

Our travel map

Formia

a wonderful town!

Index

Our school

Would you like to know our town?

1. Cicero's tomb
2. National Archaeological Museum
3. Porticciolo Caposele
4. Roman theatre
5. Roman Cistern
6. Cryptoporticus
7. Villa Mamurra
8. Castellone and Mola
9. Coni
10. Vindicio's beach
11. Formia's typical dish



Our School

Our school is very big and bright and it's composed of three buildings. In the classrooms there are interactive whiteboards. Each school building has its own gym, computer classroom and canteen. In the main building there is also the secondary school, the headmistress' office and a wide auditorium used as a theatre, cinema or for important meetings.

Technology is used in the classroom as a valuable learning tool: integrating technology into the classroom is definitely a great way to reach diversity in learning styles.



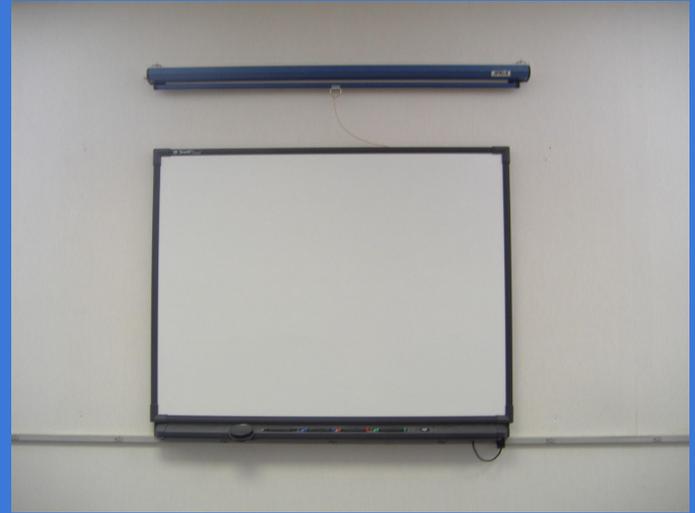
Our school is going to develop a digital curriculum that will be centralized on supporting students throughout their careers. This year we have joined the coding project and we are going to develop into a proper plan for the next years.

Every year it plans some creative projects to allow students to learn how to read in a different way as it is difficult to get students interested in literature.

This year this school has organized, for the primary and secondary levels, meetings with the authors to discuss about some classic books as “I Promessi Sposi” and some fables.

Almost every classroom has got an interactive board and most of the teachers know how to use it for their daily lessons.

There are also some primary school 2.0 classrooms that use tablets during the lessons; tablets in classrooms give teachers the possibility to have instant feedback. It is also possible to track student progression .



The school also collaborates with the publishing house “ Giunti” in a project called “ Libriamoci”. During the year the school organizes activities focusing on reading magazines and newspapers about various topics as Culture, Politics, Science. It won two awards last year with the newspaper “Repubblica” and the science magazine “Focus”.

Children also learn to love and appreciate the country through activities creating future people who can influence and make a positive difference in society.



They can learn how to take decisions, improve communities and solve problems together. We have created, with the help of the municipality of our town, a small Council with the Mayor and the Councilors. In this way the students can explore and evaluate the roles of the public institutions and will also develop their knowledge whilst using skills to face the challenging issues, debate problems and evaluate strategies and actions.

Every year our school is also involved in a project on legality, cooperating with local agencies and the police.



Would you like to know our town?

Formia is a small town on the Mediterranean sea. It is located half way down Rome to Naples and lies on the Roman-era “Appian Way”. Overlooking the Gulf of Gaeta, it is surrounded by the Aurunci Mountains. It has almost 38,000 inhabitants. Its name derives from Hormiai (landing place in Greek) because, according to the Legend, it was one of the places where Ulisses’ ships docked and set sail with the Lestrigoni who were cannibal giants. It counts the villages of Maranola, Trivio and Castellonorato. The climate is mild, not too hot in summer, not too cold in winter.



The tomb of Cicerone

In Formia there are ruins of a lot of villas as it was a tourist destination from the Roman period to the Middle Ages. In Roman times the town was an important residential centre and leading figures built villas here including Cicero. Important places to visit are: THE TOMB OF CICERO: a tower tomb, 24 metres high and 17 metres long, it has a square foundation in big, well-squared, parallelepiped blocks and above a cylindrical construction in opus incertum. The monument is held to be the tomb of Cicero, who was killed here in 43 B.C.



National Archaeological Museum

Where you can see
a little collection of
high-quality Roman
sculptures.



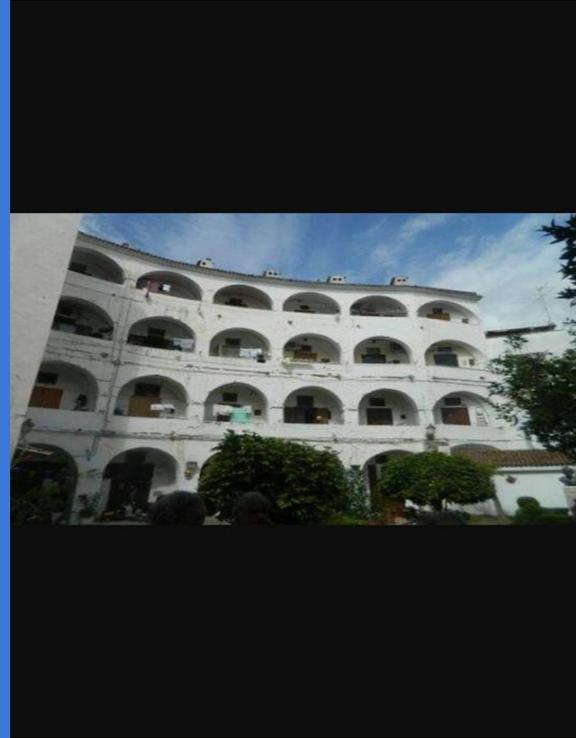
Porticciolo Caposele

A residential
complex made up
of terraced
gardens and two
nymphets.



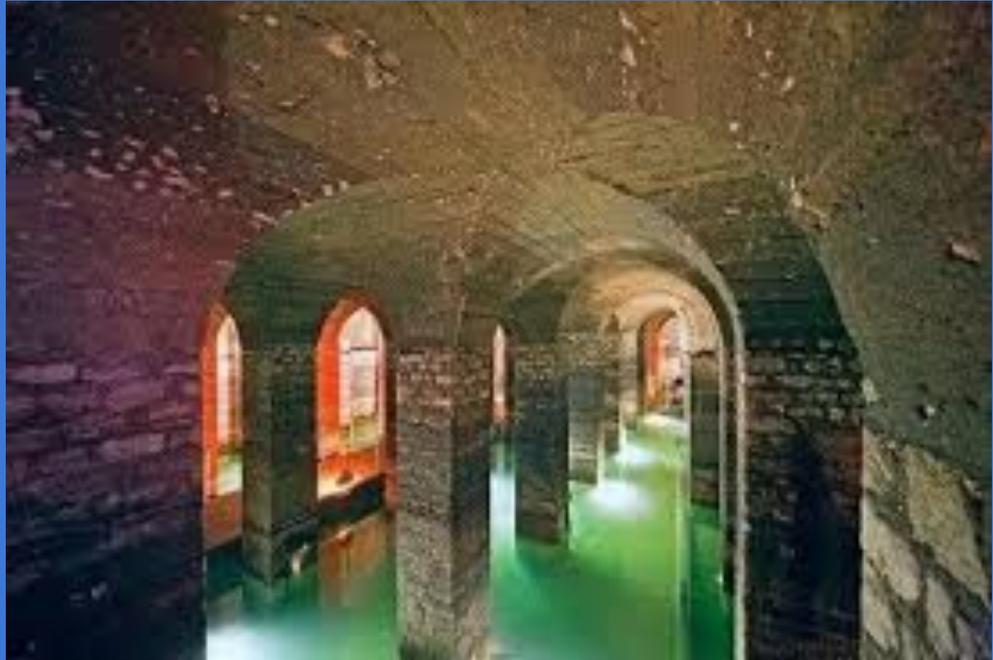
Roman theatre

In the suburb of Castellone, it is the place where St. Erasmus, the patron saint of the town, suffered martyrdom.



Roman Cistern

An ancient cistern, dated back to the first century B.C. It is the largest of its kind after the Roman cistern of Istanbul. Six metres high and sixty metres long, the reservoir collected water from hillside springs for distribution to the surrounding areas.



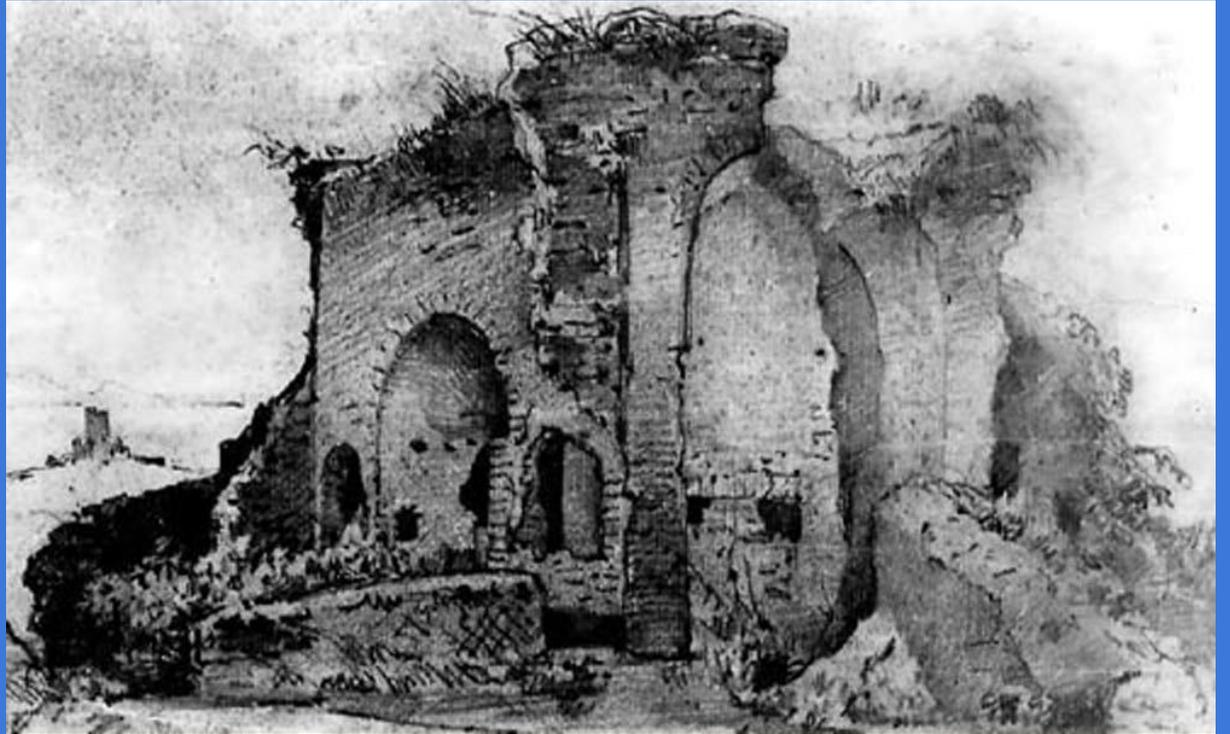
Cryptoporticus

A Roman residence, from the first century B. C. and located under the municipal villa, there are several rooms used as warehouses and situated in front of the fish pond, which was a fish farm.



Villa Mamurra

Lucio Mamurra, a Roman knight born in Formia built this villa during the first century B.C. There is a nymphaeum called "Temple of Janus", the ruins of the Roman thermae and the terraces overlooking the sea, the cisterns and the Roman fish pond.



Castellone and Mola

Formia is made up of two boroughs: Castellone and Mola united in 1863. The town was heavily bombed during the second World War and then reconstructed.



Coni

Formia is a privileged area for various sports such as: trekking, snorkelling, diving, fishing, sailing, windsurfing, kite surfing, tennis. There is also the famous National School of Athletics, C.O.N.I. (The National Olympic Committee), founded in 1955. The famous world record holder Pietro Mennea trained here.



To be continued...

Pietro Mennea

"Hard work is never
a waste of time, you
suffer, but you
dream"

[Pietro Mennea]



Vindicio's beach

Vindicio is one of the beaches in Formia. Popular with surfers, here sailing races are also held. From the beach you can enjoy a beautiful view of the Gulf of Gaeta.



Typical dishes

Among the suburbs of Formia it is possible to find lives and customs of past inhabitants. There are typical dishes in the inns and restaurants of Castellone and Mola such as: fish soup, legume soup with shellfish, mixed fried fish, soup with cicory, borage, fennel and other wild herbes.



Main Traditional Festivities

The main traditional festivities are: the Italian Bagpipe Festival: it is a traditional cultural and music festival, it takes place in the village of Maranola in January;

The Nativity Play: held on 26th December, 1st and 6th January in Maranola;

St. Erasmus Feast and St. John the Baptist in June, they are the saint patrons.



The End

By Pasquale Mattej Formia (LT), Italy.