineyards in the area surrounding the medieval town of the same name. Other noted wines produced in Umbria are Torgiano and Rosso di Montefalco. Another typical Umbrian product is the black truffle found in Valnerina, an area that produces 45% of this product in Italy. The food industry in Umbria produces processed pork-meats, confectionery, pasta and the traditional products of Valnerina in preserved form (truffles, lentils, cheese). The other main industries are textiles, clothing, and the famed ceramics of Deruta.





History

The great “Guelph strong-hold” rises up in the region’s heart, with its 5 historical neighbourhoods enclosed by its Etruscan town walls. These enormous bastions formed by cyclopic square masses, were constructed 22 centuries ago and are still visible for long stretches. When the city of Rome was little more than an encampment of huts, one could already enter the Etruscan Perugia using one of 7 portals, among which one was particularly mighty, the *Porta Pulchra* or of Augustus, dating back to Etruscan times. Entering the city via *Porta San Pietro*, whose exterior was remodelled by Agostino di Duccio in 1475, you will arrive at the basilica of St. Dominic on the right-hand side; the important National Archaeological Museum of Umbria is located in the adjacent cloisters and convents. Continuing to the city centre, you will reach the *Piazza del Sopramuro*, where the 15th century Palace of the Old University and the adjacent Palace of the People’s Captain look down on the square. Further on, after a short climb, you’ll find yourself in one of Italy’s most important squares, where you’ll see the Priors’ Palace, the Cathedral and the 13th century fountain at the centre. These monuments render the main piazza of Perugia (now called *Piazza IV Novembre*) a superb architectural complex. At the extreme end of *Corso*

Vannucci you’ll find famous panoramic gardens built on the foundations of the *Rocca Paolina*, a stronghold built by Pope Paul III in 1540. These foundations contain an entire neighbourhood of the old Perugia: a dead city, a sort of Medieval Pompei which has been brought to light again and which is fascinating to visit. Perugia’s ascents and stairways are usually quite steep. The *Via delle Prome* is a typical example. Leaving from the Arch of Augustus, this street leads to the highest point of Perugia, where the castle of *Porta Sole* once stood, erected in the XIV century, and destroyed later in a popular uprising. A short visit in Perugia is definitely interesting, but it is a longer visit which will reveal all the artistic jewels in detail. Even if you are on a short visit, you should not miss the architectural complex of *San Francesco*, with the Oratory of *San Bernardino*, a masterpiece by *Agostino di Duccio*, who covered the façade with bas-reliefs of enchanting grace and refinement to make it a little poem of Renaissance sculpture.

The most important events taking place in the city include the musical festival *Umbria Jazz* and the gastronomic festival *Eurochocolate*. In Perugia, especially for children, don’t forget the *Città della Domenica*, the first amusement park in Italy.



Palazzo dei Priori

Palazzo dei Priori, a superb expression of the city's municipal spirit, was built between the 13th and the 15th centuries. Its austere mass, covered by stone squares and only slightly embellished by two rows of beautiful Gothic windows, stands on the square like an enormous bastion. The Palace is a contrast to the grey and roughly-hewn lateral walls of the Cathedral, which is situated directly in front of its main stairway, and where you will find the great bronze statue of Pope Julius III, erected in 1555 by grateful Perugians. The Palace is adorned with a portal on the side which opens on *Corso Vannucci*. From this portal, one enters the National Gallery of Umbria with Umbria's most important collection of paintings, such as the ones by Pietro di Cristoforo Vannucci, called Perugino, Arnolfo di Cambio, Nicola and Giovanni Pisano, Duccio, Gentile da Fabriano, Benozzo Gozzoli and Beato Angelico.

Fontana Maggiore

The most attractive feature of the main square of Perugia, called *Piazza IV Novembre*, is the beautiful and elegant *Fontana Maggiore*. It was built in 1278, perhaps according to plans by Brother *Bevignate*, who designed two polygonal and concentric marble basins surmounted by a bronze bowl. This fountain consists of 50 bas-reliefs and 24 statues by *Nicola* and *Giovanni Pisano*. The panels of the basins represent various personages, saints, symbols and scenes referring to the city's history, and activities. The fountain has recently undergone restoration, returning it to its former splendour.





Cattedrale di San Lorenzo (Duomo)

The Cathedral of San Lorenzo is the main religious edifice of Perugia. Unlike most cathedrals, the cathedral of Perugia has its flank on the city's main square, facing the Fontana Maggiore and the *Palazzo dei Priori*. This side is characterized by the *Loggia di Braccio*, commissioned by Braccio da Montone (1423), an early Renaissance structure attributed to Fioravante Fioravanti from Bologna. It formerly formed part of the *Palazzo del Podestà*, which burned in 1534. Under it a section of Roman wall and the base of the old belltower can be seen. It houses also the *Pietra della Giustizia* ("Justice Stone") bearing a 1264 inscription by which the commune announced that all public debt had been repaid. Also on this side is a statue of Pope Julius III by Vincenzo Danti (1555); Julius was a hero to Perugia for having restored the local magistrature, which had been suppressed by Paul III. In the unfinished wall is a portal designed by Galeazzo Alessi (1568), a pulpit composed of ancient fragments and mosaics from which Saint Bernardino of Siena preached in 1425 and 1427, and a wooden Crucifix by Polidoro Ciburri (1540).

Other important churches

San Pietro (late 16th century) is the name of a church and an abbey. The monastery was created around 996 over the former cathedral church, the early seat of Perugia's bishops, existing since the early seventh century, although the first document citing the abbot is from 1002. Its early patron was Pietro Vincioli, a Perugian noble, later canonized. In the following centuries the abbey increased greatly its power, until in 1398 it was burnt by the Perugini, as the abbot Francesco Guidalotti had taken part in the plot against Biordo Michelotti, chief of the popular party. The monastery reflourished with Pope Eugene IV, who united it to the Congregation of St. Justine of Padua, maintaining a position of prestige and power in the city. The abbey was temporarily suppressed by the French in 1799. The monks had aided the Perugine revolt of 1859 against the Papal government, and, after the Unification of Italy, the new government allowed them to remain in the Abbey.

Basilica of San Domenico (begun in 1394 and finished in 1458). Before 1234, this site housed markets and a horse fair, and later the site was granted to the Dominican order for construction of the Basilica. The Basilica exterior is believed to have been designed by Giovanni Pisano while its interior decorations were redesigned by Carlo

Maderno. The massive belfry was partially cut around mid-16th century. The Basilica houses impressive Umbrian art, including the precious tomb of Pope Benedict XI and a wooden choir from the Renaissance period.

Church of Sant'Angelo, also known as the Temple of *San Michele Arcangelo*, is a small paleo-Christian temple, dating from the 5th-6th centuries. Sixteen antique columns frame a central plan reminiscent of Santo Stefano Rotondo in Rome.

Sant' Ercolano, church dates from the early 14th century and resembles a polygonal tower. This church once had two floors. The upper floor was demolished when the Rocca Paolina was built. It includes Baroque decorations commissioned from 1607. The main altar has a sarcophagus found in 1609.

Santa Giuliana, a convent founded in 1253. In its later years, the church gained a reputation for debauchery. Later, the French turned the church into a granary. Now, the complex is a military hospital. The church, with a single nave, bears only traces of 13th century frescoes, which probably used to cover the walls. The cloister is

a noteworthy example of mid-14th century Cistercian architecture by Matteo Gattaponi. The upper part of the campanile is from the 13th century.

San Bevignate (Templar church built c. 1250); the church was commissioned by the Templars in substitution of their former church of *San Giustino d'Arna*, from which they had been ousted in 1277. San Bevignate, to whom it is entitled, was a rather mysterious local hermit who had a notable following among Perugia's people but was in fact never officially canonized. In 1312, after the suppression of the Templar Order, it was acquired by the Hospitalliers. In 1324 Ricco di Corbolo, a rich Perugine merchant, acquired the whole complex and housed there a feminine monastic community. In 1517 the nuns left the convent, which returned to the Knights of Malta. In 1860 the church was secularized.



Università degli Studi di Perugia

Formal imperial recognition of the University of Perugia was granted in 1355. Today, the *Università degli Studi di Perugia* (UNIPG) is a modern, multi-campus educational institution. By Italian standards it is considered a medium-sized university and is a public accredited institution. There are 1.100 teaching staff members supported by more than 1.000 administrators, and more than 30.000 students enrolled; more than 1.500 international students are enrolled in full degree courses and around 450 students arrive at the University every year on exchange programmes. In addition to being one of the most respected national universities, UNIPG also holds a place of absolute prestige within the European context. Moreover, UNIPG has collaborative scientific relationships with other European, American, Japanese, Chinese and Indian Universities. Since January 1st, 2014 UNIPG has no Faculties anymore, but is organised in 16 Departments responsible for research and teaching, with a wide variety of degree programmes. The University offers courses at its main campus in Perugia as well as at other sites in Umbria.



Umbria Jazz

Umbria Jazz is the largest and most famous festival in Umbria.

The Festival was officially inaugurated on 23rd August 1973 with concerts by Aktuala and Thad Jones & the Mel Lewis orchestra. Each year, over ten days, the centre of Perugia becomes a global musical village.

Sources:

<http://www.comune.perugia.it/>

<http://en.wikipedia.org/wiki/Perugia>

<http://www.unipg.it/>

<http://www.umbriajazz.com/>



History

Assisi is a town in the province of Perugia, on the western flank of Monte Subasio.

Around 1000 BC a wave of immigrants settled in the upper Tiber valley as far as the Adriatic Sea, and also in the neighbourhood of Assisi. These were the Umbrians, living in small fortified settlements on high ground. From 450 BC these settlements were gradually taken over by the Etruscans. The Romans took control of central Italy with the Battle of Sentinum in 295 BC. They built the flourishing *municipium Asisium* on a series of terraces on *Monte Subasio*. Roman remains can still be found in Assisi: city walls, the forum (now *Piazza del Comune*), a theatre, an amphitheatre and the Temple of Minerva (now transformed into the Church of Santa Maria sopra Minerva). In 1997, the remains of a Roman villa were also discovered, containing several well-preserved rooms with frescoes and mosaics in a condition rarely found outside sites such as Pompeii. In 238 AD Assisi was converted to Christianity by bishop Rufino, who was martyred at Costano. According to tradition, his remains rest in the Cathedral Church of San Rufino in Assisi. The Ostrogoths of king Totila destroyed most of the town in 545. Assisi then came under the rule of the Lombards as part of the Lombard and then

Frankish Duchy of Spoleto. The thriving commune became an independent Ghibelline commune in the 11th century. Constantly struggling with the Guelph Perugia, it was during one of those battles, the battle at *Ponte San Giovanni*, that *Francesco di Bernardone* (Saint Francis of Assisi), was taken prisoner, setting in motion the events that eventually led him to live as a beggar, renounce the world and establish the Order of Friars Minor. The city, which had remained within the confines of the Roman walls, began to expand outside these walls in the 13th century. In this period the city was under papal jurisdiction. The *Rocca Maggiore*, the imperial fortress on top of the hill above the city, which had been plundered by the people in 1189, was rebuilt in 1367 on orders of the papal legate, cardinal Gil de Albornoz. In the beginning Assisi fell under the rule of Perugia and later under several despots, such as the soldier of fortune Biordo Michelotti, Gian Galeazzo Visconti and his successor Francesco I Sforza, dukes of Milan, Jacopo Piccinino and Federico II da Montefeltro, lord of Urbino. The city went into a deep decline with the Plague in 1348. The city came again under papal jurisdiction under the rule of Pope Pius II (1458–1464).

Basilica di San Francesco d'Assisi (St. Francis).

The Franciscan monastery, *il Sacro Convento*, and the lower and upper church (*Basilica inferiore* and *Basilica superiore*) of St Francis were begun immediately after his canonization in 1228, and completed in 1253. The lower church has frescoes by the late-medieval artists Cimabue and Giotto; the upper church houses frescoes of scenes in the life of St. Francis previously ascribed to Giotto, but now thought to be by artists of the circle of Pietro Cavallini from Rome. The Basilica was badly damaged by an earthquake on 26 September 1997, during which part of the vault collapsed, killing four people inside the church and carrying with it a fresco by Cimabue. The edifice was closed for two years for restoration.

Tempio di Minerva

Among the many monuments, is the Temple of Minerva, which dominated the Forum complex and even today still is a focal point of the *Piazza del Comune*, the heart of Assisi. Situated in the town centre, as if set on a podium, the Temple of Minerva has stood for centuries as a witness to life in Assisi during both the imperial period and the gradual decline of the Roman Empire.



With the ascendance of Christianity, the temple, for a long time, a centre for pagan cults, has witnessed the heroism of the first martyrs condemned in the Tribunal courts in front of its silent columns. Now the destination for many pilgrims, Assisi is linked in legend with its native son, St. Francis. The gentle saint founded the Franciscan order and shares honours with St. Catherine of Siena as the patron saint of Italy. His relationship with his follower Clare was a pivotal aspect of his ministry, as was his inclusion of the laity in the Order he founded. He is remembered by many, even non-Christians, as a lover of nature (his preaching to an audience of birds is one of the legends of his life) and an advocate for the poor. Assisi was hit by two devastating earthquakes that shook Umbria in September 1997. But the recovery and restoration have been remarkable, although much remains to be done. Massive damage was caused to many historical sites, but the major attraction, the Basilica di San Francesco, reopened less than 2 years later. UNESCO collectively designated the Franciscan structures of Assisi as a World Heritage Site in 2000.

Other important churches

Santa Maria Maggiore (St. Mary the Greater), the earliest church extant in Assisi.
San Rufino (Cathedral of St. Rufinus), with a

Romanesque façade with three rose windows and a 16th century interior; part of it is built on a Roman cistern.

Santa Chiara (Basilica of St. Clare) with its massive lateral buttresses, rose window, and simple Gothic interior, begun in 1257, contains the tomb of the namesake saint and 13th century frescoes and paintings.

Santo Stefano, one of the oldest churches in Assisi.

Eremo delle Carceri, a small monastery and church in a canyon above the town, where St. Francis retreated and preached to the birds.

San Pietro (Church of St. Peter), built by the Benedictines in the 10th century and rebuilt in the 13th century. It has a rectangular façade with three rose windows; the Gothic chapel of the Holy Sacrament houses a triptych by Matteo di Gualdo. It was the birthplace of St. Francis, who founded the Franciscan religious order in the town in 1208.

Santa Chiara (St. Clare); Santa Chiara d'Offreducci is the founder of the Poor Sisters, which later became the Order of Poor Clares after her death.

Sources:

<http://www.comune.assisi.pg.it/>

<http://en.wikipedia.org/wiki/Assisi>

<http://www.franciscanum.it/en/>



KEY & KEY COMMUNICATIONS

Key & Key Communications, founded in 1994, is a cultural and scientific non-profit association with 15 members of different cultural origins, working in the vast field of communication. Its areas of specific expertise regard various kinds of communication: interpersonal, intercultural, visual, verbal, paraverbal (voice), non-verbal (body) communication; organisation of events, such as international meetings, local and international training courses, cultural events, conferences. Its main expertise is in web design, graphic design, publishing, and authoring of online learning platforms. Its staff is particularly committed to issues of migration, diversity, anti-discrimination and integration generally, and in particular in relation to institutional contexts.

Key & Key Communications is concerned with all communicative processes, offering tailor-made research and learner-centred training courses. KEY&KEY has a longstanding experience in delivering research and communication training courses, face-to-face and online, for private and public organisations concerning verbal, paraverbal, non-verbal, visual, multimedia, digital and organisational communication. KEY&KEY provides tools and resources to refine interpersonal and organisational communication, emphasising an

intercultural perspective. Furthermore the Association hosts internship students from Italy and other countries. Finally, it has experience in EU co-funded projects as a partner (SPICES GRU project - 2005-2007, e-SPICES GLP 2008-2010, ARTERY GMP - 2010-2012, BRIDGE-IT GMP - 2010-2012) and as a coordinator (business_mail LdV Partnership 2010-2012, which received the award "Star project 2012"). KEY&KEY has also been organising Grundtvig In-Service Training courses in the field of intercultural communication within and following SPICES and BRIDGE-IT (2013: BRIDGE-IT. Communication between Adults-in-Mobility (migrants) and Civil Servants: an Intercultural and Interdisciplinary Perspective. Perugia, Italy - 14-20 April 2013; IT-2012-788-002; <http://bridge-it.communicationproject.eu/Bridge-it-GRU-Course.htm>) and in the field of art, education and therapy within the project ARTERY (2012: ARTERY workshop: Art - Education – Therapy. Social Skills for Vulnerable Groups - artistic and interactive methods Perugia, Italy; 02-09.09.2012; IT-2012-796-001; http://www.arteryproject.eu/grundtvig_course.html).

Currently the Association is a partner in the project FEI – Fondo Europeo per l'Integrazione di cittadini di paesi terzi (European Fund for the Integration of third

LINKS

- + <http://www.keyandkey.it>
- + <http://bridge-it.communicationproject.eu>
- + <http://www.crossingcities.it>
- + <http://www.arteryproject.eu>
- + <http://businessmail.communicationproject.eu>
- + <http://www.trainingspices.net>
- + <http://www.e-spices.net>



USEFUL INFOS

Emergency calls

- + Polizia / Police emergency - tel: 113
- + Carabinieri / Carabinieri emergency - tel:112
- + Pronto soccorso / First Aid (24h) - tel: 118

Transportation

Umbria Mobilità Bus Service

Tel: 075 9637001

www.umbriamobilita.it

Minimetrò

Minimetro Stops:

- + Pian di Massiano + Cortonese + Madonna + Alta Fontivegge + Case Bruciate
- + Cupa + Pincetto (Centro Storico)

www.minimetropa.it

Interregional Transport

Direct bus from and to Roma / Fiumicino airport
SULGA

tel:075 5009641

www.sulga.it

Taxi

Radio Taxi Perugia

tel: 075 5004888 (active 24h)


Radiotaxiperugia@virgilio.it


www.radiotaxiperugia.it

Taxi stands in the city:

- + Via Fani Piazza Italia
- + Piazza Partigiani (Central bus station)
- + Stazione Fontivegge (Central railway station)
- + Ospedale Santa Maria della Misericordia (Silvestrini hospital)
- + Aeroporto di Sant'Egidio (Perugia airport)

CITYMAP

 **16 min** walking distance from the Hotel to the Cathedral (Duomo)

 **2 min** walking distance from Piazza.cavallotti to the Cathedral (Duomo)

 The monumental center of the city of Perugia

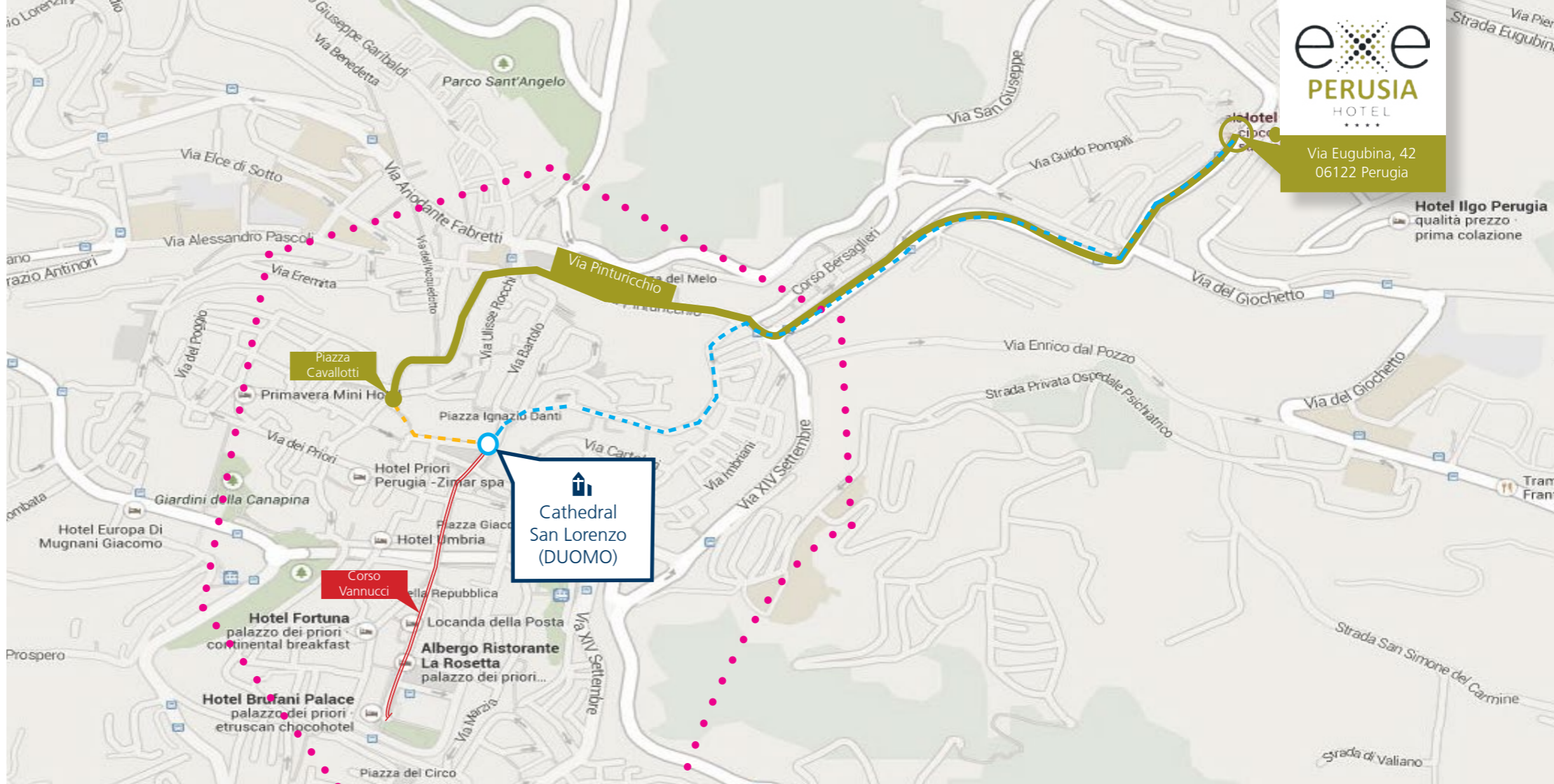
 Piazza IV Novembre Cattedrale di San Lorenzo

 **7 min** Autobus
Line C , F

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