

PROVINCIA DE PARMA, EMILIA ROMAGNA

PARMA





Parma is an Italian city, capital of the province of Parma, within the Emilia-Romagna region. Former capital of the historic Duchy of Parma, it has a remarkable medieval architecture and beautiful forests that surround the city.



- Parma is an ancient city. Way back in 183 BC, 2,000 Romans founded a colony, which was an important center of trade. After Parma, other nearby cities such as Piacenza and Modena were founded.

For centuries: their lands were ravaged by the barbarians, occupied by the Huns, trampled by the Longobardi (Lombards) and divided by the Franks.

Parmesan (Parmigiano reggiano)

Parmesan is one of the best cheeses in the world. It was born in the castles and monasteries of the 13th century, Boccaccio already tells it. It is made with raw Friesian cow milk and is aged for between 6 and 30 months. The most balanced is 24 months. Its smell is penetrating and it has a very sweet taste, somewhat sweet and slightly salty.



This cheese is prescribed by doctors in Italy due to its high concentration of protein, calcium, phosphorus and Vitamin B2. It is also known to improve nervous system problems, help prevent insomnia and reduce stress. It is used grated as a condiment in salads, pastas, soups or on a meat or fish carpaccio.

PARMA HAM / PROSCIUTTO

The breeds that produce prosciutto feed on cereals and whey from Parmigiano Reggiano cheese, while Serrano ham comes from pigs fed typical feed and cereals.



The Parma Ham Festival is held in september.



The air of the Apennines lends flavor to four different types of highly prized mushrooms: boletus pinicola, b. edulis, b. aestivalis and B. aereus. These aromatic mushrooms are one of the most famous products of Parmesan gastronomy.

The Salame di Felino also has the Denomination of Origin of the Parma area. This delicious sausage is made with minced pork and different spices. For us it would be something similar to “salchichón”



The Culatello di Zibello is part of the dried salted pork thigh, one of the sausages with Designation of Origin.

PIAZZA DUOMO



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DUOMO (Cathedral)



Baptistry of the Cathedral



Gothic-
Romanesque
style finals s. XII,
in pink marble

It contains
important
works of art.

The Baptistry of San Giovanni is part of the monumental ensemble of the Piazza del Duomo. It is possibly the most important monument or building to see in Parma

PALAZZO DELLA PILOTTA

Conjunto de espacios y museos : la Galería Nacional, el Teatro Farnese, el Museo de Arqueología y el Museo Bodoniano entre otros. (s. XVI)

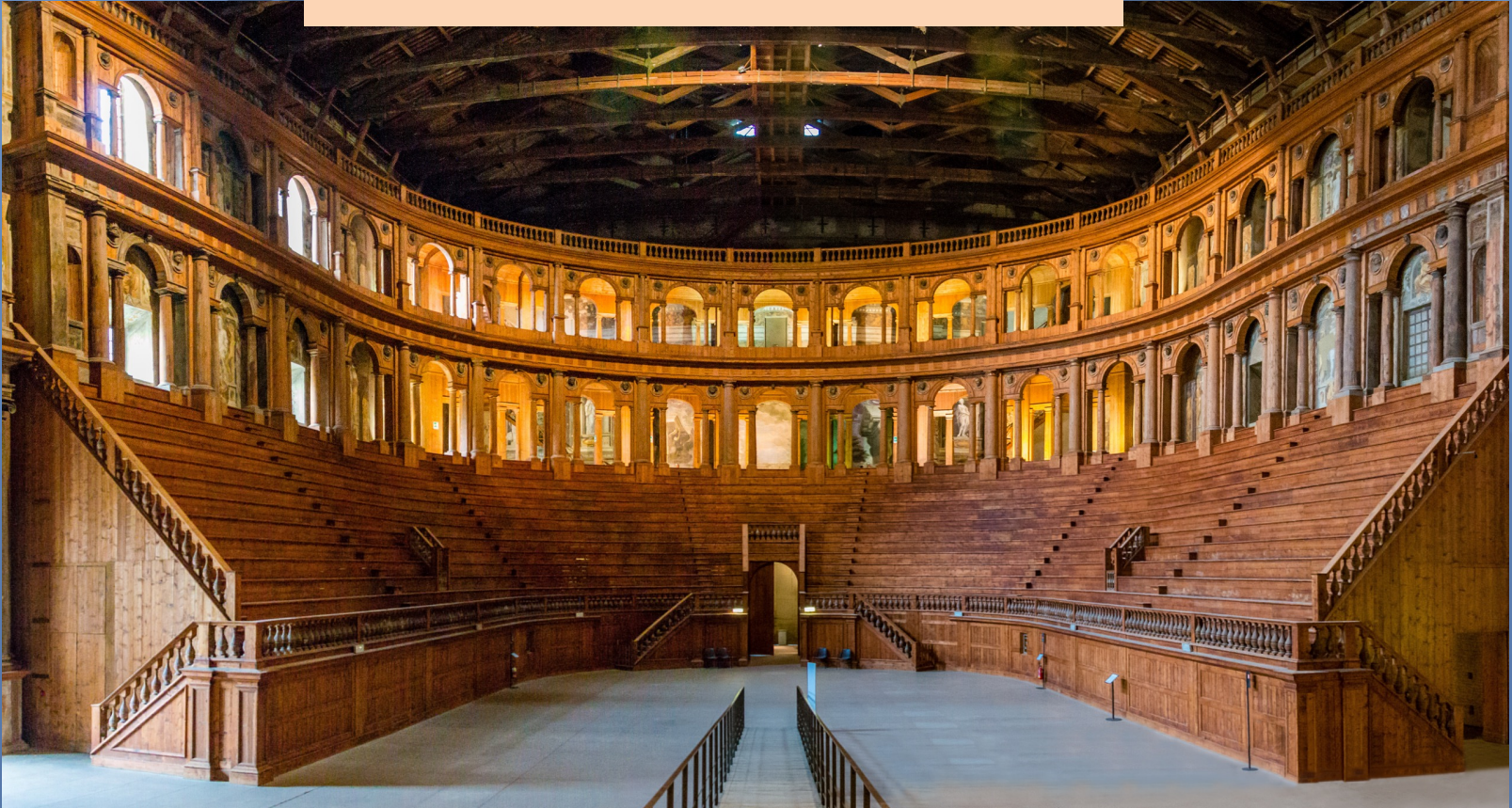


Teatro Regio ('Royal Theatre')



It is an opera house from the 19th century, initially named Nuovo Teatro Ducale. It is the most prestigious of the twelve theaters in the city and one of the most famous lyrical theaters in Italy, symbolizing the Parmesan passion for music..

Farnese Theater



Teatro Farnese is a Renaissance theatre in the Palazzo della Pilotta, where is the national gallery. The idea of creating this grand theater came from the Duke of Parma and Piacenza Ranuccio I Farnese. The theatre was almost destroyed by an Allied air raid during World War II (1944). It was rebuilt and reopened in 1962

Torrechiara castle

Large medieval
defensive
fortress in which
are numerous
works of art .



Filming location for many
movies.

sport center “Ercole negri”



**50 thousand square
meters dedicated to
sport**

The province of Parma ranks third in Italy in spending on sports activities, both higher and basic, including amateurs and aimed at children. Parma stands out for the quality of its sports facilities and the initiatives launched to promote the development of sports culture

FIRENZE

City in
northern
Italy, in the
region of
Tuscany





Florence is the urban center where the artistic movement known as the Renaissance originated in the second half of the 14th century.

It is one of the most visited destinations in Europe



Lingua italiana

Ciao

Grazie

Buon giorno

Per favore

Buona Notte