



A VIEW ON VASTO

The map of Italy



We are here !

We live in a region in Italy: Abruzzo



THE TERRITORY OF ABRUZZO

The regional territory covers 10.794 square kilometres, the majority of which (65.1%, 7.027 square kilometres) is mountainous. 34.9% is constituted by hills. The statistics do not mention the plains. Near the coast, in fact, there are no plains, whereas in the inland there are few, in the river's valley bottoms and also at high altitudes. The largest, the Piana del Fucino, can be considered "artificial" because it was the result of the drying up of the lake Fucino in the last century. The territory of the four provinces of Abruzzo is divided into very different altimetric areas. The province of L'Aquila is totally characterized by mountains; in the Chieti area hills prevail, while in Pescara and Teramo the areas covered by mountains are more or less the same as those covered by hills.

THE WEATHER

We conclude with some information on the climate or, more likely, "climates", as Abruzzo has two climates : maritime and continental . The annual average temperature varies from 8°-12° in the mountainous area to 12°-16° in the maritime area; in both areas, though, the differences between maximum and minimum temperature can be considerable. The coldest month is January, when the average temperature on the coast is 8°, while in the interior it often drops below zero.

In the summer the average temperature of both areas is similar: 24° on the coast, 20° in the interior. The slight difference is due to the overheating of the rocky areas in the interior and the consequent letting out of the heat during the night, mitigating the lowest temperatures caused by the altitude. In more internal areas, mainly in the most elevated basins, besides the annual thermal changes, there are also noticeable daily changes that are marked difference between the day and the night temperature.

Also the distribution of rainfall, mainly determined by the mountains and their location, varies according to the area. The rainfall reaches its maximum, in the whole region, in the month of November and the minimum in the summer. On the mountains the rainfall becomes *snow* lasting on the ground for different periods, according to different altitudes: an average of 38 days, in the area of L'Aquila , at an altitude of 55 to 1000mts., 190 days at 2000mts. And throughout the year on the peak of Como Grande.

Abruzzo is in the centre of Italy and it is on the Adriatic sea.

The Abruzzo coastline extends from the river Tronto to the river Triglio and it is long 130 kilometers. The coast is generally sandy and low, but it can also be high and rocky in some parts like in the Natural Reserve of Punta Aderci.

The spectacular towering, steep and coastline of Punta Aderci is similar to Cornwall of Brittany in spring when the inland fields are green and full of flowers. On the promontory of Punta Aderci, not far from the city of Vasto, the beacon of Punta Aderci is erected. The beacon is 70 metres high and it is composed of 307 steps. Protected since 1998 by a Natural Reserve extending for 285 hectares, the rocky coastline stretches from the port and industrial area of Vasto to the beaches of Casalbordino and the mouth of Sinello river.

Underwater divers can observe salps, wrasses, sea anemones and various interesting species of seaweed.

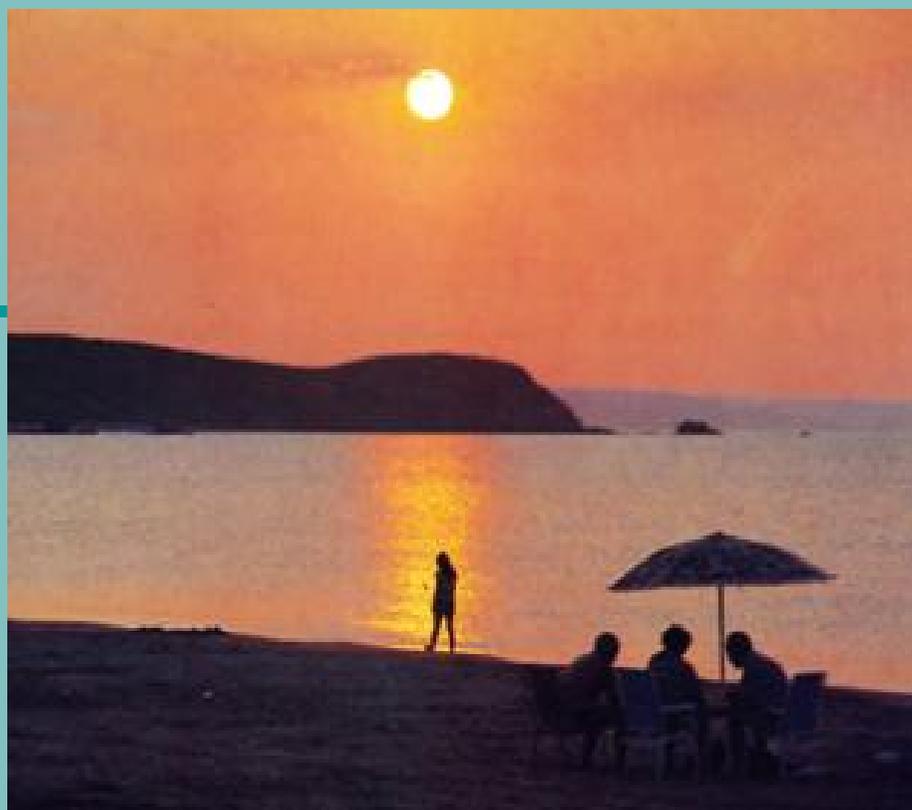
The unasphalted inland roads can be explored on foot or by a mountain bike and the limpid sea is an invitation to go for a trip on a canoe and it's possible to practice subaving. A really beautiful experience because it offers the possibility to discover the sea depths; but it can also become dangerous, for this reason it is necessary to know the risk that it involves.

The coast of Abruzzo is also a resource for the entertainment and amusement for the tourist that every year visits in summer.

They can also spend a funny day at the aquatic park of Aqualand.

Punta d'Erce





The marine flora

The Gulf of Vasto Marina



TRABOCCHI

Trabocchi are fishing huts built on piles, on the seashore.

They stretch out above the rocks through a walkway. Thanks to a fishing net hooked on to long outrigger arms, you can get to spots where the sea is deeper and more abounding in fish without using a boat.

Trabocchi are also a shelter for the fisherman waiting to haul in the nets and a closet for storing tools.

During the ages many families earned their livelihood from fishing through trabocchi. Indeed, the haul was eaten by families, but it was also exchanged with other foodstuffs or it was sold on the trabocco itself or in stalls by the roadside.

You can see trabocchi in several areas of the Adriatic coast and in Vasto too.

In the last two centuries they attracted travellers and poets. Their look charms still today thanks to that weaving of beams and ropes so fragile and light seemingly, in fact so flexible and resistant to the most fearful sea storms.

In the last few years almost every trabocco has been rebuilt. They have no more their previous economic function. Today fishing from trabocchi is above all a Sunday hobby rather than an economic business.



Trabocco, in località "Grotta del saraceno".

A typical "trabocco", or wooden fishing rig, in a place called "Grotta del saraceno".



Magnifico trabocco in tutta la sua maestosa.

A wonderfully majestic fishing rig.



THE TEATINA COAST

The coast of the province of Chieti is a wonderful space where light outlines the land on the sea, the majestic mountain in the background and the villages with their towers and castles; from Ortona to Vasto tourists can find nature, art, sport and excursions and the unique taste of local gastronomy. A very interesting itinerary on foot goes from Marina di Vasto to the beach of Acquabella in Ortona, to see the rivers, the ports, the beaches, the bays and the rocks from the coast and especially the typical "trabocchi", the fishing platforms overlooking the sea. They are the landmark of the coast, a perfect link between land and sea, the deep expression of human activities here.



**The Little Siren,
the symbol of Vasto**



Fireworks on the gulf of Vasto

Aqualand is a splendid and complete aquatic park. There is a babyclub, a bar, an arena, a discotheque on Saturday night, swimming pools, slides and restaurants.



Biotopo

The Coast Biotopo of San Salvo is a protected area, extended for approximately 60 hectares, instituted in the 1999 by INFA – National Institute for environmental refurbishment -

Situated in the southern extremity of the coast of Abruzzo, the Biotopo is one of the last examples of the ancient dunale system in the medium Adriatic area in which can be seen rare botanical species, elsewhere extinct, included in the Red Book, book of the rare plants of Italy.

San Salvo thanks to the presence of the coastal Biotopo, has been rewarded with the Blue Flag in 1992 and from 1999 to 2006. The Blue Flag of Europe is an acknowledgment of the FEE (Foundation For Environment Education) and is assigned every year for the quality of the coast, water, and for the environmental education of activities on this area.

From the naturalistic point of view the operation of the Coastal Biotopo is very important because it is the only plan of the sort in Italy and it can be the laboratory for the reconstruction and the conservation of other dunal areas.

There are then more practical aspects like the conservation and reintroduction of some dunali plants and the observation of unusual species of birds.

The dunes have also a role in the defense of the coast from the erosion of the sea, because they are a fundamental bastion against the coast erosion. Where the coastal dunes doesn't exist and there aren't other particular protecting devices, the coast is eroded by the sea that advances with obvious tourist damages resulting in great expenses in order to build breakwater barriers.

In the last period the municipalities of San Salvo and Vasto, together with INFA, have developed the "life" project which is aimed to protect other dunes in zone.

The "Biotopo" in San Salvo



Rossetti Square



Caldoresco Castle



D'Avalos Palace



Mosaic flooring of the thermae



Roman Cisterns



The statue of Gabriele Rossetti



Portal of the church of San Pietro



Punta Penna lighthouse



Historical commemoration of the "Toson d'oro"



Rossetti theatre



MACCHERONI

Surely « Pasta » is the typical ABRUZZESE dish, in particular the « MACCHERONI ALLA CHITARRA », gastronomic symbol of the region.

These « MACCHERONI » are home made in an unique way with a rectangular stringed instrument similar to a guitar, on which you have to extend the dough and after you have to pass on with rolling-pin.

You can season with a tomatoes and meat sauce.



INGREDIENTS

For 4 people : 400 g of flour of hard wheat

4 eggs

a pinch of salt

PREPARATION

Mix the flour with eggs and a pinch of salt .

When the dough is thick, make a ball and let it rest for about fifteen minutes.

Roll it on the instrument similar to a guitar, pass on with the rolling-pin and this way the « MACCHERONI » (spaghetti) are ready.

Now, place the spaghetti in boiling salted water, stir from time to time.

Drain them.

Season with a tomatoes sauce or with a meat sauce with chilli powder, if you want, in a large warm serving dish.

Pelosi



"Brodetto" - Fish soup



INGREDIENTS

1kg different species of fishes, 1 olive oil glass, red vinegar, dried chilly peppers, 6 slices of bread, 1 onion, salt

PREPARATION

Stir fry the chilly peppers, take them away and crush them; add a glass of red vinegar and pour the mix in a pan. After 10 minutes, take the fishes and put them in the previously prepared mix of chilly peppers. Season with salt and cook 15 minutes long on a high flame. Serve with slices of bread.

abruzzo: vasto e san vito

La spiaggia di Palermi, località tra San Vito e Roscanica. In questa zona il mare polifloro è caratterizzato da alghe e coralli colorati.



Fishing



Agriculture



Industry



Handcraft



Tourism



Raffaele Mattioli



RAFFAELE MATTIOLI

The great banker Raffaele Mattioli was born in Vasto in 1895 from a well-off family who encouraged him to study in the fields of economy and commerce; since his youth he showed a brilliant and versatile intelligence which led him to a successful career up to reaching the Comit, the Italian Commercial Bank in 1925. He became managing director in 1933 and chairman in 1960, and he followed with his work the process of

economic growth and industrialization of the country after the drastic crisis of the 1930s. His contribution to finance was remarkable, but he also had a strong passion for philosophy and literature, he loved studies and history and was considered an outstanding man of culture. This ingenious protagonist of Italian high finance never came back to Abruzzo but he preserved memories of dialects, costumes and traditions of his land; he died in 1973 in Rome.

Filippo Palizzi



He was born in Vasto in 1818; he like painting since he was young and so he reached to Naples his already famous brother Joseph.

He began with the historical and nude painting but after winning the first price at Nice Arts Academy for “The most beautiful cow painting”, he dedicated only to animals, in which was an insuperable teacher.

Among his works we remember: “Ettore Fieramosca”, in the National Gallery of Modern Art in Rome, and “L’Arca di Noè” in Royal Palace of Capodimonte in Naples.

His pictures of animals are in the most important Royal Palaces and Museums in Europe and the quotations of these works are at very high levels.

He died in 1899.

Gabriele Rossetti



He was born in Vasto in 1783; he had interest for poetry and painting since he was young and so in 1804 went to Naples.

He began with painting but had best fortune with idyllic and pastoral poetry, composing the musical work for S. Charles Theatre in Naples “Giulio Sabino” in 1805.

Under Gioacchino Murat he was employed as Conservator of sculpture in Royal Museum of Naples and then as Secretary of the Temporary Govern of the Public Teaching and Nice Arts in Rome.

In 1820 he composed a famous ode sing from all liberals of Naples, he was brought to death and so he went away before in Malta and then in London.

Here he gave Italian lessons until 1831; then in 1826 published his “Analitic Comment to Divina Commedia” and in the same year he married Francesca Polidori who gave him four son; these became important men in English art and literature.

In 1845 he became blind, left the teaching and died in London in 1853.



PROJECTS 2007 - 2008

Magistral Institute "R. Pantini"



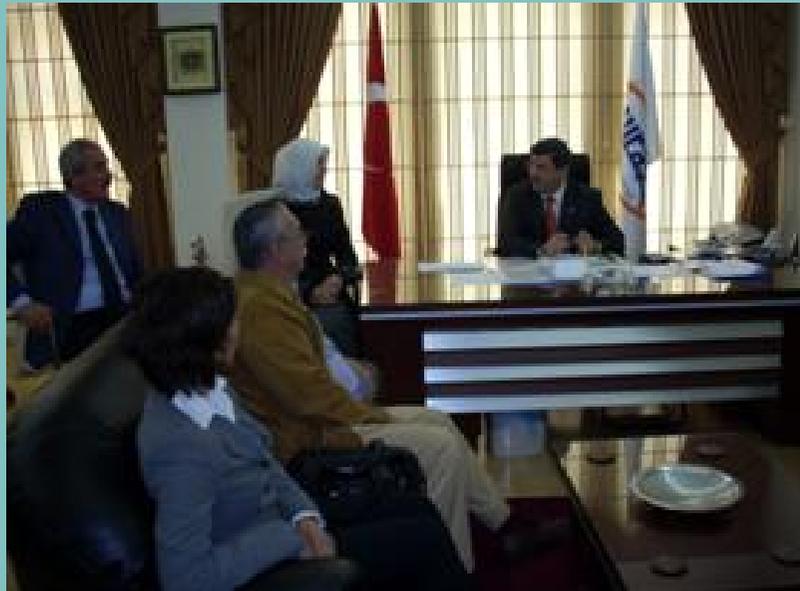
Activity with old men



Activity with computers



Delegation of Vasto – Meeting Ankara 2008





Counter consultation underage and family



Workshop teachers training – Cesscom Vasto site





**SOCRATES PROGRAM – ACTION GRUNDTVIG 2
PROJECT RAPT: RAISING ABILITY OF PARENTS END
TRAINERS – YEAR 2007–2008
PROJECT: Ce.S.S.Co.M.**

RAISING ABILITY OF PARENTS AND TRAINERS (RAPT)

In the second year of the RAPT Project, Ce.S.S.Co.M. (Mediation and Conciliation Centre) carried on a series of activities called “*Parenthood Project*”, to raise the ability of parents and trainers at an educational, personal, social and cultural level.

The ideas proposed have been chosen and built on the basis of real needs, utilizing the capacities and resources of all the people involved.

The project has been set up on the basis of the research-action approach, starting from the analysis of the needs of the people involved (students, parents, teachers) and then expressing possible solutions. Consultants of the association together with experts from schools gave their contribution to the “*Parenthood Project*”.

We set up the following activities:

Social research “Teenagers and Family” in cooperation with “Liceo of Social Sciences” of Vasto;
Advice centre for teens, teachers and parents at the Secondary School of Palmoli in cooperation with the Social Cooperative “IGECO Service” of Lanciano;

Home teaching in Scerni for families with children from 10 to 14 who have problems concerning generational conflict or risky behaviours, in collaboration with the Social Cooperative “IGECO Service” of Lanciano;

Advice centre for families in cooperation with Federcasalinghe (Housewives Association) in Teramo;

Advice centre for singles, couples and family mediation at the offices of our association in Vasto.

SOCIAL RESEARCH "TEENAGERS AND FAMILY" IN COOPERATION WITH "LICEO OF SOCIAL SCIENCES" OF VASTO

The aim of the research was to analyze relationships within families. It was conducted on 80 teenagers aged between 15 and 16, in cooperation with some teachers of the Liceo of Social Sciences. They were given an anonymous questionnaire consisting of 8 questions.

TEENAGERS AND FAMILY

1) *How many people are there in your family?*

- 2
- 3
- 4
- more than 4

2) *When you have a problem you turn to*

- Both my parents
- My mum
- My dad
- Brothers or sisters
- A teacher
- A friend of the same age
- An adult I know well
- Experts
- Experts in my school
- Nobody

3) *In each couple of sentences choose the best one to describe your father*

- a. He's always busy
- b. He's got time for me

- a. He doesn't speak much to me
- b. He's always cheerful

- a. He often beats me
- b. He rarely beats me

- a. He doesn't trust me
- b. He trusts me

- a. He doesn't help me
- b. He helps me when I need it

- a. He gives me a little of himself
- b. He gives me a lot of himself.

4) *In each couple of sentences choose the best one to describe your mother*

- c. She's always busy
- d. She's got time for me

- c. She doesn't speak much to me
- d. She's always cheerful

- c. She often beats me
- d. She rarely beats me

- c. She doesn't trust me
- d. She trusts me

- c. She doesn't help me
- d. She helps me when I need it

- c. She gives me a little of herself
- d. She gives me a lot of herself.

- I am uncommunicative
- I am angry and sad with them
- I am violent and aggressive.

5) *Why do you usually have an argue with your parents?*

- We have different opinions
- They don't listen to me
- They don't give me what I want
- I don't trust them
- For trifling reasons

6) *What should your parents do?*

- Let me meet my friends at home
- Let me wear what I wish
- Let me go to the disco
- Let me go out more often
- Give me more money
- Buy me a moped
- It's OK what they give me

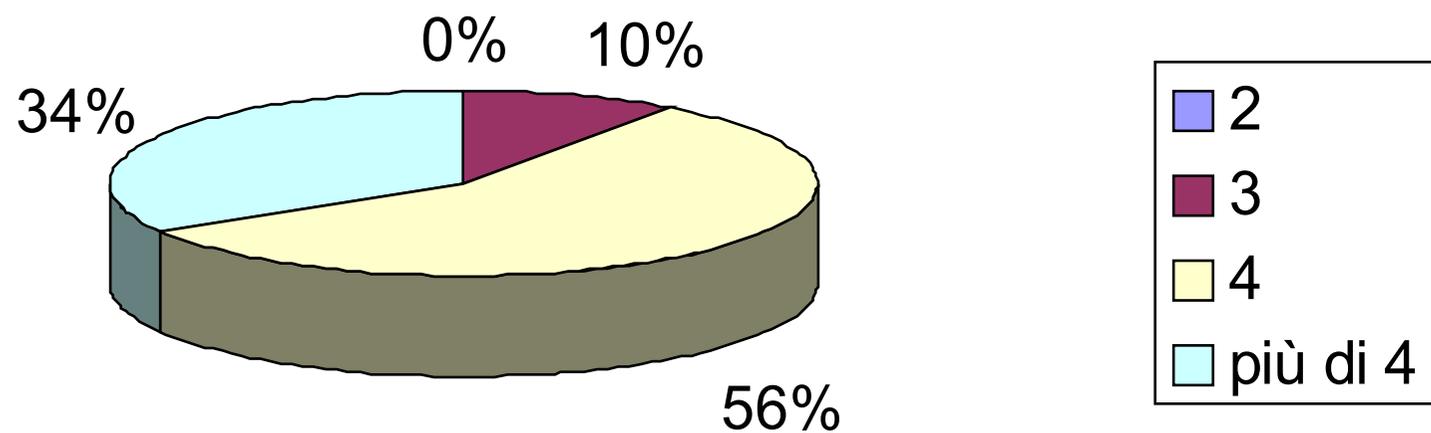
7) *Which is your most common attitude towards your parents?*

- Anger
- Aggressiveness
- Serenity and tolerance
- Sadness for their disapproval.

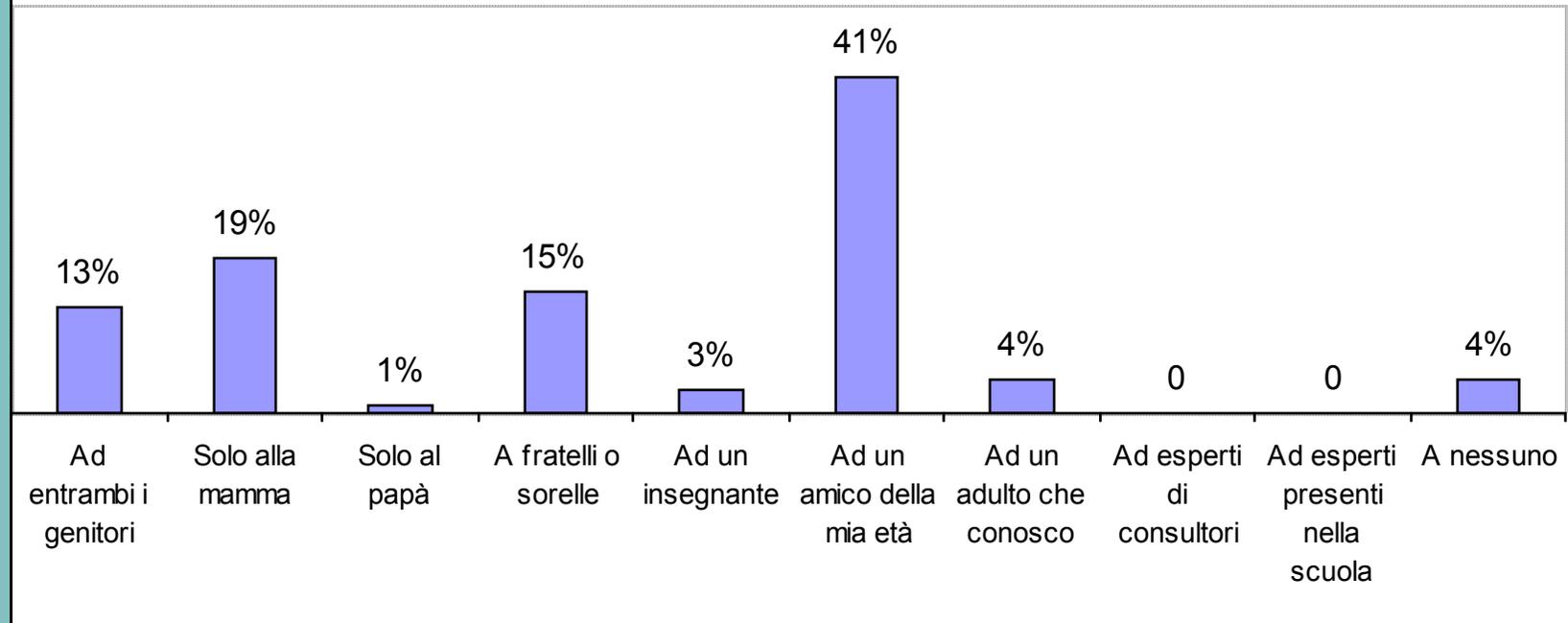
8) *After a quarrel (or conflict) with your family, what's your attitude towards your friends?*

- It has no consequences

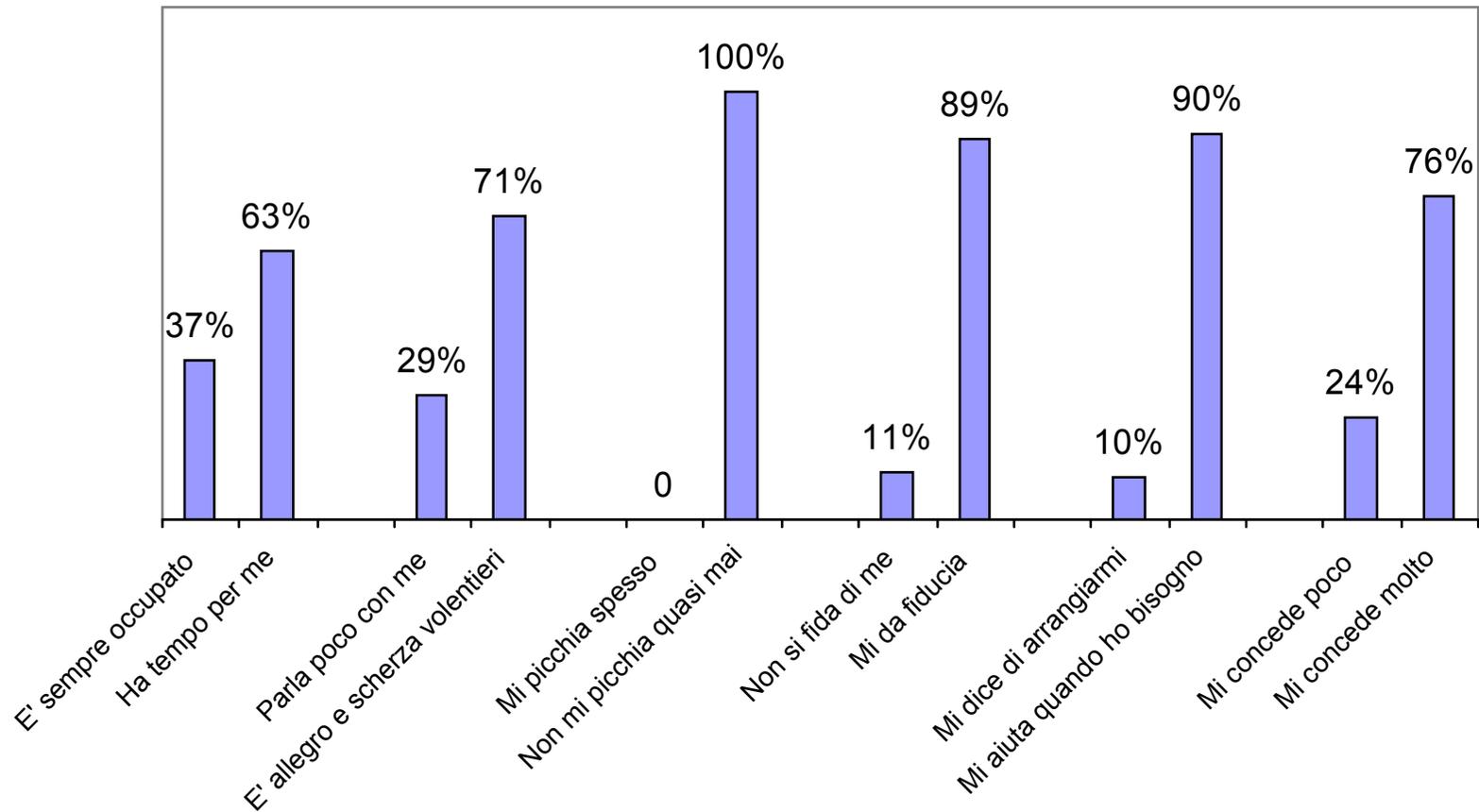
HOW MANY PEOPLE ARE THERE IN YOUR FAMILY?



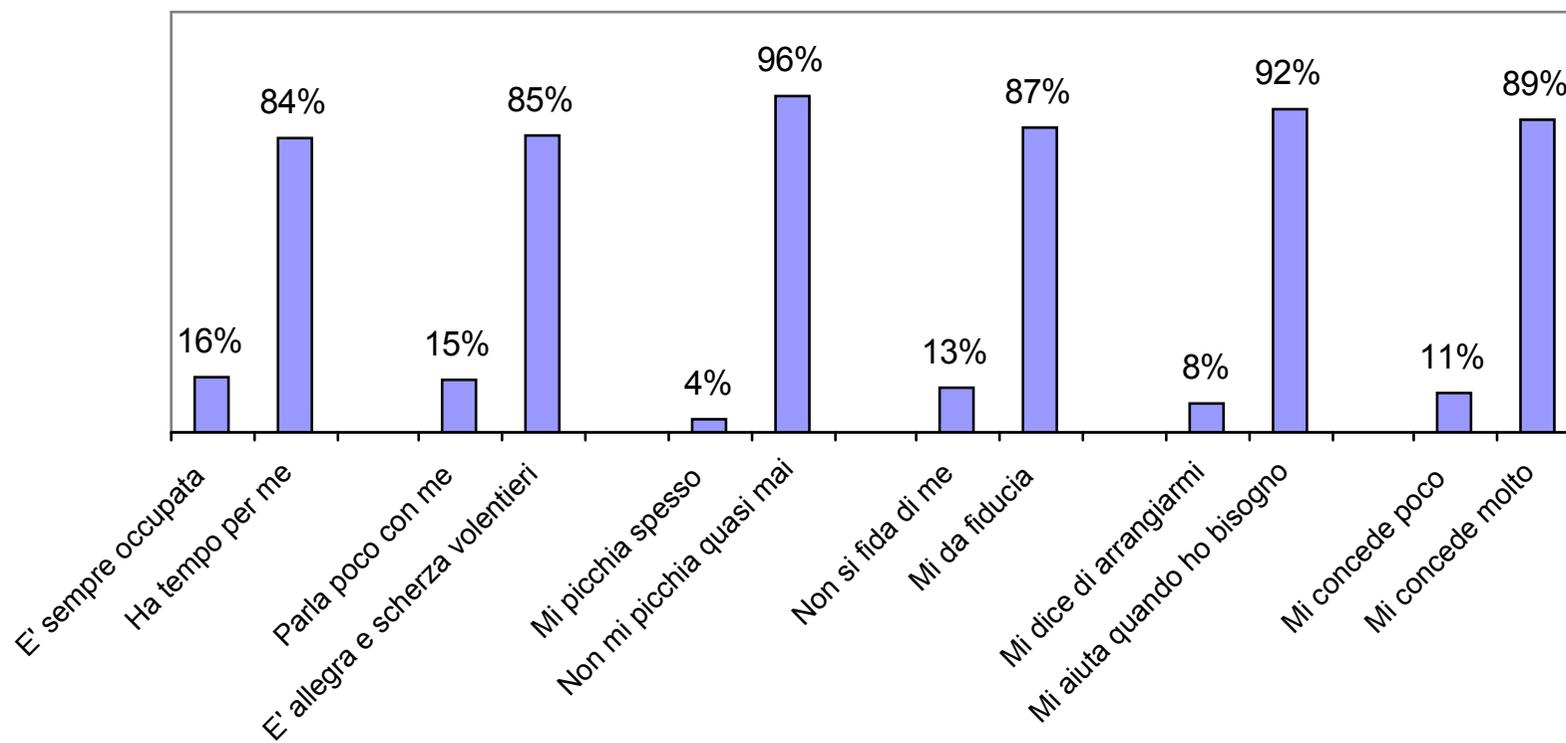
WHEN YOU'VE GOT A PROBLEM YOU TURN TO



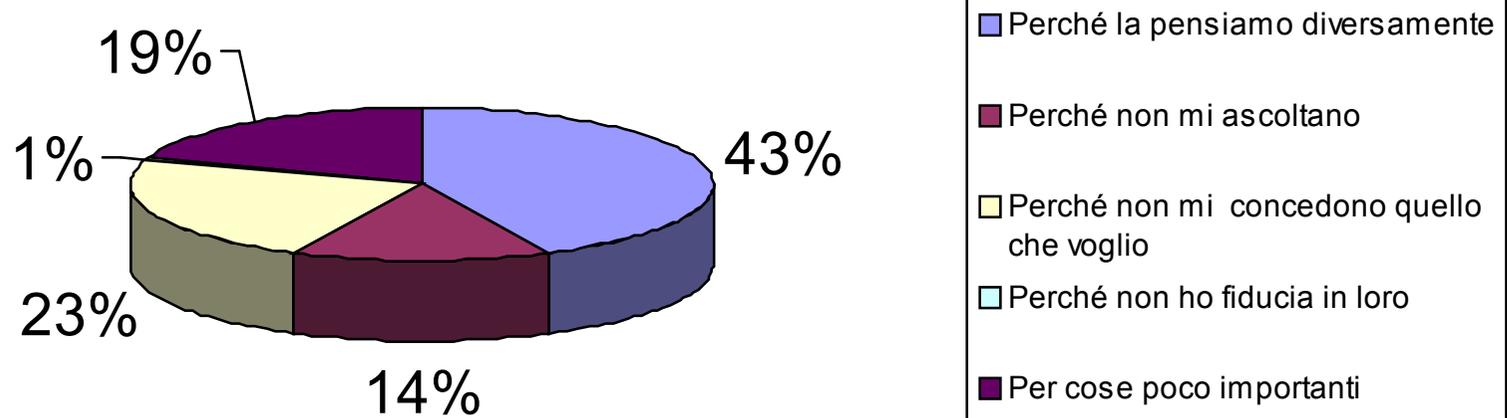
**IN EACH COUPLE OF SENTENCES CHOOSE THE BEST ONE
TO DESCRIBE YOUR FATHER**



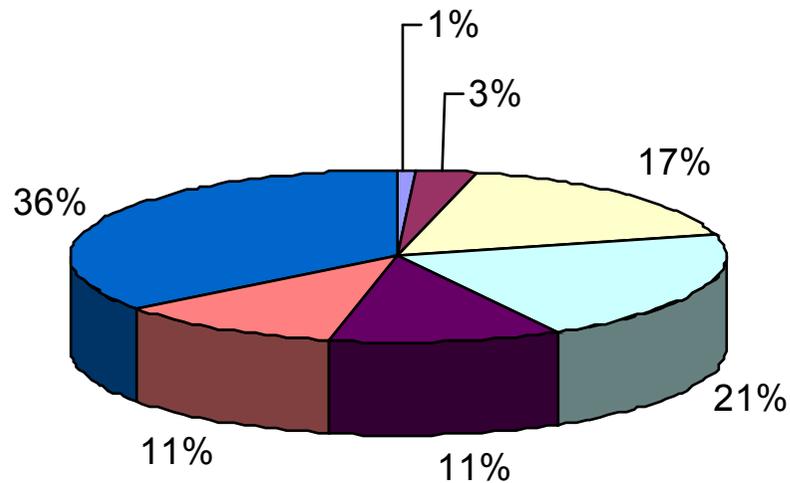
IN EACH COUPLE OF SENTENCES CHOOSE THE BEST ONE TO DESCRIBE YOUR MOTHER



WHY DO YOU USUALLY HAVE AN ARGUE WITH YOUR PARENTS?

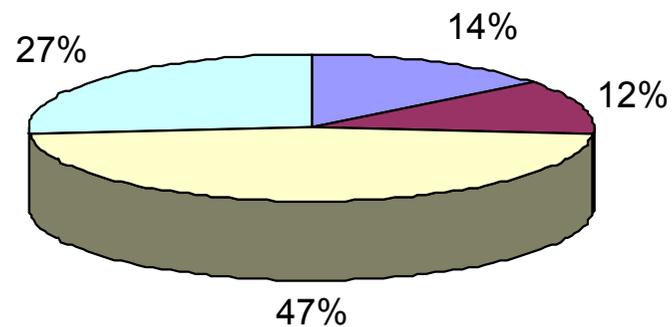


WHAT SHOULD YOUR PARENTS DO?



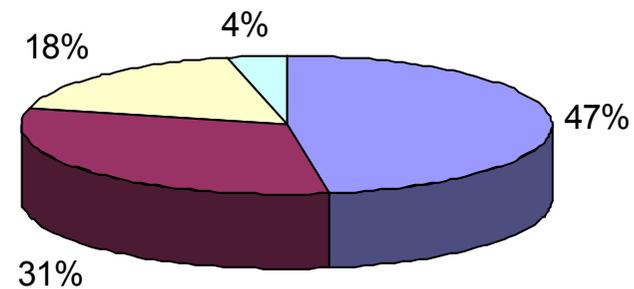
- Lasciarmi ricevere amici in casa
- Lasciarmi vestire come voglio
- Andare in discoteca
- Lasciarmi uscire di più
- Avere più soldi da spendere
- Avere il motorino
- Mi va bene quello che mi concedono

WHICH IS YOUR MOST COMMON ATTITUDE TOWARDS YOUR PARENTS?



- Rabbia
- Aggressività
- Serenità e tolleranza
- Dispiacere per il tuo comportamento contestato dai genitori

AFTER A QUARREL (OR CONFLICT) WITH YOUR FAMILY, WHAT'S YOUR ATTITUDE TOWARDS YOUR FRIENDS?



- Non ha alcuna ripercussione
- Ho un comportamento di chiusura
- Sono triste e arrabbiato anche con gli altri
- Sono violento e aggressivo

FINAL ASSESSMENT

The teenagers who were the object of this research, live in a family with parents and two children.

When they have a problem, a large number of teenagers prefer to turn to friends of the same age, but the family is still an important benchmark.

In regard to their fathers and mothers, they seem to be present, reassuring, willing to help and generous.

They quarrel with their parents mainly because they feel their parents don't trust them, don't approve of the clothes they wear. In addition, they don't feel free to go out with their friends.

Nevertheless, in the majority of cases, the relation between parents and sons is serene, respectful and tolerant. In the minority of cases, teenagers seem to be intolerant and aggressive towards their parents.

In general, family relations don't seem to have any significant influence on their relations with friends.

An overall analysis of the research points out the importance of family during adolescence and few conflictual or unsatisfactory relations. However, even if in the minority of cases, a lack of serenity in the families has serious consequences in the life of teenagers.

Padagogical training for parents can certainly be useful to prevent juvenile uneasiness but more serious cases need specific intervention.

ADVICE CENTRE FOR TEENS, TEACHERS AND PARENTS AT THE SECONDARY SCHOOL OF PALMOLI IN COOPERATION WITH THE SOCIAL COOPERATIVE “IGECO SERVICE” OF LANCIANO

An advice centre for students, teachers and parents has been set up at school:

- for students: a “listening room” where the students can express his doubts and make questions which were too embarrassing to be asked of teachers, classmates and parents
- for teachers: counselling for difficult situations in class or with teenagers and/or parents in difficulties
- for parents: counselling for educational psychology to talk about problems, difficulties and various aspects concerning teenagers’ growth and educational parent/son relation.

From November to March the advice centre helped 45 students from 11 to 14; 12 parents; 5 teachers.

Students spoke above all about problems concerning their growth and love affairs; their difficulty to speak with their parents about their emotional relations; their incomprehension with friends; their need to make choices autonomously, which is typical of adolescence.

Parents were worried about their sons’ smoking habit, their acquaintance with older people, their low enthusiasm for school. In one case the situation was particularly difficult because the boy was very aggressive towards his parents. We put into action a special intervention with him and his family, in cooperation with the social services.

Teachers asked for help above all because the students don’t respect the rules and have little enthusiasm at school. We helped them with a training about cooperative learning.

Home teaching in Scerni for families with children from 10 to 14 who have problems concerning generational conflict or risky behaviours, in cooperation with the Social Cooperative “IGECO Service” of Lanciano

The project has been set up to support parents with children at risk of deviance who are already in charge of social services.

An individualized project, lasting 5 months, was arranged with the aim to rebuild the net of relationships inside the family, redefining the roles in the parent-child relation.

It involved 3 families.

The project, which ended in March, has been successful in two cases out of three.

Methodological instrument: P.E.I. planned and supervised by an expert of the association with the support of a Social Cooperative.

Middle and final verification have been carried out.

Advice centre for families in cooperation with *Federcasalinghe* (Housewives Association) in Teramo

Multi-function advice centre (help desk) addressed not only to parents, children and teenagers but also to social workers. A meeting place meant to give an answer to the needs of families through psychological, psychosocial and educational support. This advice centre has been planned in cooperation with *Federcasalinghe* (Housewives Association) to promote family resources and prevent risk factors during growth and inside families.

Activities set: guidance, counselling, support.

It has been opened from November 2007 to February 2008, receiving a total of 76 users.

Advice centre for singles, couples and family mediation at the offices of our association in Vasto

Meetings with parents have been promoted and set up with the support of consultants of our association who are expert in family mediation and educational and family relationships, with the aim to facilitate the comprehension of family dynamics and cope with conflicts between parents.

Meetings were conducted with 6 couples and 5 single parents. It offered parents some time and a place to reflect upon their educational method, upon being father and mother and the choices to make together.

The meetings promoted mutual listening of challenging daily experiences, characterized by frailty and confusion but everyone's resources were recognised and put into action.