



Erasmus+

BERGAMO, ITALY



THIS WAS OUR SCHEDULE FOR THE ERASMUS

LICEO SCIENTIFICO STATALE FILIPPO LUSSANA, BERGAMO	
LUNES	29/09/2025
9:00-9:15	Bienvenida del director en el Salón de actos a los grupos de intercambio de España, Suecia y Letonia.
9:15-10.00	Presentación del proyecto
10.00-11.00	Presentaciones por parte de los centros educativos de España, Suecia y Letonia.
11.00- 11-15	RECREO
11.15-12.00	Visita a la escuela
	FREE LUNCH
14.00	Visita al Ayuntamiento “Palazzo Frisoni”
15.30-18.00	Búsqueda del tesoro en la Parte Alta de la ciudad
MARTES	30/09/2025
9.00-10.00	Florio Maria Regina and Large families association
10.00-11.00	Taller científico para el desarrollo de la visita posterior
11.00-11.15	RECREO
11.15-12.30	Taller científico
12.30	Comida
14.00	Paseo por el valle de Astino conocido por su biodiversidad.
16.00	Visita guiada del Monasterio en el valle de Astino

17.30	Regreso a las familias
MIÉRCOLES	1/10/2025
9:00	Visita a la ciudad de Verona: Verona Romana: anfiteatro, foro, ponte Pietra, Porta Borsari, Mura di Gallieno, Porta Leoni, Teatro romano, Domus Romana,. Casa de Romeo y Julieta Catedral de Sta Maria Assunta
JUEVES	2/10/2025
9.00-12.00	Paseo con el “Green Group” a través de las “Smart areas” de Bergamo.
12.00	Comida
14.30	Visita a la Accademia Carrara, tesoro artístico
17.00	Regreso a las familias
VIERNES	3/10/2025
9:00-12.00	Talleres en grupo sobre “Smart cities” -Arquitectura - Medioambiente - Deporte .Inclusión y coexistencia pacífica LussanaFM: podcasts / entrevistas
12.00	Comida
14.00-15.00	Entrega de certificados

15.00-17.00	Recorrido por Bergamo para comprar souvenirs
SÁBADO	04/10/2025 FR5120 Milán (Bergamo) - Hora de salida - 10:55 Hora de llegada - 13:20 Llegada a Zamora: 17.00



WHAT IS A SMART CITY?

Smart City is a city that upses technology and new ideas to be more sustainable, safe, and comfortable for people. It connects this idea to Agenda 2030 Goal 11, which focuses on reducing pollution, improving public transport, creating green spaces, and making services accessible to everyone.

It also shows an example of a smart building: the Bosco Verticale in Milan. This building has many trees and plants on its balconies, which help clean the air, reduce heat, and save energy.

European projects support cities in becoming more sustainable and climate-neutral by 2030.

MONDAY

The first day we went to our Italian's highschool, Filippo Lussana, which was near the train station. I was absolutely amazed when I entered inside the building, because our highschool wasn't maybe the third part of their's. One of their teachers carried us to the conference room. There, we were introduced to the students of the other Erasmus programs, which were mostly friendly, and all of us explained some things about their country, highschool, traditions, etc. Afterwards, we were divided into groups composed of Erasmus students from different countries with some Italians, and they showed their highschool. After that, we had free lunch and we took a walk through the upper part of the city, where we learnt about all the ancient history of the city and how it developed and how it began to expand.





CONFERENCE LUSSANA

Europe has fewer families and fewer children, which leads to ageing, depopulation, worker shortages, and inequality. Birth rates are low, and many households are made up of just one person.

Young people ask for more participation in decision-making, better civic education, and support for green and digital projects. They want to be active builders of Europe's future.



BIOLOGY EXPERIENCES

Modern smart cities are not only based on technology; they also depend on green infrastructure. Different groups of plants play important roles in cities by providing ecosystem services.

- Bryophytes (mosses) help keep moisture and are good indicators of air quality.
- Pteridophytes (ferns) offer shade, clean the air, and have ornamental value.
- Gymnosperms (like conifers) produce seeds without fruit and grow well in cold environments.
- Angiosperms (flowering plants) are the most common plants today and include monocots and dicots.

Together, these plant groups help make urban environments healthier and more sustainable.

DNA EXTRACTION

DNA Extraction Experiment

Tools & Materials:

- Beaker or cup, test tubes, filter paper, funnel, stirring rod, pipette.
- Fresh biological sample (strawberry, onion, banana), detergent, salt, cold alcohol (ethanol or isopropanol), water.

Purpose:

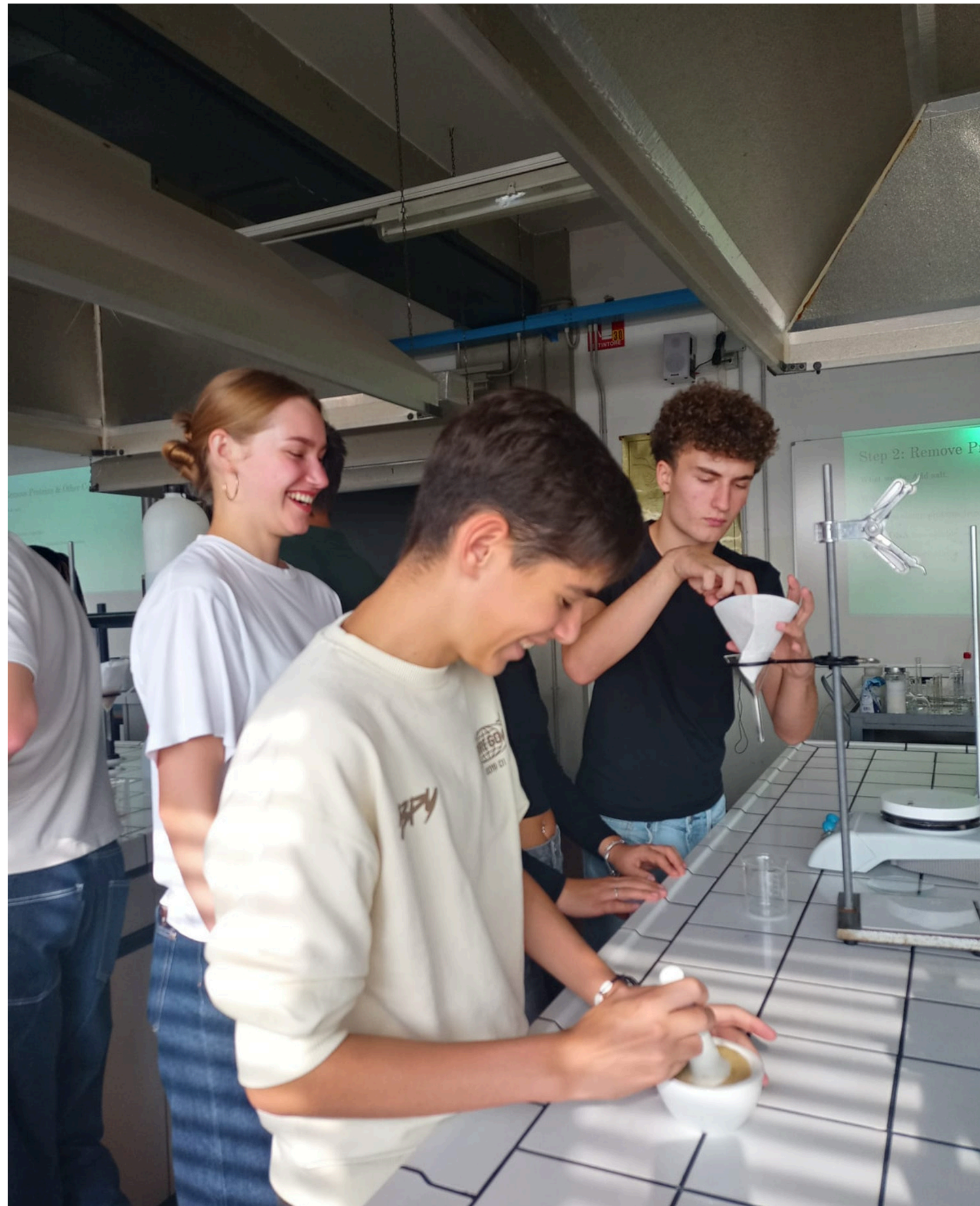
To observe and isolate DNA from a living organism.

Main Steps:

1. Cell Lysis (break cells open)
 - Mash the sample and add detergent.
 - Mashing breaks cell walls; detergent dissolves membranes, releasing DNA.
2. Remove Proteins & Other Components
 - Add salt.
 - Salt helps proteins clump and allows DNA to separate and remain stable.
3. Isolate DNA
 - Filter or centrifuge to remove solid debris.
 - Results in a cleaner solution mainly containing DNA.
4. Precipitate DNA
 - Add cold alcohol.
 - DNA is insoluble in alcohol and forms visible white, stringy strands.

Result:

White, stringy DNA can be collected and seen with the naked eye.



TUESDAY

When we went to the highschool's physics lab to do an experiment to try and divide the DNA of a fruit, it got me feeling like I was a scientist.

Then in Astino Valley, my first impression was that it looked like my grandmothers garden, but once i was seeing all the scenery from above it made me feel like I was reconnecting with nature, later in the monastery we where told that this monastery was almost 1400 years old which i was really impressed, then they showed us a recreation of the “Last Supper” which made me feel like I was about to have a supper with Jesus Christ.

Lastly, we had a huge Pizzata which it's a buffet of pizza, and let me tell you those pizzas where the best pizzas that I have ever had.





MONASTERY ASTINO

- Founded: Early 12th century in Astino Valley by Vallombrosian monks; dedicated to the Holy Sepulchre.
- Growth: Expanded through donations, land, mills, vineyards, and mineral rights; first hospital founded in 1142.
- Influence: Hosted important religious figures; abbots involved in diplomacy and reform; linked with Dominicans.
- Crisis: 14th–15th centuries marked by debt, plague, and political conflicts; partially restored under Venetian rule.
- Renaissance & Baroque: 16th–18th centuries saw major rebuilding, frescoes, refectory decoration, and art by Alessandro Allori.
- Decline & Reuse: 18th–20th centuries: suppression, asylum, agricultural use, partial demolition.
- Modern Restoration: 2015 onward, Mia Foundation restored it; now part of Bergamo Hills Regional Park and open to the public.

VERONA

- Founded near Ponte Pietra; Roman colony in 49 BC (Colonia Augusta Verona).
- Ruled by Ostrogoths, Lombards, Carolingians, Scaligeri (1277–1387), Visconti, Venice (1405–1796), Austria, and Italy (1866).
- Roman street layout: Cardo maximus (N–S) and Decumanus maximus (E–W).

Main Squares & Monuments

- Piazza Bra: Arena (Roman amphitheater), Palazzo della Gran Guardia, Teatro Filarmonico.
- Piazza delle Erbe: Oldest square, Renaissance houses, Torre del Gardello, Fountain of Madonna Verona.
- Piazza dei Signori: Dante monument, Palazzo del Comune, Palazzo del Capitanio.

Historic Sites

- Gavi Arch, Porta Borsari, Porta dei Leoni: Roman gates.
- Scaliger Tombs: Gothic monuments of ruling family.
- Casa di Giulietta & Tomba di Giulietta: Shakespeare connections.
- Ponte Pietra: Roman bridge; Castelvecchio & Scaliger Bridge: 14th-century fortress and bridge.
- Teatro Romano: Roman theatre; hosts summer performances.
- Basilica di San Zeno Maggiore: 12th-century Romanesque church, crypt of Saint Zeno, Mantegna altarpiece.
- Cathedral of Santa Maria Assunta: Romanesque-Gothic cathedral, houses Titian's artwork.



WEDNESDAY

On Wednesday we went to visit the city of Verona.
We saw some of the most famous places in the city, like Juliet's House and the Roman Amphitheatre.

Juliet's House is a very popular place because of the story of Romeo and Juliet by William Shakespeare. There is a small balcony where people say Juliet stood, and many visitors take photos there. There is also a statue of Juliet in the courtyard.

The Amphitheatre, called the Arena di Verona, is a big Roman building where people used to watch shows and gladiator fights many years ago. Today, it is still used for concerts and opera performances. It is one of the best-preserved Roman arenas in Italy.



RITRATTO DELLA FIGLIA IRENE

CESARE TALLONE (1853-1919)

Cesare Tallone fue un pintor italiano nacido en Savona. Estudió en la Academia de Bellas Artes de Génova y más tarde en la de Florencia. Se especializó en el retrato, género en el que alcanzó gran fama a finales del siglo XIX y principios del XX. Fue profesor en la Accademia Carrara de Bérgamo y posteriormente en la Accademia di Brera de Milán. Su estilo destaca por la naturalidad, la intensidad psicológica y el uso magistral de la luz y el color para dar vida a sus personajes.

CUADRO

Retrato de la hija Irene (1898). Representa a Irene, apoyada en una mesa con una expresión melancólica y pensativa. A su lado hay flores y frutas, que contrastan con la pose cansada de la niña. El cuadro mezcla ternura y realismo: el gesto distraído de Irene transmite una emoción íntima, más allá de un simple retrato.



TEMATICA

La temática es íntima y familiar, pues retrata a la hija del pintor. Al mismo tiempo, se puede considerar una escena de género, ya que representa un momento cotidiano cargado de sentimientos.

El cuadro es atractivo porque me transmite cercanía y humanidad. La niña no está representada de forma idealizada, sino con una expresión que nos recuerda a la inocencia de la infancia. Además, el contraste entre los tonos oscuros del vestido y los colores vivos de las flores da fuerza visual a la escena.

Contexto Histórico

La obra pertenece al siglo XIX, a 1898. El estilo se enmarca en el realismo tardío con influencias del verismo italiano, caracterizado por los detalles, la expresividad psicológica y la captación de escenas sencillas de la vida real.



THE HOLY FAMILY, by Sofonisba Anguissola 1559

Sofonisba Anguissola (Cremona, 1535-Palermo, November 16, 1625) was an Italian painter, considered the first successful female painter of the Renaissance. He cultivated the portrait and self-portrait, establishing new rules in the field of female portraiture. At the age of 27 she settled in Spain, at the court of King Philip II. It is attributed an important role as a link between Spanish portraits in the sixteenth century, in addition to notable influence on the subsequent development of this genre in Italy. Her career was precedent for several women artists who had been excluded from academic teaching, guilds and workshops and papal patronage, but who found support in the European courts between the XVII and XVIII centuries.

This work is in oil on canvas. This youthful canvas is an exact copy of a work by Camillo Boccacino of Cremona, in which Joseph is for once the protagonist, together the Child, who playfully strokes his beard. It is a work from the XVI century, more specifically from 1559. It belongs to the Italian Renaissance. The painter, Sofonisba Anguissola, is clearly a Renaissance painter, influenced by the currents of naturalism, attention to portraiture, psychological detail, and balanced composition.

I have chosen this paint because I really liked its colors from the first moment and how well represented the factions and movements of the characters in the work are. Another thing that grabbed my attention was the fact that this is the museum's only painting by a woman.



Lorenzo Lotto – A Renaissance Painter

Lorenzo Lotto was a painter from Italy. He was born in Venice around 1480 and died in about 1556 or 1557. He lived in different Italian cities, such as Treviso, Rome, Venice and Bergamo. but he spent a very important time in Bergamo. During his life, he worked for the Church and for rich families.

Lotto painted both religious scenes and portraits. He used bright colours, strong light, and showed real feelings in his people. He was different from other painters because he made faces that look alive, with emotion and character.

One of his paintings is Mystical Marriage of St Catherine of Alexandria with Niccolò Bonghi (1523). This work belongs to the 16th century and is in the Accademia Carrara in Bergamo. In the painting, Saint Catherine is kneeling in front of the baby Jesus, who puts a ring on her finger while the Virgin Mary holds him. Next to them, Niccolò Bonghi watches the scene with devotion. The painting shows a religious theme about the spiritual union between Saint Catherine and Christ. It was painted with oil on canvas. I really liked the shape and composition of the work because it looks very elegant and full of harmony. The colours are soft and the details are very realistic.

Lotto had many clients during his life, including churches and wealthy people. His works were sometimes not very famous while he lived, but now people think he is one of the most important Renaissance painters. His paintings are beautiful, emotional, and full of detail. I really liked the painting because it looks very alive to me.



THESE ARE SOME WORKS ABOUT THE PAINTINGS EXHIBITED AT THE ACCADEMIA CARRARA.

THURSDAY

The first thing we did was attend a talk about the paintings we were going to see at the Accademia Carrara, very important works, some of them by painters from Bergamo. Then we went to visit the Accademia Carrara, focusing on the paintings that caught our attention the most and doing a play related to the artworks.



After lunch, we went for a walk through the smart areas of Bergamo. Bergamo is in the process of becoming a smart city that is, a city where technology and innovation come together to improve the quality of life of its citizens, and where areas such as mobility, environment, governance, economy, daily life, and citizen participation are interconnected. The focus is on making the city more sustainable in terms of transportation, pollution, and infrastructure such as buildings and other structures. The smart areas of Bergamo were mainly gardens and a building full of plants (which is still under construction).



FRIDAY

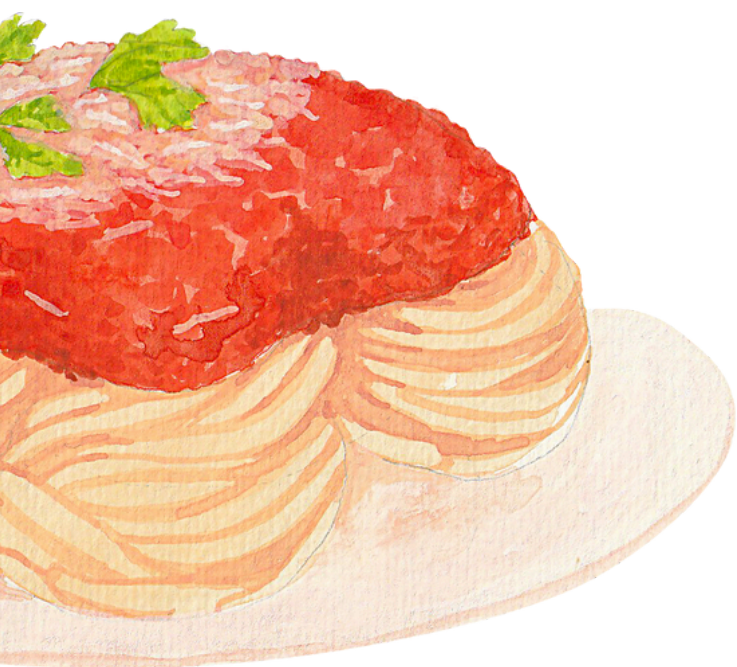
It was the last day, we did a project about city sustainability, we separated into groups and made presentations about key areas in a Sustainable city such as:

Architecture, environment, sport, culture, inclusion & peaceful coexistence.

When we finished we presented our work to the students and teachers that participated in this activity.

At the end we were awarded a certificate of the Erasmus project and said our goodbyes to every one.





**WE HOPE
YOU
ENJOYED.**



