

# Historic Preservation and Sustainable Design in the Etruscan Hill Towns of Central Italy

October 15-25, 2021

36 AIA-Approved HSW Learning Units



Civita di Bagnoregio, Italy

Travel to the Etruscan Hill Town region of Italy to discover these intensely beautiful towns, landscapes and culture.

This 10-day travel program focuses on modern and historic design, sustainability, preservation, art and architecture, food and wine in ancient hill towns and world-renowned UNESCO World Heritage Sites.

Please scroll down through this booklet for more information, and email us at [programs@civitainstitute.org](mailto:programs@civitainstitute.org) with questions and to reserve.







The Etruscan hill town civilization of central Italy was crucial to the development of Western culture, art, agriculture, and architecture. Enduring yet fragile, geological instability, conflicts and time have taken their toll requiring continual creativity, rebuilding, and stabilization.

These hill towns present a living laboratory of sustainable design efforts across history.

Join us in Italy for this small group tour and explore historical and modern design culture in an unforgettable series of experiences created to promote design excellence by CrossCulture, The Civita Institute and the American Institute of Architects.



## Your experiences include:

- An insider's connections with The Civita Institute and the **famed hilltown of Civita di Bagnoregio**, an ancient Etruscan site that predates the founding of Rome.
- Travel to the **Etruscan hill town of Perugia** and a first hand look at a modern city with a highly preserved historic center.
- **Experience beautiful and evocative Siena**, with its high level of preservation plus modern insertions.
- Journey to the **mystical hill town of Assisi**, a World Heritage Site, with an array of preservation interventions that have made this a center for European art and architectural culture in the modern era.
- **View the sustainability efforts** spanning centuries in the fascinating Renaissance era "Ideal Town" of **Pienza**.
- Tour the phenomenal sites of **Tarquinia, Cortona, Tuscania** and the architectural masterpiece of the **Villa Farnese at Caprarola**.



**This small group tour features 36 AIA HSW Learning Units** and an opportunity to connect with amazing people and places, on an extraordinary level.

**Intended not only for architects** - but for anyone with an interest in experiencing the art, architecture and environments of this phenomenal part of the world, a region that has played such a crucial role in the history of world culture.





Civita di Bagnoregio. Photo by Tom Miller

Your travel guides and compatriots for this remarkable journey:



**Nancy Josephson** is President of The Civita Institute, a nonprofit arts and architecture organization with facilities in Civita di Bagnoregio, Italy. She is leading its restoration of a medieval cantina and chairs its AIA Continuing Education Committee. Nancy is co-owner of Josephson\_Day Consultants and spent seventeen years in Capital Projects managing the development, design and construction of public schools in Washington. She is past-President of the WA Chapter of the Association for Learning Environments and has been a leader of high-performance schools. She worked closely in Rome with the renowned Professor Astra Zarina, founder of the University of Washington Rome Center, and a founder of The Civita Institute.



**Stephen Day** is past President and chairperson for the Educational Programs and Facilities committees for The Civita Institute. Stephen also worked with Professor Astra Zarina in Rome and with others in developing The Civita Institute. Stephen is owner of Stephen Day Architecture in Seattle, a design firm specializing in the restoration and re-invention of historic properties. Stephen has lectured at national and international conferences on historic preservation and modern design in the context of historic architecture, including co-presentations on design with the U.S. National Park Service, the AIA and the National Trust for Historic Preservation.



## Comments from Past Program Participants:

*"How the Civita experience would impact my practice went straight to the core of my motivation in joining - and has provided more venues of thought - professional and personal- than anticipated or expected."* Eduardo L.

*"Through Nancy's and Stephen's careful preparation and guidance we were immersed in the sights, places, and landscapes of central Italy; we met local experts and spent time learning about their work to preserve the buildings, culture, and lives in this beautiful area of the world."* Tim R.

*"Thanks for all your efforts in providing our group with such a well-organized, informational and fantastic experience. I am still thinking about our journeys and how wonderful a time spent..."* Audrey G.



Villa Farnese, Caprarola

*"The travel included amazing food, sights, and experiences of the less-traveled parts of Umbria and Tuscany while giving **priceless insight into the hearts of the people who live there and the soul of the Place.** I cannot recommend this travel too highly!"* Tim R.



# Itinerary and Program Summary

First: Travel to Orvieto, Italy by your preferred means and route.

## Day 1:

Friday October 15  
**Orvieto and Civita di Bagnoregio**



**Travel on your own to the beautiful Etruscan hill town of Orvieto**, located on the main train line running between Rome and Florence, with many trains serving Orvieto daily. Arrive for your pick-up at the Orvieto train station by mid-afternoon. Transport from Orvieto to Civita di Bagnoregio is included in the program costs. Check-in accommodations in Civita. Group Dinner and Welcome.

**Stay in Civita di Bagnoregio** at the historic Civita Institute houses and other historic lodging in Civita. All accommodations in Civita are private and include private bathrooms, some with private kitchens.

Dining: Dinner included, in the Renaissance era “Sala Grande” at The Civita Institute historic facilities.

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# Itinerary and Program Summary

Arise in Civita di Bagnoregio in your private residence available to you for the duration of the Tour.

## Day 2:

Saturday October 16  
Civita di Bagnoregio

5 HSW Credits

**Introduction and Tour of the phenomenal hill town of Civita di Bagnoregio**, and the environmental sustainability features of the Etruscan Hill Towns.

Presentation focusing on seismic improvements to archaic masonry structures, with tour of typical Civita historic buildings, with various seismic conditions.

Insiders' tour of Civita di Bagnoregio structures in the center of this historic town and observe its system of naturalistic pathways into the ancient valley.

Tour the Museo Geologico e delle Frane in Civita di Bagnoregio to learn about the geological structure supporting the hill towns in this region, the seismic issues at play, design and engineering interventions completed in Civita and environs, and the fascinating affects of geology on the world-renowned wines of this region.

**Stay in Civita di Bagnoregio** at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Lunch, Dinner included.



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# Itinerary and Program Summary

Buongiorno Civita, breakfast in the Sala Grande, and travel to Tarquinia and Tuscania for the day.

## Day 3:

Sunday October 17  
**Tarquinia and Tuscania**

**5 HSW Credits**

**Travel to Tarquinia**, ancient center of Etruscan culture, situated above the Mediterranean Sea. Tour the UNESCO World Heritage site of Tarquinia's Etruscan acropolis, an example of an integrated cultural landscape and a naturalistic ancient landscape. Tour the beautiful medieval town with its evocative displays of Etruscan art, and view modern seismic interventions.

**Travel to the ancient hill town of Tuscania**, an Etruscan walled city of great beauty; observe historic restoration and seismic improvements since an earthquake caused extensive damage and loss of life in 1971.

**Stay in Civita di Bagnoregio.**

Dining: Breakfast included, Lunch and Dinner on your own.





# Itinerary and Program Summary

Buongiorno Civita, breakfast in the Sala Grande, and travel to Todi and Perugia for 2 nights.

## Day 4:

Monday October 18  
Todi and Perugia

5 HSW Credits

**Travel to Perugia**, with stop at the significant Renaissance era church of Santa Maria della Consolazione, arrive Perugia late morning.

Tour Perugia, a world-renowned center of art, and its major modern interventions woven into the context of world heritage historic architecture and urbanism.

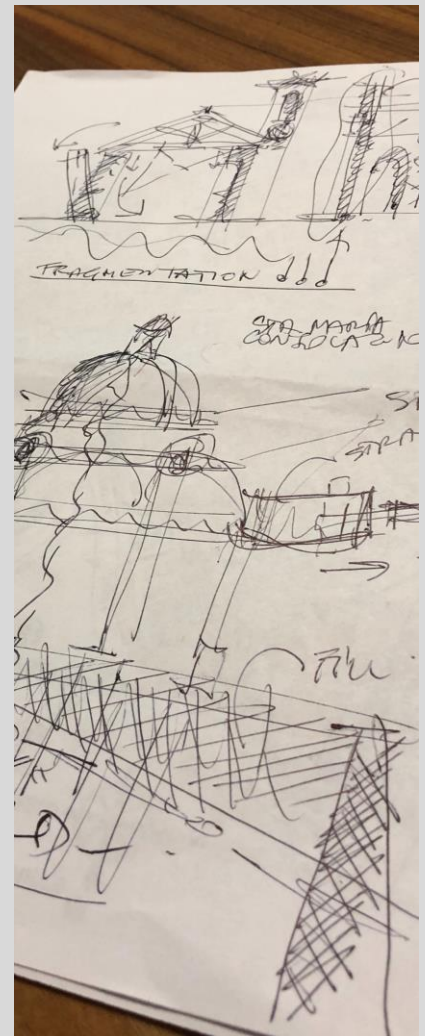
Tour Perugia's "Minimetro" transit system integrated into the historic Etruscan hill town geology, designed by Atelier Jean Nouvelle (Paris), connecting newer areas to the ancient town.

Tour Perugia's unique system of vertical transportation (escalators, elevators) carefully integrated through the rock base of the hill town, linking parking garages and transit to the largely auto-free historic center crowning the top of the hill town.

Tour the Rocca Paolina, a historically-unique Renaissance era enclosure of a large medieval quarter of the city, all under one common series of roofs, with ancient streets and buildings gathered, intended as both a means of protection and control.

**Stay in Perugia** at the Hotel Locanda Della Posta, located in the historic center.

Dining: Breakfast and Dinner included, Lunch on your own.



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# Itinerary and Program Summary

Buongiorno Perugia, breakfast at hotel Locanda della Posta, travel to Assisi. Stay in Perugia.

## Day 5:

Tuesday October 19

Assisi and Perugia

5 HSW Credits

**Travel from Perugia to nearby Assisi**, arrive late morning. Assisi is one of the most significant religious/cultural/architectural pilgrimage sites in the world. Tour the landscape and approach to hill top Assisi, seeing the remarkable environmental relationships between the hill town, cathedral and surrounding Umbrian countryside.

Tour the extremely important seismic installations in the Basilica of San Francesco, installed following the collapse of vaulting and destruction of world-renowned frescoes in a 1997 earthquake. These structural and public safety campaigns resulted in an innovative series of preservation and restoration interventions that protects people and cultural heritage.

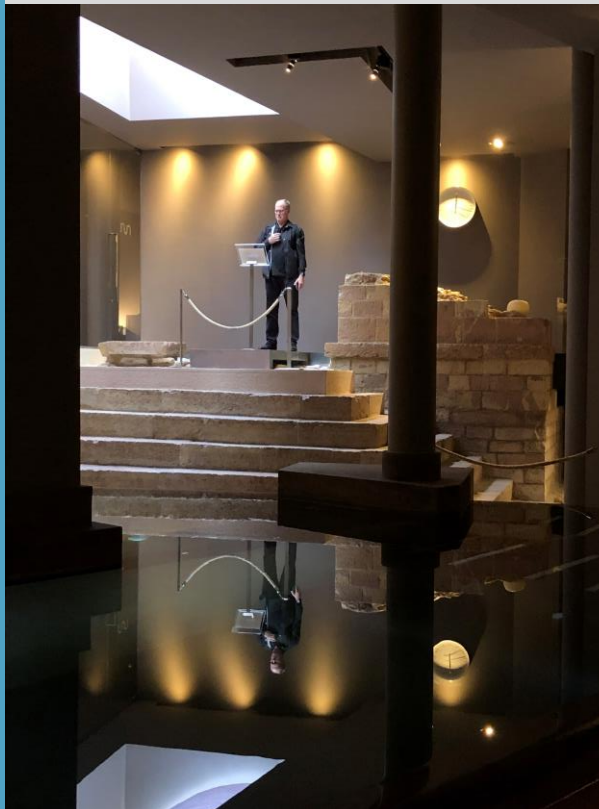
**Tour the town of Assisi**, with numerous examples of both vernacular and civic architecture dating from Roman, Medieval, Renaissance and more recent eras, showing various seismic improvements means and methods for archaic masonry and wood structures.

Tour the modern parking and transport infrastructure supporting Assisi's enormous influx of visitors each year, allowing the flow of huge numbers of visitors while still protecting the historic preservation integrity of this UNESCO World Heritage site.

View beautifully-designed modern architectural interventions woven into this vibrant and evocative hill town.

**Stay in Perugia** at the Hotel Locanda Della Posta, located in the historic center.

Dining: Breakfast included, Lunch and Dinner on your own.



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# Itinerary and Program Summary

Buongiorno Perugia, breakfast at Hotel Locanda della Posta, travel on to Cortona, Pienza and stay in Siena.

## Day 6:

Wednesday

October 20

Perugia, Cortona,  
Pienza

4 HSW Credits

**Perugia morning:** Tour examples of seismic upgrades and public safety improvements added to notable historic structures in the city center. View a series of Perugia's Etruscan, Roman and Medieval walls and portals surrounding the city to illustrate both historic preservation and historic layering through the centuries.

**Travel in the afternoon to nearby Cortona,** one of the oldest human settlements in Europe. The hill town of Cortona is believed to have been occupied long before the Etruscans arrived, and eventually became part of the Etruscan confederation. Cortona is a quintessential Etruscan hill town, with a beautiful, well-preserved historic center situated on a high butte with extraordinary views and agricultural landscapes surrounding it.

Tour Cortona's historic preservation of its Etruscan/Roman/Medieval town plan, and its layered Etruscan and Roman walls.

### **Travel to Pienza and onward to Siena.**

In Pienza, tour significant historic structures in this architecturally-renowned, UNESCO World Heritage site, an "Ideal Town" of the Renaissance era that includes a series of structural interventions attempted over the past 500 years aimed at enhancing the safety of the town's inhabitants, geological sustainability and preservation of this beautiful (but fragile) hill town.

It was in Pienza that Renaissance era idealized urban planning concepts were first put in place in a deliberate and substantial manner, based on the work of Leon Battista Alberti.

**Travel from Pienza to the historic center of Siena,** a UNESCO World Heritage site, and one of the largest, most intact, medieval hill towns in Europe. Situated on a series of dramatic ridges and promontories, Siena was created and added to by successive generations as a living, sustainable work of culture, art and architecture that is integrated into the geological and natural environment.

**Stay in Siena** at the Hotel Palazzo Ravizza, located in the historic center.

Dining: Breakfast included, Lunch and Dinner on your own.





# Itinerary and Program Summary

Buongiorno Civita, breakfast in Sala Grande, and travel to Pienza and Siena for two nights.

## Day 7:

Thursday October 21  
Siena

4 HSW Credits

**Tour Siena, one of the great cities of Italy**, and in particular, take a guided tour of Santa Maria della Scala, a highly significant heritage site, opposite Siena's famed Duomo. Important in the history of world art, architecture, and urbanism, the vast complex was one of the first major social welfare establishments in Europe for children, the poor, travelers and pilgrims, on a large urban scale.

**Santa Maria della Scala** stands out in modern times as an extraordinary example of adaptive re-use/historic preservation and sustainability, a rehabilitation completed under the direction of architect Guido Canali, now operating as a multi-story museum that is arranged on various strata of this complex structure, built up over centuries, in some parts excavated directly into the geology of Siena. It presents one of the most significant examples in Europe of a modern series of museum and interpretive interventions, woven into a structural assembly of sacred and secular art and architectural spaces, created across several centuries.

**Stay in Siena** at the Hotel Palazzo Ravizza, located in the historic center.





# Itinerary and Program Summary

Buongiorno Siena, breakfast in the Hotel Palazzo Ravizza, group dinner in Lubriano, stay in Civita di Bagnoregio.

## Day 8:

Friday October 22  
Siena and Lubriano

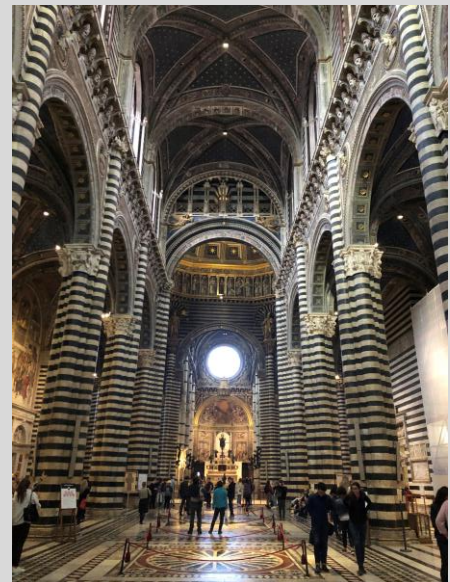
3 HSW Credits

**Learn about Siena's extraordinary complex of historic structures and gardens**, woven together across time, creating a self-sustaining system encircled by medieval walls, with water supplies, vegetable gardens and fruit orchards that historically supplied the population within the protected City-State.

Siena presents an early and significant example aimed at urban balance and sustainability, with lessons for modern cities.

Travel to the hill town of Lubriano, tour its belvedere and piazza, with dinner at an 18<sup>th</sup> Century palazzo created by a renowned chef of Alto Lazio "slow-food" cuisine.

Dining: Breakfast and Dinner included, Lunch on your own.





# Itinerary and Program Summary

Buongiorno Civita, breakfast in the Sala Grande, travel to Orvieto, return to stay in Civita.

## Day 9:

Saturday October 23  
**Orvieto**

**3 HSW Credits**

**Travel to nearby Orvieto**, a highly significant hill town with Etruscan underpinnings and important cultural treasures dating from the past 2,500 years.

Tour Orvieto's massive geological/environmental sustainability projects, integrating structural reinforcement of this ancient Etruscan hill town with parking garages and vertical transportation: infrastructure as a means of geological stabilization, erosion control and traffic control.

Tour Orvieto's historic center as an example of a sustainable and sophisticated historic preservation of a delicate, ancient cultural center, largely free of automobiles.

Explore the Etruscan and medieval era cave complex built under Orvieto's buildings and hill town spaces.

Experience Orvieto's series of public spaces linked to the train station below by a funicolare, leaving the town dominated by pedestrian-friendly streets.

View Orvieto's magnificent Duomo (architecturally related to the Duomo of Siena).

**Stay in Civita di Bagnoregio** at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Dinner included, Lunch on your own.





# Itinerary and Program Summary

Buongiorno Civita, breakfast in the Sala Grande, and travel to Caprarola, tour the Palazzo Farnese.

## Day 10:

Sunday October 24  
**Civita and Caprarola**

**2 HSW Credits**

**Tour Civita di Bagnoregio and environs** and an innovative system of modern geological sustainability measures, designed to prevent loss of life and protect irreplaceable cultural features of this ancient but fragile hill town. Observe the effects of intense tourism pressures that can at times exacerbate environmental degradation and discuss possible solutions.

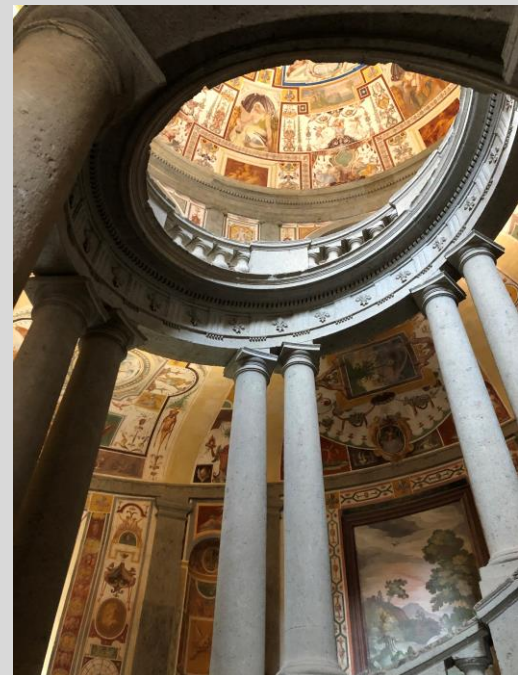
**Travel to the Villa Farnese at Caprarola**, one of the truly outstanding examples in architectural history of a villa that integrates landscape design, art, naturalistic features, and dynamic architecture into an environmental tour de force.

Group lunch at a classic, family-owned restaurant, providing wonderful food and celebrations in the historic center of Caprarola for several generations.

Dinner in Civita di Bagnoregio.

**Stay in Civita di Bagnoregio** at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Lunch, Dinner included.





# Itinerary and Program Summary

Buongiorno Civita, breakfast in the Sala Grande, travel to Orvieto train station and depart.

## Day 11:

Monday October 25  
Civita di Bagnoregio

## Departure Day

**Farewell Breakfast in Civita di Bagnoregio** included.

Program ends, depart in morning from Civita di Bagnoregio, transportation to Orvieto train station provided.

**Grazie e Buon viaggio!**

**Additional notes regarding AIA learning units and this program.** AIA requires notification of the following information. This program course material level is intermediate. Delivery method is face-to-face and will be given on the dates indicated in this Itinerary, although the timing for specific elements may be revised in response to scheduling adjustments or requirements. Pre-requisite knowledge that would be helpful (but not required) includes a general awareness of art and architectural history.

Payments and deposits for this course once paid are non-refundable, even if the participant is unable to attend. Participants who cancel are responsible for finding a replacement participant or forfeit any payments. Participants are encouraged to purchase travel and trip cancellation insurance. However, if this program and its courses are completely cancelled by the providers, payment will be refunded in full. Any complaints about this program of courses may be directed to [programs@civitainstitute.org](mailto:programs@civitainstitute.org).

The Civita Institute is a recognized provider of the AIA Continuing Education System and is responsible for reporting attendance at these courses to AIA (for AIA members) within 10 business days after the conclusion of the program. Learning units shown for a particular day will be earned by a participant to the extent that such participant is present for that full day course.

A participant may opt out of a specific day-long course or portion of that day's course, and if so, will not earn any of the AIA credits for that day.

## **The Traveler Experience and Expectations:**

This 10-day program involves extensive walking, typically in rustic historic hill towns, often involving stairs, without handicap accessibility. Travelers must be in good physical condition and comfortable with walking explorations. Motoring between sites involves passenger van trips, traveling over a variety of road conditions.

Participants agree that they may be included in group photographs that might be reproduced and used in outreach for future programs, unless they notify us otherwise, in writing, prior to the start of the program.





Basilica di San Francesco, Assisi

### Traveler costs (excluding air fare and transportation to Orvieto):

**\$3,490 per person, based on double occupancy.**

**\$3,790 per person, based on single occupancy.**

**Deposit:** A nonrefundable \$500 deposit per person is required to hold a space. Capacity is very limited in this small group program. Deposits may be made by check payable to CrossCulture and mailed to The Civita Institute at 1326 5<sup>th</sup> Avenue, Suite 650, Seattle, WA 98101 USA. Tel: (206) 625-1511, Attention Stephen Day. Simultaneously email your intent to register by contacting us at [programs@civitainstitute.org](mailto:programs@civitainstitute.org) and note you are sending a deposit and enrolling in the Historic Preservation and Sustainable Design in the Etruscan Hill Towns of Central Italy program for October 2021.

**Final Payment** (less the \$500 per person deposit) is required on or before August 15, 2021, with payment by check as described above regarding deposits.

**Included:** All ground transportation in air-conditioned passenger van, beginning with pickup in Orvieto and concluding with return to Orvieto at the end of the program; 10 nights of accommodations divided between Civita di Bagnoregio, and hotels in Perugia and Siena (accommodations in Civita include historic house lodging at the Civita Institute facilities with additional historic B&B lodging); meals included/excluded as summarized in the itinerary attached; tour guides and museum fees that are part of the program; AIA learning units; one-year membership in The Civita Institute.

**Exclusions, Conditions:** Airfare and other transportation required to reach Orvieto prior to the program and from Orvieto after the program ends; passport and visa fees; personal expenses; laundry; meals not specified in the itinerary; travel and trip cancellation insurance; medical insurance (required); all other items not specifically mentioned in the itinerary. Although unlikely, this program, prices, hotels and itinerary are subject to change due to circumstances outside our reasonable control. We reserve the right to modify the program and to make final decisions on the selection of program participants. Civita Institute Visitor Conditions apply to all participants and are available at [www.civitainstitute.org](http://www.civitainstitute.org) (under "Civita Houses" tab).



## Accommodations in Civita di Bagnoregio

**The central home base for the program for 6 out of 10 nights is the renowned hill town of Civita di Bagnoregio at the facilities of The Civita Institute.**

Civita is an ancient Etruscan hill town known internationally for its great beauty and remarkable historical integrity. The town has no automobile traffic, and combined with its medieval and Renaissance era buildings, has a remarkable and evocative character.

Program participants automatically become members in The Civita Institute, and as members, have a choice (first come, first served) between lodgings in the Civita Institute's restored, private Italian-style houses, or in one of the historic, restored lodging establishments we have reserved.

Program breakfast meetings and group dinners in Civita, when not at restaurants in the town, will be in the Renaissance-era "Sala Grande" gathering space with its grand fireplace and atmosphere.

**More information on these accommodations is available at the Civita houses tab at [civitainstitute.org](http://civitainstitute.org). Information on how to reserve your place and lodging space in the program is available by contacting us at: [programs@civitainstitute.org](mailto:programs@civitainstitute.org).**



Traditional cooking in the Civita Institute's Sala Grande  
Photo by chef Maurizio Rocchi of ALMA Civita restaurant





## Accommodations in Perugia (2 nights) and Siena (2 nights)

**Perugia accommodations** will be in the Hotel Locanda della Posta, located in the heart of this ancient city. The historic hotel has been welcoming guests to Perugia since the late 18<sup>th</sup> c. and offers modern Italian-designed rooms in an evocative setting. Past program participants loved the 18<sup>th</sup> C. breakfast salon and wonderful array of local foods set out in a marvelous room with frescoed ceiling.



**Siena accommodations** will be in the historic Hotel Palazzo Ravizza, a long time Sienese home and a hotel for several generations, perched along an overlook of Siena with formal gardens and outdoor dining. The location is within the historic walls and a comfortable walk to the Piazza del Duomo, Santa Maria della Scala, and the Campo.





**Participants of this program will earn up to 36 AIA-approved HSW Learning Units.**

**And in closing - here are a few questions that participants may consider on this program in Italy:**

How is the study of historical architecture in Italy relevant to the contemporary architecture in the US and elsewhere?

What are the principles of scale, proportion, and articulation that one can see in these places that are relevant to contemporary architectural and urban design?

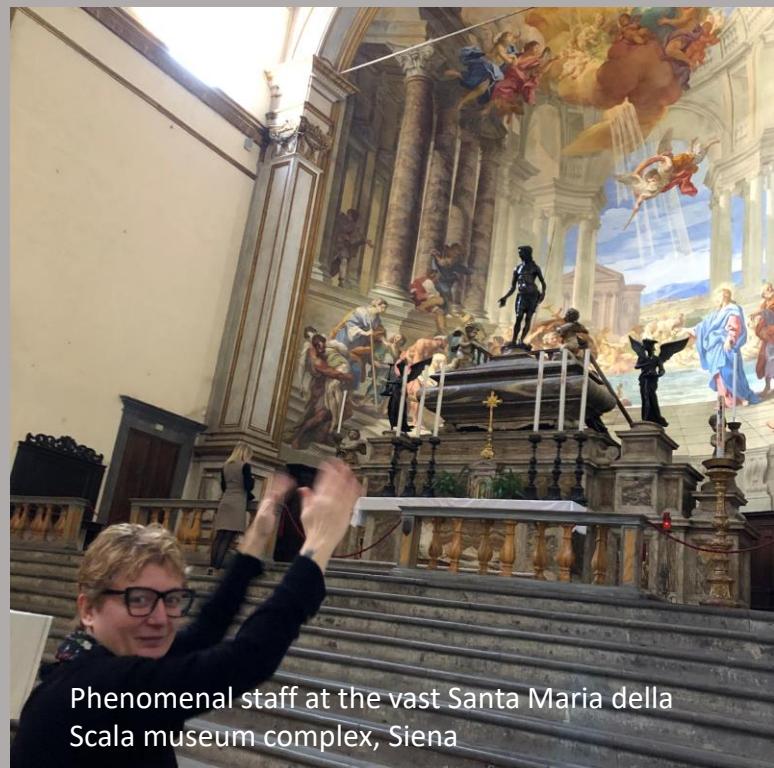
How do Italians incorporate important sustainability and seismic improvements to their extraordinary historic buildings?

Beauty in art and architecture are everywhere we travel on this program in Italy – how can we learn from these places and people in infusing a heightened level of beauty in modern design?

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New seismic vaulting above the chapel, below the roof, in Basilica di San Francesco, Assisi



Phenomenal staff at the vast Santa Maria della Scala museum complex, Siena

**We hope you will join us in Italy!**  
[programs@civitainstitute.org](mailto:programs@civitainstitute.org)