

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

September 21 – October 1, 2024

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 educational 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@civita institute.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.

This is a collaboration between CrossCulture and The Civita Institute, an approved American Institute of Architects education provider. Carbon offsets for travel are included and are contributed to internationally recognized nonprofit organizations focusing on important offset projects. Please note that Covid vaccination is required by The Civita Institute.

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**.



Siena, Piazza del Campo

This small group educational experience 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 education program leaders 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:

Saturday

September 21, 2024

Arrive Orvieto and
travel to
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 to your accommodations in Civita. Group Dinner and Welcome.

Arrive and stay in the phenomenal hill town of 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: Welcome 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 2:

Sunday

September 22, 2024

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 spend the day exploring Civita di Bagnoregio.

Day 3:

Monday

September 23, 2024

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.

Presentations focusing on seismic improvements to archaic masonry structures, ancient and modern landscapes in the Etruscan heartland of Italy, and 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, this unique landscape, and experience a unique wine tasting exploring the fascinating effects 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.



Itinerary and Program Summary

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

Day 4:

Tuesday

September 24, 2024

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.

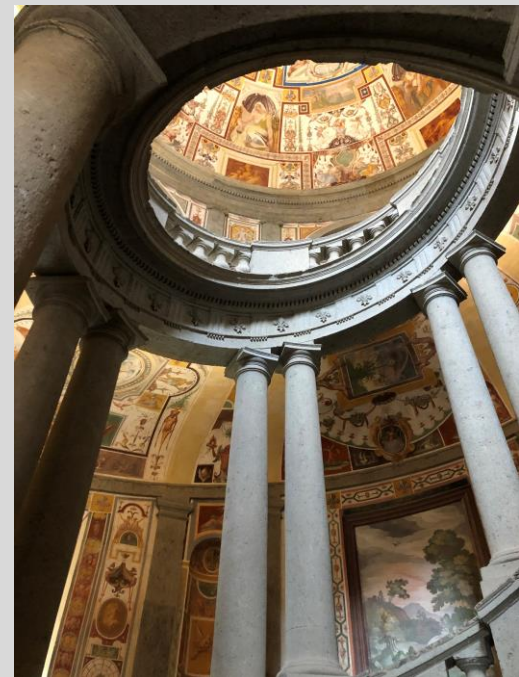
Travel to the Villa Farnese at Caprarola, one of the truly outstanding examples in architectural history of a villa that integrates landscape design, art, naturalistic features, and dynamic architecture into an environmental tour de force.

Group lunch at a classic, family-owned restaurant that has provided locally-sourced food and celebration 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 included, Dinner on your own.



Itinerary and Program Summary

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

Day 5:

Wednesday

September 25, 2024

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, travel to Pienza, stay in Siena for two nights.

Day 6:

Thursday

September 26, 2024

Pienza and Siena

3 HSW Credits

Travel to Pienza and onward to Siena.

In Pienza, tour significant historic structures in this architecturally-renowned, UNESCO World Heritage site. Pienza is 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 and architectural concepts were first put in place in a deliberate 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 Athena, located in the historic center.

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



Itinerary and Program Summary

Buongiorno Siena, breakfast at Hotel Athena, tour Siena and the Santa Maria della Scala complex.

Day 7:

Friday
September 27, 2024
Siena

4 HSW Credits

Tour Siena, one of the great cities of Italy, and in particular, take a guided “behind the scenes” 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 Athena, located in the historic center.

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



Itinerary and Program Summary

Buongiorno Siena, breakfast at Hotel Athena, travel to Cortona, stay in Perugia for two nights.

Day 8:

Saturday
September 28, 2024

Siena, Cortona,
Perugia

4 HSW Credits

Siena morning: Learn more 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 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 from Cortona to Perugia: Introduction to Perugia, an ancient city with Etruscan and Roman roots – today a world-renowned center of art. Perugia's major modern interventions are woven into the context of world heritage historic architecture and urbanism.

Experience the landscape and approach to hill top Perugia, seeing the remarkable environmental relationships between the hill town and modern interventions.

Stay in Perugia at the 4-Star Hotel Locanda della Posta, a restored heritage structure located in the historic center.

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



Itinerary and Program Summary

Buongiorno Perugia, breakfast at the Hotel Locanda della Posta, explore Assisi. Stay in Perugia.

Day 9:

Sunday

September 29, 2024

Assisi and Perugia

5 HSW Credits

Explore Assisi. Travel to nearby Assisi to experience modern insertions and restorations at a recently discovered Roman bath complex, now integrated into a beautiful hotel and spa.

Tour the Basilica of San Francesco, which was restored with significant seismic interventions 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 international cultural heritage.

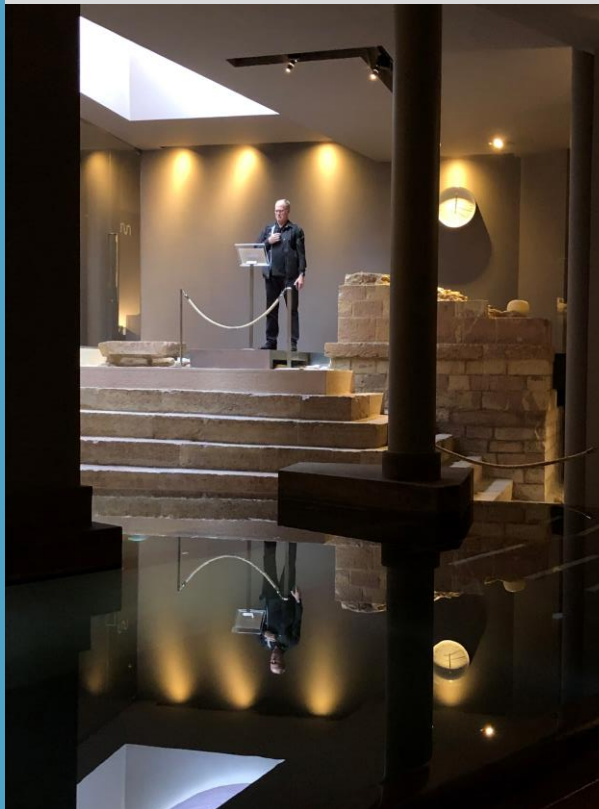
Experience the evocative and well-preserved ancient hill town of Assisi, with outstanding examples of vernacular, sacred, and civic architecture dating from Roman, Medieval, Renaissance and more recent eras, showing various seismic improvements means and methods for archaic masonry and wood structures.

See 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 insertions woven into this vibrant hill town.

Stay in Assisi at the 4-star Hotel Locanda della Posta, located in the historic center.

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



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

Itinerary and Program Summary

Buongiorno Perugia, breakfast at the Hotel Locanda della Posta, explore Perugia, travel to Todi, and return to Civita for dinner.

Day 10:

Monday

September 30, 2024

Perugia and Todi

5 HSW Credits

Explore 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.

Experience 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.

See seismic interventions in important historic structures in the center of Perugia.

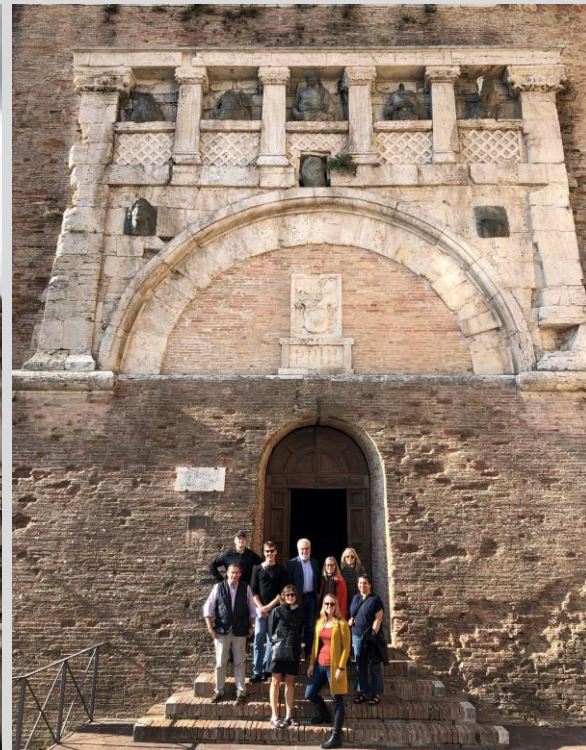
Tour the Rocca Paolina, a historically-unique Renaissance era enclosure of a large medieval quarter of the city, all under one common series of roofs, with ancient streets and buildings gathered, intended as both a means of protection and control.

Travel to Todi in the afternoon, experience the significant early Renaissance era church of Santa Maria della Consolazione, arrive Civita early evening.

Dinner in Civita di Bagnoregio.

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

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



Itinerary and Program Summary

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

Day 11:

Tuesday

October 1, 2024

Civita di Bagnoregio

Departure Day

Farewell Breakfast in Civita di Bagnoregio included.

Program ends, depart in morning from Civita di Bagnoregio, transportation to the Orvieto train station is 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 highly encouraged to purchase travel and trip cancellation insurance that includes COVID related cancellation and related trip expenses. If this program and its courses are completely cancelled at the discretion of the providers, payment will be refunded in full. Any complaints about this program of courses may be directed to 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 and hills and uneven surfaces, without handicap accessibility, averaging 3-4 miles walking per day. Travelers must be in good physical condition and comfortable with walking explorations. Motoring between sites involves passenger van or car trips 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.

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



Basilica di San Francesco, Assisi

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

\$4,375 per person, based on double occupancy.

\$4,675 per person, based on single occupancy.

Deposit: A nonrefundable \$500 deposit per person is required to hold a space. Capacity is limited. Deposits may be made by Zelle transfer to mobile 206-660-1264 (preferred method) or by check paid to CrossCulture and mailed to The Civita Institute, 1326 5th Avenue, Suite 650, Seattle, WA 98101 USA Attention: Stephen Day, or by ACH bank transfer. Simultaneously email your intent to register by contacting us at 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 September 21-October 1, 2024.

Final Payment (less the \$500 per person deposit) is required on or before July 1, 2024, with payment by Zelle, check or bank transfer as described above regarding deposits. 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 highly encouraged to purchase travel and trip cancellation insurance that includes COVID related cancellation and related trip expenses. If this program and its courses are completely cancelled at the discretion of the providers payment will be refunded in full.

Included: All ground transportation in passenger van or car, beginning with pickup in Orvieto and concluding with return to Orvieto at 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 lodging); meals included/excluded as summarized in the itinerary attached; tour guides and museum fees that are part of the program; AIA learning units; \$100 per person carbon offset contribution; one-year membership in The Civita Institute.

Exclusions, Conditions: Not included: Airfare and other transportation to 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. 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 ([including Covid vaccination](http://www.civitainstitute.org)) apply to all participants and are available at www.civitainstitute.org.

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. Program participants have exclusive use of their accommodations in Civita for all 10 nights of the program, including when we are away on overnight stays in Perugia and Siena.

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 become members in The Civita Institute and 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.

Questions? More information on these accommodations is available by contacting us at:
programs@civitainstitute.org.



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

Perugia accommodations will be in the 4-Star Hotel Locanda della Posta, located in the heart of this ancient city. The historic hotel has been welcoming guests to Perugia since the late 18th c. and offers modern Italian-designed rooms in an evocative setting.



Siena accommodations will be in the historic center at the 4-Star Hotel Athena. The location is within the historic walls and a comfortable walk to the Piazza del Duomo, Santa Maria della Scala, and the Campo, with rooftop terrace overlooking Siena and the surrounding Tuscan landscape.



Photograph credits:
Hotel Locanda della Posta and Hotel Athena

Participants of this program will be eligible to 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?

All photographs are by Nancy Josephson and Stephen Day unless otherwise noted. All rights reserved.



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@civitaoinstitute.org