



# THE ULTIMATE



# HANDBOOK

**A cultural guide for students to discover  
the roots of European civilization**



# Athens Hildesheim Istanbul Morlupo Simrishamn

2022



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## C.I.R.C.E. Handbook



This is a handbook created by the students of 5 secondary education schools of 5 different European cities, which are **Hildesheim** (Germany), **Simrishamn** (Sweden), **Athens** (Greece), **Istanbul** (Turkey), **Morlupo** (Italy), as part of the C.I.R.C.E. Erasmus+ programme (2019-1-IT02-KA229-062148).

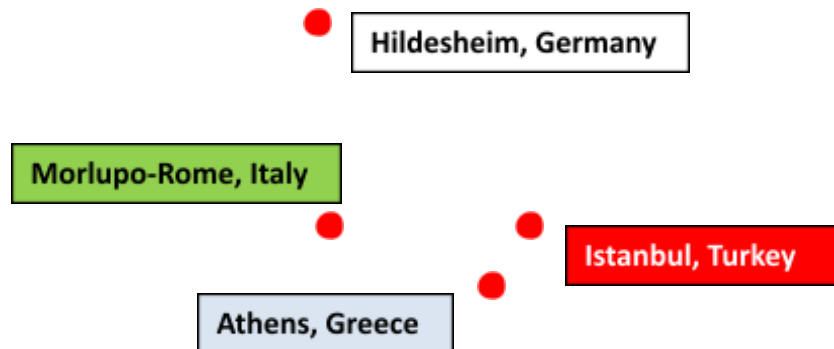
It contains 5 cultural itineraries, one for each of the 5 cities, emphasizing on diversity and on some of the most important monuments and sites regarding certain aspects of the life of the people living in these cities, such as politics, economy, religion, art and intangible heritage.

The aim of the handbook is not only to promote the cultural heritage of the 5 cities but also to celebrate the common European values of 5 cultures that are historically connected with these cities, namely the Saxons, the Norse, the Ancient Greeks, the Ottomans and the Ancient Romans.

In this Erasmus+ programme more than 100 students and 20 teachers from 5 European schools were the beneficiaries. Through team work and innovative educational activities they strengthened their European identity and common cultural heritage and they produced concrete educational results like the C.I.R.C.E. cultural handbook you are holding.







# Walking in the footsteps of the Ancient Greeks



## Athens



## The Old Parliament Building

The **Old Parliament** Building is located on Stadiou Street, in the square where the statue of Theodoros Kolokotronis, Commander-in-Chief of the Revolution of 1821, is also situated. The building is an architectural jewel in the centre of Athens and one of the most historic buildings of the city.

This **neo-classical** building was the first permanent residence of the Greek Parliament. Queen Amalia laid its foundation stone in **1858**, and it was built according to the plans of Francois Boulanger, which were later modified by the Greek architect Panayotis Kalkos. Trademark of the building are the two **ionic porticos** in front of the two entrances (north and south) and the pediments, both of them architectural elements that derive from ancient Greece. The Greek Parliament sat in the Old Parliament Building from 1875 to 1932.



## *political sphere*

### The Ancient Agora of Athens

The **Ancient Agora** of Athens is the best-known example of an ancient Greek agora, located near the Acropolis. The Agora was the heart of ancient Athens, the focus of political, commercial, administrative and social activity, the religious and cultural centre, and the seat of justice.

The Agora's initial use was commercial, a **market place**. Soon it became synonymous with democracy because it was one of the main places in which the Athenians implemented their rights as citizens (500 member Boule, courts, public offices), alongside the Pnyx hill and the Theater of Dionysus. Ruins of many buildings of the **Athenian democracy and economy** can still be seen in the area. One of them has been restored: The marvelous **Stoa of Attalos**, a massive 2 story market place of ancient Athens, donated by the Greek king Attalos. Today it hosts a museum.





## *economic sphere*

### The temple of Hephaestus and Athena

On top of Agoraios Kolonos hill stands the temple of Hephaestus, broadly known as Theseion. It is one of the best preserved ancient temples. Two deities were jointly worshipped in the temple: god **Hephaestus**, protector of all metallurgists, and goddess **Athena Ergani**, protector of all potters and the cottage industries. The temple was probably erected between 449 and 444 BC.

On the exterior it was surrounded by a **Doric colonnade** having 6 columns on the narrow sides and 13 columns on the longer sides. The entire building was made of marble produced in the **quarries of Pendeli mountain** (in Attica). On the interior of the cella was a two-part colonnade forming the letter Π and at the far end was a pedestal, that supported the bronze ceremonial statues of Hephaestus and Athena, created by the sculptor Alkamenis. The lavish sculptural decoration of the temple featured highly interesting metopes that depict the feats of **Hercules** and the feats of **Theseus**, the major Athenian hero.



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## *religious sphere*

### The Lysikrates Choragic Monument

It is a Choragic monument erected on the west side of the Street of the Tripods, by **Lysikrates**, in 335/34 B.C., according to an inscription preserved on the architrave. The circular building rests on a square podium of poros stone and consists of **six Corinthian columns** of Pentelic marble alternating with panels of Hymettian marble. The columns are among the earliest examples of the use of the Corinthian order in Athens.

It was created by a sponsor (“**chorigos**” in Greek) as a celebration for a victory in a contest of theatrical plays (tragedies) that were common in ancient Athens. Many such monuments would stand nearby during ancient times, across the road called the Street of the Tripods bearing “**tripods**” name. Tripods were the prizes awarded to the sponsor whose “chorus” won the contest in festivals, such as the “city’s Dionysia” festival. A bronze tripod, now missing, was placed on top of this monument.



## *artistic sphere*

### The Theatre of Dionysus Eleuthereus

The **Theatre of Dionysus Eleuthereus** was the major theatre in Ancient Athens, considered to be the world's first theatre, built in the 5<sup>th</sup> century BC at the southern slope of the Acropolis. Dedicated to Dionysus, god protector of theatre, the semicircular cavea could seat **17.000 people** making it an ideal location for Athens' biggest theatrical festivals of god Dionysus, called "city's Dionysia". It was then where *Sophocles*, *Euripides* and *Aeschylus* presented their **tragedies** and *Aristophanes* and *Menander* their **comedies**. Theatrical plays were one of the most important aspects of the Athenian Democracy and watching them was a major democratic right for the people, both men and women.

The theatre was separated horizontally by the "diazoma" into two parts, the upper and the lower. The cavea was separated vertically into "kerkides", the triangle-shaped parts between the stairs. Sometimes the theatre was used as a place for the gathering of the **Public Assembly** (*Ecclesia tou Demou*) instead of the Agora or the Pnyx hill due to its massive size.





*intangible heritage sphere*

# Walking in the footsteps of the Ancient Romans



# Morlupo

## Rome – Sant’Oreste – Rignano Flaminio

### Arch of Janus

The **Arch of Janus** immediately catches your eye. This is a massive four-way marble arch, about 16 metres high and 12 metres wide, that straddles the ‘Great Drain’ that runs down to the Tiber River in Rome. It is thought to date from the **early 4<sup>th</sup> century AD**.

Beyond the arch lay the Forum Boarium, now the Piazza della Bocca della Verità. The first physical sign of the ancient cattle market is on your right, just before the Arch of Janus. Embedded into the side of a Catholic church (San Giorgio al Velabro).





## *political sphere*

### Forum Boarium

At the political heart of the Roman Republic and then the Roman Empire lay the Roman Forum and the Imperial Fora. Today the ruins of these sites are a major attraction for visitors to Rome. On the banks of the Tiber, between the Aventine and Capitoline Hills, were two other lesser known fora.

Despite a more commercial focus the **Forum Boarium** (the cattle market) and the Forum Holitorium (the vegetable market), they are as interesting as their more monumental counterparts. And they are just as rewarding for those who like to explore archaeological sites away from the crowds.





*economic sphere*

## The Jewish Ghetto

The historic 'Jewish Ghetto' of Rome is part of the heritage of the Eternal City. It was here in 1555 that Pope Paul IV enclosed the **Jewish community** and issued anti-Semitic laws for not following Catholic orthodoxy. Gates were built to create an enclave, a ghetto, to confine the 3,000 strong Jewish community in an eight acre area on the banks of the Tiber River.



This area was called the 'ghetto', named after a similar enclave of Jews which was established in 1516 in Venice. There the area was in the vicinity of a copper foundry – called a ghèto in Venetian. Nearby it is not only the remains of the **Portico of Ottavia** where ruins of an ancient Roman road can be seen, but also the Great Synagogue of Rome, built soon after the unification of Italy in 1870.



*religious sphere*

## Forum Holitorium

Near the Teatro Marcello (Theatre of Marcellus) is the **Forum Holitorium**, the ancient vegetable market of Rome. This space between the southern edge of the Capitoline Hill and



the banks of the Tiber River was an ideal spot for the delivery of fresh produce close to the city by boat. A tradition that lasted for centuries; there was a vegetable market in the Piazza di Monte Savello until the 20th century.

On the left hand side of the road is the **Church of San Nicola in Carcere** – so named because there was a Roman Prison in the area. The Medieval church, newly consecrated in 1128, was built on top of the remains of three **ancient Roman temples**, the Janus, Spes, and Juno Sospita which was the largest one and had columns of ionic order build in *peperino*, a kind of local stone. Looking at the north and south flanks of the church, the columns of the side colonnades of two of the ancient churches are still visible. The monument combines examples of ancient and medieval Roman architecture.



*artistic sphere*





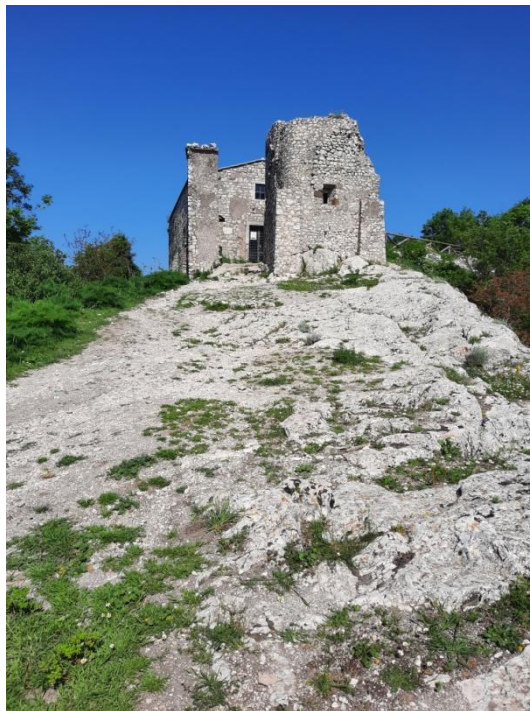
## The Catacombs of Santa Teodora in Rignano Flaminio

### The Hermitage of San Silvestro in Sant'Oreste

The **Santa Teodora catacombs** lie in the area of the Cemetery in **Rignano Flaminio**, inside the Church. They are dating back to the Proto Christian period (approximately 4-5th c A.D). The monument is remarkably wide, with many **graffiti inscriptions** on the tomb closings.

It is located in the area of Rignano's modern cemetery at the 39th kilometer of the Via Flaminia. It can be accessed from the eighteenth century cathedral dedicated to St. Theodora and the **martyrs** of the catacombs (Abbondius, Abbondantius, Marcianus and John).

The **old Hermitage of San Silvestro** is located on top of the **Soratte** mountain in **Sant'Oreste**. It is well preserved and one of the hermitages on the mountain. Inside the hermitage many impressive frescoes from the 6<sup>th</sup> c. AD are preserved. The frescoes have a great artistic and historical value.



*intangible heritage sphere*



# Walking in the footsteps of the Saxons



## Hildesheim

### Werner House

The **Werner House** is the oldest **half-timbered** House in Hildesheim. Before World War II there were many more houses decorated with beautiful carvings like this (in the Middle Ages only very few people were able to read and write. But they could read pictures).



The **carvings** show virtues and vices (“strengths and weaknesses” in our time) reminding people of how to behave. You can also see important people who had a connection to Hildesheim (e.g. Bishop Bernward, Bishop Godehard, **Louis the Pious**, Henry II), saints and the planets of our solar system. This house was built by the bishop’s secretary Philip Werner in the year 1606 and named after him. He placed great value on pointing out that he built the house from his own money and was independent from the Catholic Church.

So you find the following inscription in Latin: “In the year 1606 this house was built by secretary **Philip Werner** at his own expense.”



*political sphere*

The Market square



The **market square** has acted as the centre of **commercial and social life** in Hildesheim since 1268. Still today a weekly market takes place here. Before television, radio, internet and daily newspapers (invented much later in 1650) the market square was the best place to hear the news from travelling merchants from far and near and to exchange the newest gossip.

The many **half-timbered houses** on the market square create a nice atmosphere for the Christmas market in December. The most famous half-timbered house is the Bucher's Guildhall (Knochenhaueramtshaus). Of course our Town Hall can also be found here.

However, what you can see is only a reconstruction of the original market place. The market place was destroyed on 22 March 1945 by an Allied bombing raid which devastated Hildesheim's old city.

The market place has now been restored to its former appearance.



*economic sphere*





## The Cathedral

The most important church in Hildesheim is **the St. Mary's cathedral** ("Mariendom") which was designed by **Louis the Pious** (son of Charlemagne) in 815. According to a legend, Emperor Louis the Pious celebrated a Holy Mass during a hunting trip at the place where St. Mary's Cathedral stands today. Back home Louis noticed that he had forgotten a reliquary of the virgin Mary, which he had brought along. He returned to the spot and found the reliquary attached to a rosebush in full blossom. Surprisingly, it was impossible to remove it from the rosebush. The Emperor declared it a miracle and said it was a sign of God's will. In Honor of Mary, the mother of God, he had a chapel built.

Out of this chapel the cathedral developed over many centuries. As the origin of Hildesheim is closely connected with the legend of the **Thousand-Year-Old Rosebush** the rose became the symbol of Hildesheim. People from Hildesheim believe that "if the rose blooms, the city blooms". Along with the St. Michael's Church the cathedral is a **UNESCO World Heritage** cultural site. It contains a number of valuable and unique art treasures from the time of Bishop Bernward (960- 1022).



*religious sphere*



## Bernward Door and Christ's column

The **Bernward Door**: The Bernward Doors, made c. 1015 AD for **Hildesheim Cathedral**, were commissioned by Bishop Bernward. The door leaves are decorated with figures depicting scenes from the **Old Testament** on the left-hand door (beginning with the creation of the world) and scenes from the **New Testament** on the right-hand door (ending with the resurrection of Christ). They are the oldest cycle of images cast in metal in Germany and a masterpiece of **Ottonian art**.

**Christ's Column**: The vertical post tells stories about the life of Jesus Christ. **Bernward** became bishop of Hildesheim in 993 and was one of the most famous bishops of Hildesheim. His time in office fell during the era of the Saxon emperors and Bernward himself came from a Saxon noble family. A bronze statue of bishop Bernward stands in front of the cathedral.



## *artistic sphere*

### St. Michael's church

Bishop Bernward was a good teacher and an excellent artist (see above) and a talented **architect**. It was Bernward who designed the St. Michael's Church and laid the foundation stone in 1010. The construction lasted 23 years. In 1022 Bernward died and was buried in the crypt. The construction finished in 1033 (under Bernward's successor Bishop Godehard).

The **Romanesque church** looks like a castle. It is one of the earliest examples of Romanesque art in Europe, which was the first "common" European artistic style since the Roman times. Symmetry characterizes its appearance. The walls are thick and sturdy. When you enter the church, you must pay particular attention to the famous 13th century **wooden ceiling**.



## *intangible heritage sphere*





# Walking in the footsteps of the Norse



## Simrishamn



## Glimmingehus stronghold

**Glimmingehus** is found a few miles outside of the city centre of Simrishamn. It's a medieval stronghold founded by Jens Holgersson in 1499.

**Holgersson** belonged to the Swedish nobility, the richest part of the people. It's the most well preserved medieval stronghold in Sweden. Many archeological investigations have been done on site and many objects have been recovered which are important to the study of **chivalric romance** in Sweden.



## *political sphere*

### The Rock carvings

During the 19th century in an active quarry this place was discovered. Today there are more than **250 pictures** preserved and 50 of them are pictures of axes. You can also find similar pictures carved into the Stonehenge in the UK.

The carvings depict real metal axes used in that time. Axes have been found in archeological sites in the area. They also depict merchant ships that the bold Scandinavians use to use in order to trade with other people in northern and Western Europe. **Sea and river trading** is a typical characteristic of the history of the Swedish people.





## *economic sphere*

### St. Nikolai church

The church is first mentioned in writing in **1161**. At that time it was probably just a small fishing chapel consisting of the current choir. The nave was completed in the 13th century and the arches were built in the 15th century. At the end of the **Middle Ages**, armaments and towers were built.

The baptismal font is from **the 12th century and is made of limestone**. During the first half of the 17th century, the church's interior was renewed. The church received a new altarpiece and pulpit. In the early 18th century, wealthy merchants adorned the church with sturdy wooden figures, beautiful tombstones and shimmering chandeliers. In the 19th century, the beautiful votive vessels were donated to the church. Externally, the church was changed in 1953 when the plaster was knocked down so that the original facade of quartzite appeared, something that today gives the church its external character.



## *religious sphere*

### The Simris Runestones

The **Simris Runestones** are two **11th-century runestones** located at the vicarage of Simris, near Simrishamn, in southeasternmost Scania, Sweden. They were rediscovered in a church wall in 1716 during a restoration of the church. Although the territory was Danish at the time, they were made in the Swedish style of Uppland. Their artistic value is very important. One of the stones is notable in being one of the earliest native Scandinavian documents that mention **Sweden**.

The carvings and runes translated:

This runestone was raised by **Bjôrngeirr** in memory of a brother called Hrafn ("Raven") who served a lord named Gunnulfr in Sweden.

Sigreifr had this stone raised in memory of Forkunn in memory of the father of Ásulfr, Knútr's valiant man. May God help his spirit.



## *artistic sphere*

### Ales Stenar

Ale's Stones (Swedish: Ales stenar or Ale stenar) is a **megalithic monument** in Scania in southern Sweden. It is a stone ship, oval in outline, with the stones at each end markedly larger than the rest. It is 67 meters long formed by 59 large boulders, weighing up to 5 tonnes each.

The function and purpose of Ale's stones is much disputed, and there are many different theories. It is generally believed to be a **grave monument or a cult center**, but another theory is that it is a **sun calendar**.



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*intangible heritage sphere*

# Walking in the footsteps of the Ottomans



## Istanbul



## Topkapi Palace

The **Topkapi Palace** is a large museum in the east of the Fatih district of Istanbul . In the 15th and 16th centuries it served as the main residence and administrative headquarters of the **Ottoman sultans**.

Topkapi was originally called the "New Palace" to distinguish it from the in Beyazit Square. It was given the name Topkapi, meaning **Cannon Gate**, in the 19th century. The complex expanded over the centuries, with major renovations after the 1509 earthquake and the 1665 fire. The palace complex consists of four main courtyards and many smaller buildings.

After the 17th century, Topkapi gradually lost its importance. The sultans of that period preferred to spend more time in their new palaces along the Bosphorus. In 1856 Sultan Abdulmejid I decided to move the court to the newly built Dolmabahçe Palace. Topkapi retained some of its functions, including the imperial treasury, library and mint.

The palace complex is located on the Seraglio Point (Sarayburnu), promontory overlooking the Golden Horn, where the Bosphorus Strait meets the Marmara Sea. The terrain is hilly and the palace itself is located at one of the highest points close to the sea. During Greek and Byzantine times, the acropolis of the ancient Greek city of **Byzantium** stood here.





## *political sphere*

### Bosporus Bridge

The Bosporus Bridge known officially as the 15 July Martyrs Bridge is one of the three suspension bridges **connecting Europe and Asia**. The bridge extends between Ortaköy (in Europe) and Beylerbeyi (in Asia).

Upon its completion in 1973, the Bosporus Bridge had the fourth-longest suspension bridge span in the world, The Bosporus Bridge remained the longest suspension bridge in Europe until the completion of the Humber Bridge in 1981.

After a group of soldiers took control and partially closed off the bridge during the military coup d'état attempt on 15 July 2016, the bridge was formally renamed as the July 15th Martyrs Bridge in memory of those killed while resisting the attempted coup. Due to its role of connecting Europe and Asia its **economic significance** is huge.



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## *economic sphere*

# Hagia Sophia

The **Hagia Sophia** Grand Mosque with its innovative architecture, rich history, religious significance and extraordinary characteristics has been fighting against time for centuries, **was the largest Eastern Roman Church** in Istanbul.

Constructed during the Byzantine era by the emperor Justinian's architects Anthemius and Isidor in 527 AD, it is the world's oldest and fastest-completed **cathedral**. With its breathtaking domes that look like hanging in the air, monolithic marble columns and unparalleled mosaics, is one of the **wonders of world's architecture history**.

The sheer dazzling beauty of mosque with its magnificent play on space, light, and color provokes worship in the believer! Hagia Sophia pose on the ground of the first hill of Istanbul, precisely at the tip of the historic peninsula, surrounded by the Sea of Marmara, the Bosphorus and the Golden Horn on three sides.





*religious sphere*

## Galata Tower

Considered among the **oldest towers in the world** and one of the symbols of Istanbul. Galata Tower was included in the UNESCO World Heritage Temporary List in 2013. Galata Tower, one of the most important structures that make up the silhouette of Istanbul, was used as a long-term fire watchtower and was named Galata Fire Tower. Galata Tower was first built by the Byzantine Emperor **Justinian**.

The **Genoese** rebuilt the current tower in 1348 in **Romanesque style**. At the time Galata was the centre of the Genoese **trade district** of the city. It was damaged by an earthquake in the 16th century and was repaired by Architect Murad bin Hayreddin. III. After the tower is repaired during the **Selim period**, a bay window is added to the upper floor of the tower. II.



Mahmut rises two more floors above the tower and the top of the tower is covered with the famous cone-shaped roof cover.

Today, it is observed that the part of the building up to the third floor has a Genoese character and the other floors have an Ottoman character. The building is used today as a **museum** with exhibition areas.



*artistic sphere*

## Maiden's Tower

After the naval victory at Cyzicus, the ancient Athenian general Alcibiades possibly built a custom station for ships coming from the Black Sea on a small rock in front of Chrysopolis (today's Üsküdar). In 1110 Byzantine Emperor **Alexius Comnenus** built a wooden tower protected by a stone wall. From the tower an iron chain stretched across to another tower erected on the European shore, at the quarter of





Mangana in Constantinople. The islet was then connected to the Asiatic shore through a defense wall, whose underwater remains are still visible. It was used as a lighthouse, and the surrounding walls were repaired in 1731.

There are many legends about the construction of the tower and its location. According to one legend, an emperor had a much **beloved daughter** and one day, an oracle prophesied that she would be killed by a venomous snake on her 18th birthday. The emperor, in an effort to thwart his daughter's early demise by placing her away from land so as to keep her away from any snakes. He had the tower built in the middle of the Bosphorus to protect his daughter until her 18th birthday. The princess was placed in the tower, where she was frequently visited only by her father. On the 18th birthday of the princess, the emperor brought her a basket of exotic sumptuous fruits as a birthday gift. Upon reaching into the basket, however, an asp that had been hiding among the fruit bit the young princess and she died in her father's arms, just as the oracle had predicted, hence the name **Maiden's Tower**.



## *intangible heritage sphere*

### **C.I.R.C.E. Handbook**

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for more info about the implementation of the project check the following web sites:

***53rd Lyceum:*** <https://53erasmusplus.blogspot.com/>

***IIS Margherita Hack*** <https://www.iismargheritahack.edu.it/node/1715>

***Josephinum*** <https://www.josephinum-hildesheim.de/#/page/1>

***Nova Gymnasium*** <https://www.novagymnasium.se/>

***Sabri Ulker Lisesi*** <https://sabriulkeranadoluihl.meb.k12.tr/tema/index.php>

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