



— Erasmus+project —



**READ THE CITY: CULTURAL
INTEGRATION OF ADULT
LEARNERS WITH SPECIAL
NEEDS**

**KA2 - Cooperation for innovation and the exchange of good practice
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Adult education**



Read the City-Cultural Integration of Adult Learners with Special Needs



MITRA FRANCE



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WHAT IS READING THE CITY?

DISCOVER THE CITY AS AN EXPERIENTIAL LEARNING RESOURCE

The future of Europe is urban! According to UNESCO, in 50 years' time 90% of the world will live in an urban environment. In many parts of Europe this is today a fact. The time is right to start exploring the city and how to use it as a resource in teaching and learning.

The place where we are born, as much as the people we first meet, forms the basis of our own self-image and identity, an essential ingredient in making us who we are. This combination gives us our language or regional dialect, our civic pride, our sense of belonging. People participating in an urban way of life develop ways of reading their city. They 'feel' the city. They can feel the city's pulse, read its atmosphere.

"Read the city: cultural integration of adult learners with special needs" Erasmus+ strategic partnership project aims to collect good practices in creative urban education. The general objective of the project is to enhance the quality and relevance of the learning offers in adult education by developing new and innovative approaches in urban education and to support the dissemination of good practices. Project will increase incentives for adult training, by providing information on access to lifelong learning to people with fewer opportunities.

Reading the City provides educators with skills and resources that will enable you to investigate Europe through its cities and towns. Exploring a number of aspects of cultural identity and comparing the various identities expressed by other Europeans.

This E-Book consists of good practices and pedagogical materials. The materials gives competences for reading a city: how to learn about architecture, parks, museums, living and industrial areas, how to hear sounds of a city, smell it and see colors and materials from which a city is built, etc.

This is about non-formal learning methods which can be used by educators as a guidebook.

INTRODUCTION

This E-Book consists of good practices and pedagogical materials. There are few chapters in E-Book connected with each other. It is possible to use each chapter separately or all together as they are one electronic product.

The most important chapter is about competences for reading city: how to learn about architecture, parks, museums, living and industrial areas, how to hear sounds of city, smell it and see colors and materials from which city is built, etc.

Learners have a chance to go deeper in culture and history of own cities, traditions and customs. The idea of E-Book is to share what partners found in own cities and countries, to learn about cultural diversity in Europe and to transfer materials and experiences from one country to other.

There are pedagogical materials in the E-Book with samples of efficient methods for adult education and training, about soft skills and recommendations how to work with people with special needs in urban education, how they can walk and drive in the city in groups and individually. Special part are about urban education online.

Materials collected for the project E-Book were used and tested during local activities, discussed during online and face-to-face transnational meetings.

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1. PART 1: GOOD PRACTICES: COMPETENCES FOR READING A CITY

WHAT IS CULTURE?

The word culture comes from the Latin “colere”. (to inhabit, to cultivate, or to honor). In general, it refers to human activity; different definitions of culture" ect different theories for understanding, or criteria for valuing human activity.

The fact is that there are countless definitions to Culture. Encyclopedia Britannica describes it as. behavior peculiar to Homo sapiens.. Includes language, ideas, beliefs, customs, codes, institutions, tools, techniques, works of art, rituals, and ceremonies ..among other elements..

MAASTRICHT, THE NETHERLANDS



The photo is made by Nana Saginashvili

CULTURE AND HISTORY

Culture Name : Dutch

Alternative Names: Netherlands culture, Hollandic culture. The Dutch use Nederlandse cultuur and Hollandse cultuur to describe their culture.

Identification: The English word "Dutch" derives from the German *Deutsch* ("German"). "Dutch" referred originally to both Germany and the Netherlands but came to be restricted to the people and language of the Netherlands when that country became independent in the seventeenth century.

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"Holland" and "the Netherlands" often are used as synonyms even though "Holland" refers only to the provinces North and South Holland.

The Dutch distinguish between two major cultural subdivisions in their nation. The most important distinction is between the Randstad (Rim City) and non-Randstad cultures. Randstad culture is distinctly urban, located in the provinces of North Holland, South Holland, and Utrecht. The non-Randstad culture corresponds to the historical divide between the predominantly Protestant north and the Catholic south, separated by the Rhine River.

Significant local variations of Dutch culture include the Friesian culture in the extreme north and the Brabant and Limburg cultures in the south. The southern culture was subject to discriminatory policies until the nineteenth century. The Friesians prize their language and descent from the ancient Friesian people, while the Limburgers and Brabantians emphasize their southern culture and Catholic heritage.

Location and Geography. The Netherlands is situated in northwestern Europe and borders on Germany to the east, Belgium to the south, and the North sea to the west and north. The name "Netherlands" means "Low Lands" in reference to the nation's topography as an alluvial plain. Differences in altitude are minimal. Almost one-quarter of the landmass is below sea level, protected from the encroaching sea by dikes and dunes. The Netherlands is also a relatively small country (13,297 square miles [34,425 square kilometers]) without surface water.

National Identity. Dutch national identity emerged from the struggle for political sovereignty and religious freedom from the Catholic Habsburgs (Philip II). The Dutch merchant class formed an alliance with the House of Orange;



The photo is made by Nana Saginashvili

Maastricht : History

The province capital of Limburg is Maastricht. Founded by the Romans some 2,000 years ago, the charming city of Maastricht is one of the oldest in the Netherlands. Its long history is manifested in numerous remnants, including religious and secular buildings of any form. Population -122,397. The city is mentioned in ancient documents dating back to 575 – 1051.

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Maastricht is a very *magical* location. You can easily cycle to Belgium within 3 km / 1.8 miles distance from the city center!

That's right, we are living literally 10-15mins away from Belgium, depending on your cycling speed. So if you fancy a day trip to another city, it sure won't take you long to cross the border.

An official resident of Maastricht is referred to as *Maastrichtenaar*, which sounds rather magical! It can also be said as *Mestreechteneer* if you use the local dialect in Dutch. There is also Limburgish, a local dialect for the whole province too. So it might get a bit confusing when learning Dutch!

URBANISM, ARCHITECTURE, AND THE USE OF SPACE

Dutch cities are extremely compact and densely populated. Government intervention ensures that intercity areas are well kept and that ethnic ghettos and industrial wastelands do not emerge. The major cities are constantly subject to urban renewal projects. Much attention is given to fostering a sense of community by creating public places, such as parks and squares with benches and playgrounds. The country has an intricate network of railroads and an even denser web of bicycle paths.

The Maas river passing through Maastricht comes from France.



The photo is made by Nana Saginashvili

The river flowing past and through our city is the River Maas, also known as Meuse. This river is 925 km long and starts in France, before making its way through Belgium to us in the Netherlands. It heads all the way to the North Sea via Roermond, Venlo and Den Bosch.

ARCHITECTURE IN MAASTRICHT

Maastricht has 1677 National Heritage buildings.

This is mostly due to all the historical nature of the city and surrounding areas. Many buildings standing today have been around for centuries, each having character and a unique story to share. Maastricht is 2nd top with the total of 1677 national heritage buildings, with Amsterdam being 1st in the country.

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Over the course of the centuries, Maastricht has garnered a wealth of architecture, featuring a variety of styles: Gothic, Baroque, Romanesque and Renaissance.

Cultural places as such, these historic structures contribute a great deal to the city's atmosphere. If you like ancient churches and cathedrals, centuries-old civil edifices and other notable locations, you will be quite impressed with Maastricht.

The best place to start exploring this aspect of the city is the magnificent downtown area, called "**Vrijthof**", one of the most picturesque in Maastricht. Here are some of its architectural marvels worth admiring:

The Saint Servatius Basilica – a true landmark, dominating Maastricht's skyline; the oldest church in Holland (established 1039);

This cathedral in the Vrijthof square is beautifully built with amazing stained glass windows, sculptures, an ancient



The photo is made by Nana Saginasvili

Nieuwenhof Convent and Chapel – a former 15th-century nunnery, now home to the University of Maastricht; Originally built in 1484-1489 as a beguinage (a convent-like institution for devout lay women), by 1625 it had become a proper convent whose nuns cared for the ill. In 1652 the nunnery was expanded, but in 1788 it went bankrupt due to mismanagement and during the French period was closed down.

Spaans Gouvernement (Spanish Government Building) – one of the oldest non-religious buildings in Maastricht; It was in this 16C building that William the Silent was declared beyond the law by Philip II of Spain. Around the pretty interior courtyard of this old capitulary house, you can visit several rooms with furniture, paintings and collections of gold and silversmith's work, pottery, glasswork and porcelain from the 18C.

The Dominican church is an Gothic monastery church situated in the centre of *Maastricht*. Built in 1294, this Dominican church worked as planned until Maastricht was invaded by Napoleon back in 1794 and expelled the Dominicans from the country. Nowadays the Dominican church is a bookstore, it is infused with a rich mixture of the architecture of different eras with bookshelves covered with information and culture.



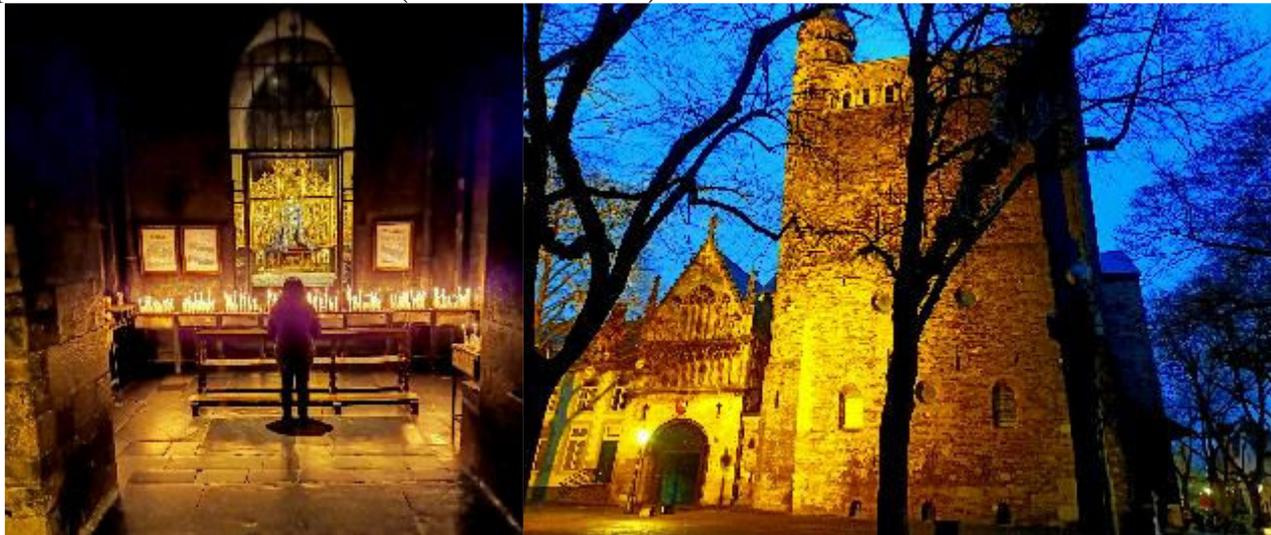
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Stadhuis (City Hall) – a site not to miss when in Maastricht, one of the most recognizable pieces of Dutch classicism.



The photo is made by Nana Saginashvili

Church – Onze lieve vrouwe basiliek A 13th-century Gothic portal, rebuilt in the 15th century, provides access to the church from Onze Lieve Vrouweplein. The Onze Lieve Vrouweplein was originally named Onze-Lieve-Vrouwekerkhof, because it was the *churchyard of the Basilica of Our Lady* and the neighboring parish church of Saint Nicholas (demolished in 1838).



The photo is made by Nana Saginashvili

Augustijnenkerk is a former monastery church for the Augustinian Order in Maastricht. The temple, featuring early Liège Baroque style, was built from 1609 to 1659.

Built of brick, marl and Namur stone, the Augustijnenkerk is a non-oriented single-aisled hall church with a wooden barrel vault. A single nave consists of five bays with large, clear windows on the south side. A ridge turret has been placed near the western corner of the slate - covered saddle-back roof. Between the nave and the presbytery is a triumphal arch decorated with Louis XV Rococo-style stucco. The choir, which was added in the early 20th century, has a stained glass window by Huib Luns from 1925, depicting the Last Supper.

The Augustinian church has been transformed into a fruit and vegetable fresh market.

Eerste Minderbroeders kerk (First Franciscan Friars' Church) – a fine example of Maastricht's 13th-century religious architecture; Eerste Minderbroederskerk is a church that was formerly part of the Franciscan monastery, called Oude Minderbroederklooster, situated on Sint Pieterstraat in Maastricht. The Franciscans got permission to build the monastery in 1234. After it was dissolved in 1639, this complex of buildings has seen many different uses, including an orphanage, an arsenal, a military hospital, and an archive.

The most important remnant of the monastery is the church, whose construction commenced apparently shortly before 1300 and was completed a century later. Spacious and sober, a 'preachery' without a tower, this typically medieval, Maas-Gothic style Franciscan temple was built from Limburg marl on a plinth of coal sandstone.

A number of other monastic buildings still in place also date back to that period. Back in 1506, severe storm caused the roof turret to collapse through the church's roof, inflicting great damage and largely destroying the magnificent main altar. Another, Baroque altar was placed in the temple in 1624. Centuries after the Franciscans were forced out of the monastery, the altar was replaced with a neo-Gothic one – in 1852.

Curiously enough, over the course of its almost 700-year history, this monastery church has served a non-religious purpose longer than a religious one. Only a few original parts of its interior still remind of the religious use, including various carefully preserved works of art, such as the wall and vault paintings dating from the 16th century, adorning part of the marlstone rood screen and some spots inside the vault. Also notable in this respect are the thirteen ancient gravestones (or fragments thereof) found in the choir, about half of them medieval, including at least two dating back to the 13th century.

Sint-Matthiaskerk (St. Matthias Church). This St. Matthias St. Matthew's Church is located on the edge of the market square. The sign in front of the door says that he was built in 1351-1356, but it was not built at that time, and then built again in the 15th century.



The photo is made by Nana Saginashvili

Dinghuis (Ding House) – another historic monument; former Medieval courthouse – currently home to the Maastricht Tourist Office; The Ding House was the highest building in Maastricht at the time of its construction. Presiding over the administrative heart of the city, at the intersection of the Kleine Staat, the Grote Staat, the Muntstraat and the Jodenstraat, its soaring roof with the late Baroque ridge turret is still a distinguished part of Maastricht's skyline, especially if looked at from the Wyck neighborhood on the eastern bank of the Maas river.

The half-timbered Gothic façade on the north side was filled in with bricks only in 1699, while the main façade was built of Namur stone (Belgian marble) and marl right away, topped with a neoclassical pediment spanning the full width of the property, and containing a grand clock with a bell. This clock, albeit only with one hand, is still operational. At the top of the steeply sloped roof is a tower that was once used as a lookout.

The name «Dinghuis» (ding being the Dutch word for judicial assembly) is derived from the legal function – a courthouse – that this building had served originally and for a long time. Over the years, Het Dinghuis had also housed a prison (in its basement), and in 1713, for a while, functioned as a theater.

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In 1860, the Dinghuis narrowly escaped demolition when the city council adopted plan to build a new street to link the Grote Staat to the Sint Servaasbrug. In the end, this plan was abandoned and the Maastrichter Brugstraat was widened instead. After a 1974 restoration, the Maastricht Tourist Office took over the building and has remained here ever since.

Maastricht has no shortage of lovely historic buildings scattered around the canals, hidden alleys and spacious squares.

Maastricht is famous also with **Statues Tour**.

Maastricht's citizens are both spiritual and have a good sense of humor. Their attitude towards life, as well as their customs and traditions, are reflected in the numerous statues and monuments found all over the city. Follow this self-guided tour to see some of the most famous sculptures in Maastricht. The tour will take around 2 hours.

You have opportunities to see:

- Statue of Jan Pieter Minckeleers
- Mooswief (Vegetable Woman Statue)
- Sint Amorzuil (St. Amor Column)
- Hawt Uuch Vas Fountain
- Statue of Hendrik van Veldeke
- Statue of Fons Olterdissen
- Levensvreugd (Child Monument)
- Statue of Pieke oet de Stokstraot
- Mestreechter Geis (Maastricht Spirit Statue)

Statues -D'Artagna



The photo is made by Mr. Leonid Smulskiy

PARKS IN MAASTRICHT

Stadspark Maastricht is a city park on the edge of the center of the Dutch city of Maastricht. The park consists of a series of sub-parks, which were created in the course of the 19th and 20th centuries and each has its own atmosphere. The park design is largely determined by the presence of the fortifications of Maastricht.



The photo is made by Nana Saginashvili

The park extends from the Graanmarkt in a southerly direction along the west bank of the Maas and east of the Onze Lieve Vrouwewal to the landing of the John F. Kennedy Bridge. The park extends further west along the Jeker and the southern city wall to Tongersestraat.

Whether for a romantic picnic, a culinary event, a jog or workout, or just a relaxing stroll, Maastricht's city park (Stadspark) really is a perfect place for everyone and offers endless opportunities. Come explore the rich history in and around the city park. Climb the centuries-old city walls to take in the beauty of Maastricht for a moment.

On the east side, the park is connected to Plein 1992 and Charles Eyck Park via the Hoge Brug (a pedestrian and cyclist bridge). On the west side, the busy Prins Bisschopsingel forms a barrier between the Stadspark on one side and the Waldeckpark, Jekerpark and Jekerdal on the other.

To the west of this is the water gate **De Reek**, where the river Jeker flows into the city, and the Jesuit Wall. In front of the rampart is the bronze statue of d'Artagnan, the French musketeer who was killed in action at the gates of Maastricht during the siege of 1673. The city park here is called Aldenhofpark. The old bear pit is also located here, which now houses Michel Huisman's work of art Semi-automatic Comforting Machine.



The photo is made by Nana Saginashvili

The Henri Hermans Park is located further west, between the city wall and the Tapijn barracks and is a favorite with families with children due to the presence of a deer park and aviary. The animals are cared for by the Stichting Dierenpark, the successor of the association City-beautification. Significant parts of Maastricht's second medieval city wall have been preserved in this part of the park, including the Nieuwenhofwal with various ramparts and the Nieuwenhofpoortje.



The photo is made by Nana Saginashvili

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In the park there are about fifteen monumental trees, including a gingko, a giant sequoia, a tulip tree, two honey trees, two silver lime trees, a dead bone tree and a 39 m high plane tree.

Mount Saint Peter, also referred to as Caestert Plateau, is the northern part of a plateau running north to south between the valleys of the river Geer to the west, and the Meuse to the east.

The fortress on top of Mount St. Pieter has been protecting the inhabitants of Maastricht for over 300 years. City commander Daniël Wolf van Dopff started construction in 1702 after the city was attacked by Louis XIV, the French Sun King. He had a stone, pentagonal fortress built on the hill with no fewer than twelve gun emplacements. Nowadays you can take a guided tour, where you go deep into the fortress. You will see that a part is directly connected to the corridors in the mountain.

When Maastricht was built, it was a fully fortified city with the old city walls still visible today in places. If all roads and streets were straight, this would have been very easy to attack in the past. So it might be very beautiful today, walking the curvy roads in the city center with cute cobblestones and trees. But it played a very important feature in the past.

During the German invasion in 1940, famous Dutch paintings were hidden in the caves at Sint Pietersberg, the world famous *The Night Watch*, painted by Rembrandt van Rijn, now hung proudly in the Rijksmuseum in Amsterdam.

Enci Groeve Nature Park, The ENCI Groeve is a limestone quarry on the Maas side of Mount St. Pieter near Maastricht. The extraction of limestone, also known as marl, started here in 1926. ENCI is the abbreviation for Eerste Nederlandse Cement Industrie. You can walk through the pit, including the 40-meter high steel staircase with a wonderful view.



The photo is made by Nana Saginashvili

MUSEUMS IN MAASTRICHT

Bonnefanten Museum- The cultural hotspot of Maastricht. This museum in Maastricht is the place to be to admire fine art. The collection consists of two main lines: old- and contemporary art pieces.

The young (1995) and impressive building by Italian architect Aldo Rossi is a landmark in the new and international known Céramique-district in Maastricht. On the right bank of the river Maas the building with its outstanding dome naturally attracts visitors. The use of natural materials and the preponderance of daylight creates a unique ambience inside. The first thing visitors notice on entering the symmetrical building is the 35-metre-long wooden stairway leading to the various wings and levels.

The ground floor houses the Museum Shop, the Art Library and the Grand Café. Maastricht earthenware is displayed in the halls leading to the café, and permanent installations by Sol LeWitt and Richard Serra are exhibited in the museum garden.

The Bonnefantenmuseum is the Province of Limburg's museum for Old Masters and contemporary fine art. The collection of Old Master Painting and Sculpture is located on the first floor and Contemporary Art on the second.



The photos are made by Nana Saginashvili

Fotomuseum aan het Vrijthof organizes a temporary exhibition three to four times each year, covering several themes (pop culture, entertainment, contemporary art) and disciplines. They are always looking for surprising combinations and unconventional collaborations. Thus they want to realize their ambitions and play a distinctive role in the city and in the region. In *Fotomuseum aan het Vrijthof* residents of and visitors to Maastricht can enjoy an hour filled with culture amongst the shops, café's and restaurants the city has to offer. The museum also has a freely accessible museum café, located at the covered courtyard.

Centre Céramique is on Plein 1992 between the Wyck and Céramique districts. There's always something going on: You can enjoy one of the exhibitions, grab a coffee and sit down with a paper in the reading room, visit the library, go online for free, listen to a concert, etc. The building itself, designed by the architect Jo Coenen, and the view from above are also well worth seeing. And the Bonnefanten Museum, Het Vervolg Theatre and the NAI (Nederlands Architecture institute) are all very close by. Admission is free.

Natuurhistorisch Museum Maastricht

Take a trip through time from the carbonaceous period and the Cretaceous Sea, with the giant mosasaur (meaning Meuse lizard) fossil, to the aquarium with fish species presently inhabiting the streams of Limburg. View the animals of the forested hillsides, the chalk grasslands, and the gravel pit pools or check out the older 'brown' section of the museum. The 'dynamic expo' illustrates the dynamic interactions between man and nature. You can also take a peek inside a real beehive with buzzing bees.



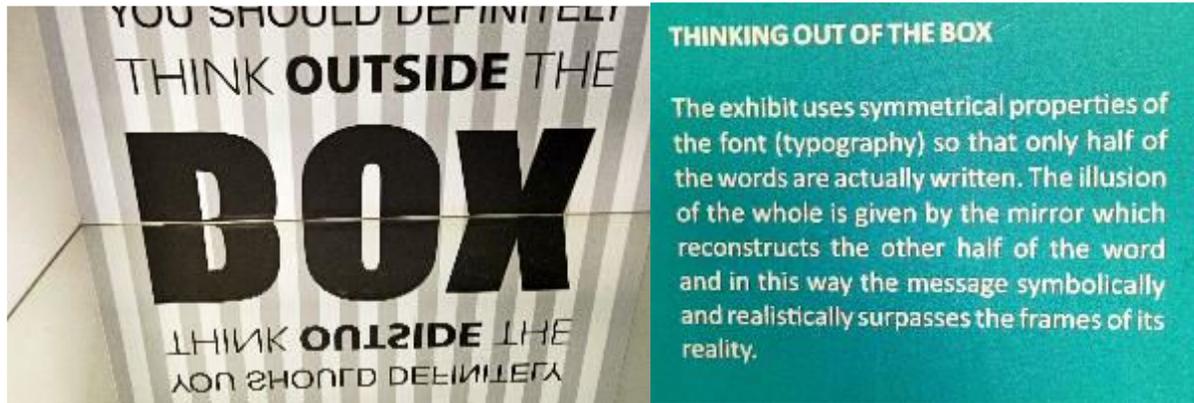
The photos are made by Nana Saginasvili

At Marres, House for Contemporary Culture, you explore the visual arts in the widest possible sense. Visit an exhibition by international artists, join a sensory workshop or explore the city on an art walk. Besides artists, Marres also works with musicians, perfumers, scientists and chefs. Don't skip the amazing Mediterranean restaurant Marres Kitchen, which you find right next to the museum in the same historic building, or the lush city garden to escape the hustle and bustle of the city center.

Bureau Europa is a national museum of architecture located in the heart of the Euregion at the Boschstraat in Maastricht. Bureau Europa aims to be a key player in the debate about the past, present and future of the designed environment in the Euregion. Its primary task is the presentation of exhibitions. In addition, Bureau Europa wishes to fulfil an overall coordinating role by organizing lectures and debates in the field of architecture and design.

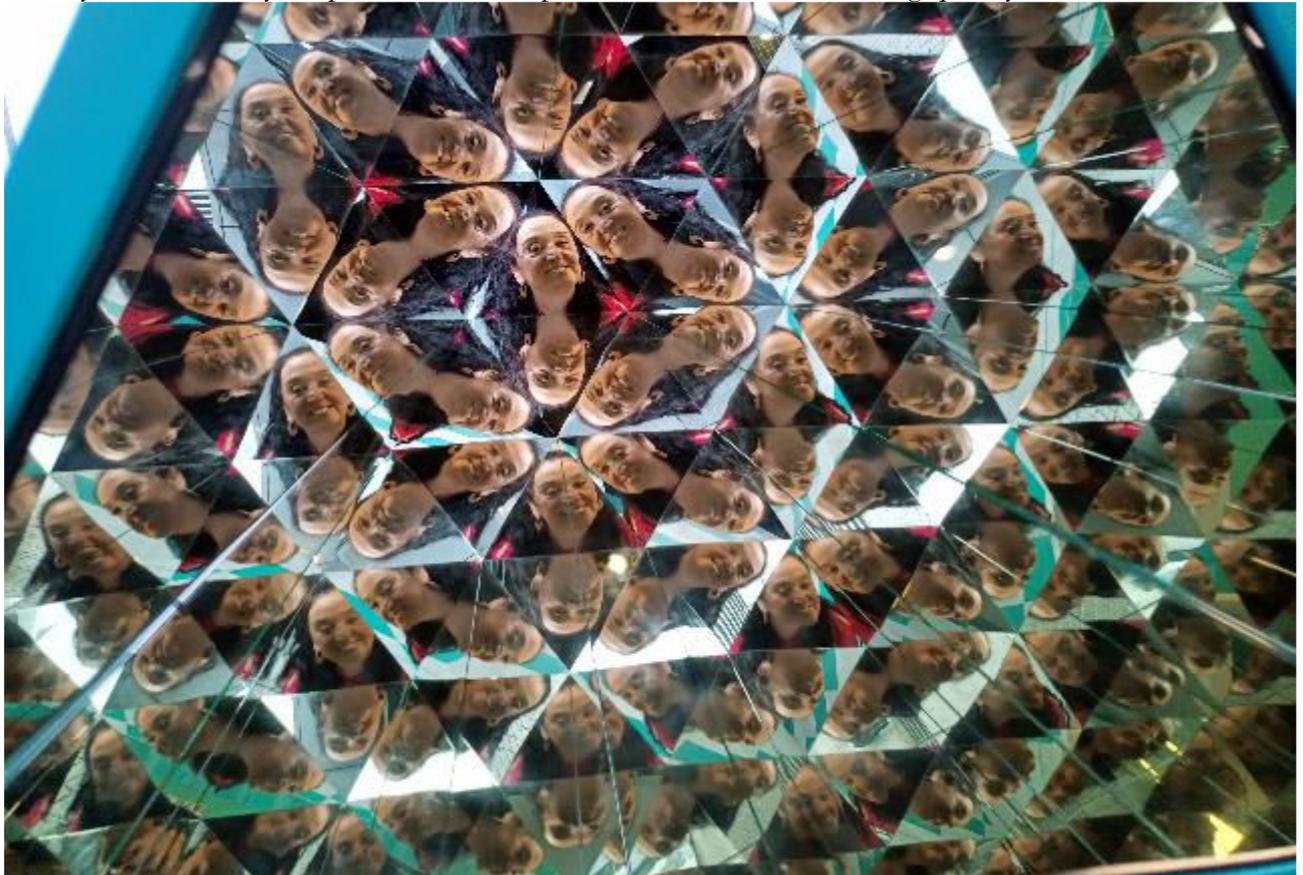
Museum of the Art of Printing is on a special location in the heart of Maastricht, you will find the Museum of the Art of Printing. Industrial heritage and graphic art are united here. With a guided tour or audio tour (in English) along impressive printing presses, refined tools and graphic art, and the history of press and picture unfolds.

Museum of Illusions - in this museum, visitors of all ages are introduced to the world of optical illusions. Although fun and challenging, entertainment is not the end goal. Learning about science and from each other comes before anything. In the museum, you can explore all aspects of optical illusions. Imagine yourself in a world where nothing is as it seems. In the museum you can spend hours crunching your brain about how we interpret and process things.



The photos are made by Nana Saginashvili

The ideal outing for your children, but also couples and young people will be able to wander around for hours. What's special about the museum is that you yourself are an important part of the illusions, not only as a visitor, but also as a test subject! So if you've always wanted to see your kids as giants, or you literally want to turn your partner's world upside down? Then come along quickly!



The photos are made by Nana Saginashvili

The caves of Maastricht aren't actually a natural phenomenon. Some 800 years ago, Limburg started digging for **marl** (sandstone and limestone). This resulted in a gigantic network of about 250 underground corridors in Maastricht and Valkenburg. In total, the caves span over hundreds of miles.

MAASTRICHT A VIBRANT CITY



The

photo is made by Nana Saginashvili

Maastricht is a vibrant city that stimulates all your senses. The city of Taste and style, the city of the good life. You can feel it, see it and smell it.

As you arrive at Maastricht Central you 'll inundate by certain sounds and smells that always associate with this city. Depending on where you are, most of the smells stay the same, yet others change. The combinations are intense;

THE SMELLS OF MAASTRICHT

Perfume, scents and cologne of tones that take you on a journey through Maastricht's wonderful streets.

- Lime trees , you can smell it in the leafy city park and the lanes and avenues winding through the city.
- Freshly-made waffles
- Tobacco smoke
- Flowers sold in small, local markets
- *Friet* – the equivalent of Dutch French fries

It's a smell that gives you the wonderful feeling that Maastricht conjures up. This city has a smell you want to capture and cherish forever.



The photo is made by Nana Saginashvili

Het **Vrijthof** - This square is famous for its outdoor cafes and events, and it is very popular amongst visitors. You can sit outside and enjoy a piece of Limburgse Vlaai – a fruit pie originated from this area of the Netherlands – while admiring the impressive architecture around. You have a view on the St. Servatius Basilica from here, a Romanesque cathedral

THE SOUNDS OF MAASTRICHT

1st Monday of the month: sirens at noon . At noon on the first Monday of each month, national sirens sound for one minute and twenty six seconds. These are heard all across the country and are a scheduled test to ensure that the sirens are working, without alarming the citizens and taking them by surprise. The sirens are never tested on a national or religious holiday or Remembrance Day, even if they fall on the first Monday in the month.

- Shoes clicking on the cobblestone streets
- The revving of moped engines
- Bicycle bells
- The bicycles themselves (chains and chain guards)
- Seagulls hovering over the river Maas
- Low-pitched horns of cargo ships
- Street violinists in the *Markt* and the *Vrijthof* (two large, public squares in Maastricht), and the *Sint Servaasbrug*—a bridge which dates back to Roman times
- Sound of the river



The photo is made by Nana Saginashvili

THE COLOURS OF MAASTRICHT

And walking the streets in Maastricht, especially an attentive observer of the way ben see what you used to be paid no attention. In one building can combine different colors and materials: gray granite, red brick and black and yellow marble.



The photo is made by Nana Saginashvili

BUILDING MATERIALS

Natural stone is not only a classical material used in historic cities, it also has great potential for the sustainable architecture of the future. The research project 'Cities of Stone' ('Stenen Steden') delves deep into the history of the 'natural stone city' of Maastricht and explores potential innovations.

Over 35 different stone species have been inventoried in historical monuments of Limburg. Brick, Marl and Namur stone, Gravel and stained glass



The photo is made by Nana Saginashvili

CUSTOMS AND TRADITIONS

Food in Daily Life. The Netherlands does not have a distinct culinary culture because of its Protestant ethnic and the absence of a strong culinary tradition at the court due to an emphasis on Calvinist soberness. Food is seen as a necessary part of life, with no need for luxury. Traditional foods include pea soup, kale stew, hotchpotch (a thick stew), white asparagus, French fries with mayonnaise, meat croquets, and raw herring. In the morning, the Dutch consume several sandwiches with cheese, peanut butter, or chocolate sprinkles. Lunch consists of sandwiches, often with cold cuts and perhaps a small salad on the side. Dinner, which generally is served between five and seven P.M. , is a two or three-course meal that often begins with soup. The main dish usually contains a mixture of potatoes with vegetables and meat,

fish, or poultry and is followed by dessert. Chinese–Indonesian, Surinamese, and Italian food have become part of the Dutch diet.



The photo is made by Nana Saginasvili

There are many bars and restaurants in Maastricht. If you fancy something specific for dinner, you can likely find it in Maastricht. From top culinary delights to cheap food, there is something for everyone.

The southernmost city of Holland is distinguished by special national features. Its residents cherish the traditions and customs of their ancestors. You will understand this if you visit the city during one of national holidays. Thus, Maastricht is one of the few cities in the country where is organized a **Christmas market**. For several days the city transforms into a colorful bazaar. During the days before Christmas the market is always visited by many tourists.



"Read the city: cultural integration of adult learners with special needs"



Every year in February, one of the most colorful and crazy events of Holland takes place here - **the Carnival**. It lasts for three days - from Sunday to Tuesday, but locals usually stretch out their pleasure for at least a week. Each year here is selected the Prince of Carnival, which is awarded with the key to the city from the hand of the mayor. During several days mass celebrations take place on the streets and squares of the city. Locals and tourists drink hot mulled wine and eat flavorful waffles, and nimble dancers and musicians entertain visitors and demonstrate their talents.



March is the time for conducting the **world-famous exhibition of antiques**. This event attracts collectors from all over the world. This is a very prestigious and important exhibition, so every European city would consider an honor to host such a massive celebration.

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TURKEY- ISTANBUL

ISTANBUL - CULTURE AND HISTORY

Istanbul is one of the largest cities in Turkey with the most population among the other 81 provinces of the country. It is located in the Marmara region, divided into Asia and Europe by the Bosphorus strait. Due to the city playing the role of bridge between two continents, throughout centuries it hosted Mediterranean civilizations of Rome, Greece and Eastern empires coming from Asia. From the aspect of hosting religious populations, the city is also the headquarters of the Ecumenical Patriarch of Constantinople and the head of the Orthodox Church originated from the Byzantine Empire. Currently the vast majority of the city's population is Muslim, consisting Christian and Jew minorities.

The first known name of the city was Lygos, possibly founded by Thracian tribes, an ancient Greek tribe. From the year 330 it was known as Byzantium and then until the year 1453 the name of the city was Constantinople. The city took its current name Istanbul on the 28th March 1930. (Bulgaria Wine Tours, 2020)

Istanbul was the capital of two empires: Eastern Roman Empire and later the Ottoman Empire. After the fall of the Ottoman Empire, the Turkish Republic was established on the 29th October 1923. The new capital of the new country was announced as Ankara.

In the year 667 BC, located on the European bank, Byzantium was founded by Greek settlers coming from Megara. After them the Persians occupied and destroyed the city in the 5th Century BC. Fortunately the city was reconstructed later on by the Spartan Pausanias in 479 BC. In 409 BC. The Athenians took the stage to take the city from them, but after four years the city was at the hands of the Spartans again until the 390 Athenian reconquest.

Byzantium became part of Alexander the Great's Macedonian Empire later on when Celts imposed a tribute, it became relatively independent until the year 279 BC. (CIVITATIS, n.d.)

The Roman Empire

Although it was recognized as a free city until the year 191 BC, in 100 BC the Republic seized control of it. The city's walls were demolished by the Emperor Septimius Severus in 197 B.C., but he later opted to rebuild them in the style of other Eastern colonies and doubled the walled area while he was on it. (CIVITATIS, n.d.)

The Byzantine Empire

In 324, Constantine the Great began construction on a new Rome, which was dedicated as Constantinople in 330 and became the capital of the Eastern Roman Empire, known as the Byzantine Empire. It was always a Roman capital to its inhabitants. As Rome was built on seven hills, it was divided into fourteen regions, ten of which were within the walls. The original Hagia Sophia cathedral was built by Constantine II, placed next to the Grand Palace and dedicated in 360. In 532 the cathedral was severely damaged and it prompted Justinian to construct a new one.

Constantinople controlled the route between Europe and Asia as well as the passage between the Mediterranean and the Black Sea due to its strategic location between the two continents. As a result, it remained Europe's major medieval urban center for centuries, even as the Western Roman Empire faced a severe political, economic, and demographic crisis.

The city expanded from 30,000 inhabitants during the reign of Septimius Severus to 400,000 during the reign of Justinian. With the East-West Schism in the Catholic Church in the 9th and 10th centuries,

"Read the city: cultural integration of adult learners with special needs"



Constantinople experienced another Renaissance period, and the city remained an important cultural and commercial center in the Mediterranean.

The last emperor Constantine XI lost his life while defending the city. Although the city's name changed to Istanbul after the fall of the Roman Empire in 1453 the new name wasn't known in Europe until the 20th century. (CIVITATIS,n.d.)

The Ottoman Empire

On May 29, 1453, after years of battle with the Turks, who had already overrun the rest of the Byzantine empire, Constantinople fell to Mehmed the Conqueror, and the Hagia Sophia was converted into a mosque. The Middle Ages came to an end on this date. During this time, the city witnessed a profound cultural metamorphosis, transitioning from a Byzantine Imperial to an Ottoman city, and from Orthodox Christianity to Islam.

Despite some of the churches being transformed into mosques, many were preserved. To commemorate the rule of the sultans, new mosques were constructed outside the city. (CIVITATIS,n.d.)

The Turkish Republic

Mustafa Kemal Atatürk established the Turkish Republic on October 29, 1923, and the capital was relocated to Ankara. Istanbul officially adopted its current name in 1930. And in the 1950s and 1960s, there was a significant structural shift resulting from the attacks on the Armenian, Greek, and Jewish communities in 1955. After that, a large number of Greek descendants from the large Greek community fled to Greece. Istanbul established a modern public transportation network in the 1960s, at the expense of a number of historic buildings.

The Ankara Accord was struck in 1963, marking the first step in Turkey's entry into the European Union. During the 1970s, Istanbul experienced a significant demographic increase as a result of emigration from Anatolia and the availability of jobs in the various industries established on the outside of the city. As a result, there was a real estate boom, and many of the outlying settlements were integrated into the city proper. (CIVITATIS,n.d.)

ARCHITECTURE

These six main articles provide a general framework for the developments traced from the Byzantine period through 2014. First, Istanbul's Byzantine Period Architecture; secondly Istanbul's Early Ottoman Architecture; later on Istanbul's Sixteenth and Seventeenth Century Architecture, fourth, Istanbul's Eighteenth and Nineteenth Centuries: A Period of Radical Change in Istanbul's Architecture; fifth, The Concept of the Contemporary City from the Late Ottoman Period to the Republic and Istanbul's Zoning; and finally, Architecture in Istanbul throughout the Republican Period. Depending on its unique framework and architectural history criteria, each of the articles provide sub-periodizations. (Duzenli,2019)

PARKS

Millions of tulips have been planted by the Istanbul local administration all through the city's parks, avenues, traffic circles, and pretty much anywhere else there is open land every April since 2006. In recent years, approximately 30 million have been planted, including over 500,000 that were planted as a massive "flower carpet" in front of the Sultanahmet (Blue) Mosque in the Hippodrome (At Meydanı).

One of Istanbul's enduring icons is the tulip. It was popularized and raised in the city after being introduced from Iran centuries ago, until tulip love turned into tulip frenzy. A rare species of tulip could fetch an astounding price during the so-called Tulip Period of Ottoman history.

Tulips traveled from Istanbul to Europe, notably the Dutch Republic (Holland), where a similar tulip fever quickly devoured Dutch tulip enthusiasts' minds and money coffers. But tulips are not the only focus of the Istanbul Tulip Festival. Pansies, bluebottles, and other flowers are planted for contrast and variation in shape and color. The displays are magnificent.

Emirgan Park, European Side - The Istanbul Tulip Festival is centered in this expansive park, which overlooks the Bosphorus and offers breathtaking long-distance vistas. Traditional craft demonstrations, including paper marbling, calligraphy, glass making, and painting, are held within the park's "köşk" mansions. Pop-up stages outside are utilized for musical performances. (Julia, 2020)

MUSEUMS

The Topkapi Palace and its harem, the Istanbul Archaeological Museums, the Dolmabahçe Palace, the location of Mustafa Kemal Atatürk's death, and the ethereal Cistern Basilica are just a few of Istanbul's historical attractions. One of the must-do activities in Istanbul is a tour of the Turkish and Islamic Arts Museum, which is directly located across from the Blue Mosque.

We can better comprehend Istanbul's modern side thanks to all these museums with a variety of topics, from science to maritime. The Elgiz Museum, Pera, and Istanbul Modern Museum are recommended stops for art enthusiasts. The Rahmi M. Koc Museum and the Museum of the History of Science and Technology in Islam are two excellent stops for technology enthusiasts. (Istanbul Tourist Information, 2022)

The Archaeological Museum of Istanbul - One of the biggest collections of ancient artifacts, including pottery, terracotta figurines, and an excellent collection of coins, medals, and badges, can be found on the first floor of the main museum, which also has a massive library with 70,000 books. There are frescoes, tombs, and sarcophagi in the bottom room, including one for Alexander the Great with a sarcophagus from the fourth century BC. The two sarcophagi of Tabnit and the sarcophagus of Lycian and the mourners are the most well-known artifacts. Beautiful sculptures like the Adonis of Tabnit and the bust of Alexander are also on display.

The Anatolian, Mesopotamian, Assyrian, Babylonian, and Egyptian ancient civilizations are well represented at the museum of the ancient Orient. The Treaty of Kadesh between the Hittites and Egyptians in 1269 BC is among its many highlights. (TOOIstanbul, 2022)

LIVING AND INDUSTRIAL AREAS

Sultanahmet district: Sultanahmet is a must-see location on every vacation to Istanbul. This neighborhood, which served as the social and political hub of the Roman, Byzantine, and Ottoman empires, will introduce you to Istanbul's rich history. Some of the city's most stunning buildings are located in the vicinity of the main square, including the enormous dome-shaped Hagia Sophia, which dates to the sixth century and dominates the city's skyline. Other must-sees in Istanbul include the Blue Mosque, known for its tiles and minarets, the Ottoman-era Topkapi Palace, the Sultans' palace in the

15th century that was converted into a museum in 1924, and the Basilica Cistern, the biggest remaining Byzantine cistern in Istanbul.(Faruqi,2017)



Taksim: Taksim Square and Istiklal Street are bustling all year long with upscale dining, shopping, and entertainment options. You may stroll down commercialized and highly cosmopolitan Istiklal Street, observe the innovative Taksim Tram spanning its whole length, and terminate at cobblestoned Galip Dede Street after beginning at the Republic Monument, created to honor the foundation of the Republic in 1923. The modern art museum SALT Beyoğlu is a wonderful spot to get away from the bustle and fully enjoy an exhibition. Every Wednesday, free movie viewings are held on the ground floor, and the lovely winter garden, a tranquil haven in the middle of the city, is located on the top floor.(Faruqi,2017)



Balat: Balat is a neighborhood in Istanbul that was formerly home to Armenian and Greek Orthodox residents.

Visit the main market, which is home to several antique shops and artisan studios. There is much to see in this area, especially religious buildings like the prefabricated St. Stephen Bulgarian Church that was constructed on site using cast iron in Vienna. Visit the Chora Church, built in the Byzantine era, for magnificent specimens of 14th-century mosaics and paintings, and then continue up the hill to the Ahrida Synagogue, one of the city's oldest synagogues. There are many new enterprises there, such as micro-coffee roasters, pottery studios, art galleries, and antique stores.(Faruqi,2017)



THE SOUND OF ISTANBUL

Here you can find some of the [songs](#) and [a documentary](#) about Istanbul.

The opposite side of the coin regarding noise pollution: According to statistics from the Worldwide Hearing Index, which was created for the World Hearing Day on March 3, Istanbul residents have some of the worst hearing loss in the world as a result of excessive noise.

According to the Combined Hearing Loss Index, which combines the results of the average hearing loss and noise pollution indices, the city ranked fifth worst out of 50 cities for hearing loss. Mimi, a German firm that does scientific research, created the index.

Turkey finished one rank higher than Mumbai and two ranks higher than Delhi in the ranking for the Average Hearing Loss, placing 48th out of 50 in terms of healthy hearing.(Hurriyet Daily News,2017))

"Read the city: cultural integration of adult learners with special needs"



The Istanbul Municipality has implemented a number of safeguards in an effort to regulate and avoid noise pollution across the city, with the focus being placed on transportation routes. In Istanbul, the municipality created a number of "Strategic Noise Maps" that concentrated on the city's motorways, airports, rail networks, and industrial sites, according to a statement from the authorities. (Hurriyet Daily News, n.d.)

THE SMELLS OF ISTANBUL

In the article mentioning the importance of the sense of smell, featuring one of the world's top fragrance experts who also made a map of smell in Istanbul, Ozan highlighted that a newcomer to a city for the first time has the strongest force of scent. The perfumier said "Cities have smells, but residents cannot describe it because they are used to it. Smells are clearer for outsiders. Adaptation and harmony acclimate people to smells. Sensory stimuli lose their effect when you are exposed to them for a certain period of time. When you start working in a leather workshop, the first two weeks will be difficult. Then the smell becomes normal. The situation is the same for a sewage treatment worker. For someone coming from the U.S. to Turkey, the smell of a kebab made from mutton and lamb can be heavy. When you go to China, you will find the smell of the herbs and sauces they use are different, as well. Smell affects the one who is unused to it the most. It is difficult to confine cities like Istanbul to a single fragrance. In different areas, different lifestyles produce their own fragrances." For him, suicide is brought on by a loss of feeling. Without scent, we would be unable to adequately describe a flavor. We frequently use the term "taste," yet that is a limited and unhelpful phrase. Smell makes up 80% of what we consider to be taste. Without the fragrance of food, we might not even be able to describe what we eat. In this manner, we only detect ruined and rotting goods. We take a lot from our life in the name of taste and its enjoyment including a sense of security

Today, coffee shops are popular in the areas surrounding Salı Pazarı (Tuesday Bazaar) and Tophane. Compared to twenty years ago, when numerous iron-processing industries were located here, you can smell a lot of coffee and fried food coming from burger restaurants. It had a wrought iron odor.

Istanbul's enduring heart, the Spice Bazaar, is what gives the city its distinctive scent. This area's native spice blends can be detected here. Long after visiting Istanbul, visitors from other countries still recall the aroma of the Spice Bazaar.

The aroma of kokoreç, grilled cow or lamb intestines served with mussels and a lot of spices, will overpower you as you enter the Kadıköy Bazaar. The aroma of hookahs has recently been introduced. Kadıköy had a fishy and oceanic fragrance when I was a youngster.

The Kurtköy neighborhood now houses the majority of the former leather industry. Particularly when the wind reverses, Kurtköy leather has a fragrance. As social and cultural norms evolve, so do the smells of cities and neighborhoods.

My childhood neighborhood of Sarıyer, known for its fisherman, had a fishy odor. This fragrance is now gradually fading. (Göktaş G., 2019)

THE COLORS OF ISTANBUL

Shawarma, coffee, flea and street markets, many pets, surprises, mosques, and vibrancy. If, despite reading all of this, Istanbul did not come to mind, you have probably not been there yet. When I initially went to Istanbul, I was in Turkey for the second time. Finally, I had a more authentic cultural experience than a hotel stay. And as you are aware, Turkey is renowned for its magnificent "all inclusive" hotels. Let's not change the subject from Istanbul. Istanbul is situated on the Asian and European sides of the

Bosphorus Strait, which is located in between these two continents. Tunnels and bridges are commonly used to transport through Bosphorus. It essentially explains why the city is so multicultural and how both Europe and Asia have influenced it.

Colors of traditional carpets that also can be used as praying rugs:



(Lagofarova E.,2022)

BUILDING MATERIALS

Traditional Wooden Houses

Istanbul also has a long history of wood building. For example, in the early 20th century, the majority of Turkey's largest city's housing stock was made up of wooden houses. Unfortunately, currently, the remaining traditional structures are in danger and many of them have perished.

The German Archaeological Institute in Istanbul's Martin Bachmann, an architectural historian, calculates that the city's remaining stock of timber homes is just approximately 250. In the past six years, 10 demolitions have taken place in only three streets around the mosque in Zeyrek, a neighborhood long well-known for its wooden buildings. Bachman says "Compared to the historical situation it's nearly nothing.". (World Bulletin,2020)

UNESCO to Decide - While homes are formally protected by law, according to Emine Erdoğan, a resident of Istanbul and member of the wood committee of the International Council on Monuments and Sites, rules are frequently broken. She declared, "Our laws are flawless and meet all European criteria. It's the people who are playing with the laws."

There is concern concerning the properties outside of Turkey as well. The 1985-designated Istanbul World Heritage Site will be up for consideration by UNESCO's World Heritage Committee this summer.(World Bulletin,2020)

CUSTOMS AND TRADITIONS

When spring arrived and the schools were closed, it was traditional in ancient Istanbul to take the kids who were in school to the picnic area, or to the green spaces where they would enjoy a picnic. There developed a line of ox carts adorned with laurel leaves and covered with awnings. When they heard voices, folks walked outside to join the excitement and send their kids. Çırpıntı and Veliefendi fields were frequently used for these outdoor activities. The kids were served rice with beef, almond, or milk halvah, and the adults in the area received it as well.

At the previous eras of Istanbul, residents considered mulberry trees in the Beyazıt Mosque's garden as therapeutic. They used to visit during the June and July mulberry season because of this. The Beyazıt Mosque was busiest throughout these two months. For therapeutic purposes, families used to bring their speech-impaired members here and serve them mulberries.

When springtime showed itself, Istanbul residents would sing songs in the countryside while poets recited their odes. This custom was also known by the name seyr-i bahar (Spring). People who went on the

spring cruise to Kathane Promenade would first go to Eyüp Sultan and enjoy Eyüp kebab and Eyüp cream before wondering about Karaağaç or Bahariye. (HTHayat,2022)

Because of Istanbul being the most crowded city in Turkey, it contains all citizens around the country. From this aspect, seeing traces from every region in the country is possible in Istanbul. Wedding ceremonies, circumcision traditions, birth preparations, military customs and traditions for holidays vary from region to region, but in Istanbul they all can be seen practiced by the people who carry out traditions for generations. (HTHayat,2022)

After reading about Istanbul, do you want to see what you remember? Take Istanbul City Quiz in the part of practical activities.

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TALLINN, ESTONIA

CULTURE AND HISTORY

Tallinn is the capital of Estonia. The city of 411, 000 is believed to take its name from the word for "Danish house/castle". It was the European Capitals of Culture in 2011.

Tallinn earned its city rights in 1248, but its historical center was most shaped by its time as part of the prosperous Hanseatic League between the 14th and 16th centuries. At this time, the city's wealth and importance as a trade hub reached its peak, leading to a building frenzy that gave the Estonian capital many of its most noteworthy landmarks.

Tallinn's gothic architecture was influenced by the architecture of the island of Gotland, Lower Rhine and Westfalen and subsequently by the architecture of the Hanseatic Towns and the German Order. Local construction material – limestone – added character to the architecture.

Due to its exceptionally intact 13th century city plan, the Old Town was inscribed as a UNESCO World Heritage Site in 1997, joining the ranks of the world's most recognised landmarks. Here you'll find original cobblestone streets dotted with medieval churches and grandiose merchant houses, barns and warehouses many of which date back to the Middle Ages.



Once a home to wealthy merchants settling from Germany, Denmark and beyond, Tallinn Old Town today is enjoyed by locals and visitors alike, with restaurants, bars, museums and galleries bringing much life to this historical city centre.

HISTORIC CENTRE OF TALLINN

The origins of Tallinn date back to the 13th century, when a castle was built there by the crusading knights of the Teutonic Order. It developed as a major centre of the Hanseatic League, and its wealth is demonstrated by the opulence of the public buildings (the churches in particular) and the domestic

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architecture of the merchants' houses, which have survived to a remarkable degree despite the ravages of fire and war in the intervening centuries.

The Historic Centre (Old Town) of Tallinn is an exceptionally complete and well-preserved medieval northern European trading city on the coast of the Baltic Sea. The city developed as a significant centre of the Hanseatic League during the major period of activity of this great trading organization in the 13th-16th centuries.

The combination of the upper town on the high limestone hill and the lower town at its foot with many church spires forms an expressive skyline that is visible from a great distance both from land and sea.

The upper town (Toompea in Estonian) with the castle and the cathedral has always been the administrative centre of the country, whereas the lower town preserves to a remarkable extent the medieval urban fabric of narrow winding streets, many of which retain their medieval names, and fine public and burgher buildings, including town wall, Town Hall, pharmacy, churches, monasteries, merchants' and craftsmen' guilds, and the domestic architecture of the merchants' houses, which have survived to a remarkable degree. The distribution of building plots survives virtually intact from the 13th-14th centuries.



The Upper Town is also a part of the Old Town. There are four observation decks offering picturesque views of different parts of Tallinn: the tiled roofs of the Old Town, skyscrapers of the modern centre, green parks and the sea bay.

The Outstanding Universal Value of the Historic Centre of Tallinn is demonstrated in its existence as an outstanding, exceptionally complete and well preserved example of a medieval northern European trading city that retains the salient features of this unique form of economic and social community to a remarkable degree. As the name represents, the heart of the town since the 13th century, it looks great at Christmas seasons, no longer acts as city's marketplace is now filled with café chairs and tables serving the tour groups.

The gothic Tallinn Town Hall was built in the 1370s and is the oldest surviving one in Northern Europe. Today, it hosts concerts and houses a museum on medieval Tallinn.

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Tallinn has preserved 18 historic towers and about 2 kilometres of walls, equal to half of the entire perimeter of the Old City.

BEST MUSEUMS



The KUMU Kunstmuuseum is a museum for Estonian art in Tallinn that is housed in a building designed by the Finnish architect Pekka Vapaavuori. The museum shows Estonian art history from the 18th century to contemporary art. Division of the Kumu Kunstmuuseum include: classical Estonian art from the 18th century until the end of the Second World War, art made in Estonia during the Soviet occupation including socialist realists and non-conformists, art made after the independence of Estonia, and a space for temporary exhibitions of contemporary art.



Lennusadam (Seaplane Harbour) is a maritime museum in the Estonian capital Tallinn. It is located in an old warehouse for seaplanes. It is managed by the Maritime Museum of Estonia. The museum is divided

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into three floors that all have a theme. The themes are: "in the air", "on the water" and "under the water". Several ships have been exhibited in the museum, including the submarine Lembit from 1934, the 16th century wreck Maasilinn and the icebreaker Suur Tõll. There is also a replica of a seaplane from the Second World War.



The Estonian Historical Museum (Eesti Ajaloomuuseum) is a museum in Tallinn dedicated to the history of Estonia that is housed in the Great Guild Hall in the Old Town. The collection started as a collection of Johann Burchard, the owner of the Council pharmacy, which he started in 1802. In 1842 the Estländische Literärische Gesellschaft was founded that expanded the collection. In 1940, large parts of the collection were burned because it did not correspond to the ideology of the Soviet Union. The collection includes historically dressed mannequins and recreations of domestic interiors and army uniforms and weapons.

The Museum of Estonian Architecture in Tallinn celebrates that and other national architectural traditions, from the multipurpose barn dwellings, with their enormous thatched roofs, that are a distinctive feature of the countryside to modern urban structures.

BEST PARKS

Step beyond the historical center and you'll find a wonderful variety of areas and neighborhoods that reveal this city's true nature. Some parts of Tallinn showcase the city's grander side while working-class neighborhoods and former industrial areas highlight its modern evolution. What's great is that you can learn an awful lot through the buildings' style and design in each of these different areas.

From the tourist hot-spot of the Old Town, walk northwest and you'll immediately find the grassy crescent of **Toompark**. Not quite as gloomy as the name suggests, the Toompark is a central park formed around the snakelike wiggle of Snelli Tiik lake, which once formed part of Tallinn's moat. The park has a polygonal fountain, rockery, and viewing platform, and is transformed in winter when it becomes home to a snow city.



Directly south from Toompark you'll find **Falgi Park**, which was donated to the Dome Guild for use as a public space in 1868. The park is full of winding paths and play areas for kids, and it's also only a ten-

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minute walk away from Harjumagi, a hill from which you can see Freedom Square. In September, the Square becomes the starting point for the Tallinn Marathon. Don't get too worried if you're not quite at marathon standard yet, though – you can always take part in the half marathon or 10km run on the same day. Add it to your list of parks in Tallinn to visit!



Tallinn Botanic Garden has over 4500 plant species dotted across its 123 hectares. It's located on the north bank of the **Pirita River** in the city's wealthiest suburb. Make sure to ask about the nature trails too; the 3.9km route winds through grasslands, forests and ferns, while the 2.5km path takes you through the peatlands outside the Garden's boundaries.



Kadrioru Park is to the east of the main town and surrounds the huge Tsarist palace. Start from the Swan Pond on Weizenbergi Street on the southwest side of the park, with its distinctive domed gazebo and, you guessed it, swans. From here, a walk uphill along the road takes you to the Kumu Art Museum. Alternatively, take your time wandering diagonally across the grounds until you reach the Japanese tea garden in the northeast. Designed by Masao Sone, the carefully placed rocks throughout the garden reflect Tallinn's distinctive cobbled streets. Kadrioru looks best when it's illuminated by the 6000 candles and 1500 torches that are put out for the annual Light Walk, celebrating the beginning of autumn. This year's event will be held on September the 20th, and the night will also feature a firework display and performances from Estonian artists.

Tallinna Kultuurikatel

The foundation Tallinna Kultuurikatel took over management of the complex of the Central Power Plant and began renovation in 2011. The D-block rooms were renovated and the wild garden area was transformed into an attractive multi-purpose city square. Conservation work was carried out on Stuart's redoubt, a construction monument that forms a part of the sea fortress constructed in the beginning of

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the 19th century (now considered cultural heritage). The ruins by the gas tower were reconstructed. The chimney was fitted with a special structure to catch falling stones, which is unique in Estonia. To add attractiveness to the chimney, it was fitted with Europe's highest Foucault pendulum, which will remain open to the public without charge. The building, with its curious historical heritage, has now undergone thorough renovation and become a valued venue for cultural events, festivals, concerts, and exhibitions. It also houses various companies engaged in creative industries.



The new primary goal of Tallinn Creative Hub was to diversify cultural life in Tallinn and elsewhere in Estonia together with various other organisations; reconstruct the complex of Tallinn Creative Hub, and turn the Creative Hub into a development centre for modern culture, culture export and creative industries, and make it an attractive urban space as well as a centre for educational and leisure activities.



Creative Hub entered the competition for the work area programme of the Estonian Presidency of the Council of the European Union and came in first place – the Estonian Presidency of the Council of the European Union, started on 29 June 2017, took place in Tallinn Creative Hub.

The surroundings of Tallinn Creative Hub also constitute an interesting urban space – Tallinn Creative Hub Garden or Pada is a relaxed place for spending time and organising summer events. The Contemporary Art Museum of Estonia, the Energy Discovery Centre, and the Linnahall cultural heritage site are all located nearby.

Kalamaja

The boundaries of Tallinn, once confined within its mighty city walls, have changed quite a bit in the last hundred years. Nowhere is that more evident today than in the trendy neighborhood of Kalamaja, northwest of the Old Town. Wander through the neighborhood and you'll still see rows of these large, old-fashioned wooden buildings, often sporting a vibrantly painted door as a modern flourish. These

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tenements and large houses now have young professionals and families living in them, making it quite a peaceful residential area to explore.

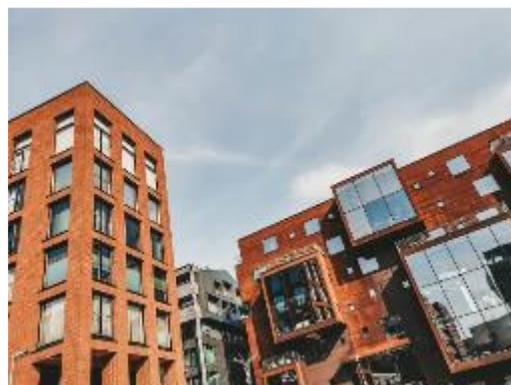


For a long time a simple fishing village, Kalamaja became an industrial district for Tallinn in the early 20th century. Soon enough, it was full of large wooden tenements for factory workers and the working class, and its look mostly hasn't changed since.

Rotermann Quarter

Although there's been plenty of exploration of the city's past so far, Tallinn is certainly a place looking forward to the future. You see it in its role as a hub for tech start-ups, but even more clearly through the recently redeveloped Rotermann Quarter.

Directly east of the Old Town near the city's port, Rotermann was another unloved industrial landscape from the 19th century. The area was home to disused factories, warehouses, and even a mill, all of which had strong ties to the city's commercial history. It's only in the last decade that this neighborhood has received some much-needed TLC.



Today, Rotermann's old industrial buildings have been given a modern and innovative twist, revitalizing the space for the 21st century. Once-abandoned factories and warehouses have been given fresh facades and now creatively house shops, cafés, restaurants, and even hotels, bringing new life to the area.

DAILY LIFE AND SOCIAL CUSTOMS

Barn dwellings are now historical curiosities, but other elements of Estonian folk culture remain alive. Although the traditional costumes that were once every day wear began to disappear in the last half of the 19th century as a result of increasing urbanization, they are still worn for festive occasions, and song and dance remain central to Estonian identity. Traditional cuisine in Estonia includes leavened rye bread, stews, berry jams, pickled gherkins, pearl barley, potato porridge, brawn (headcheese), and salt herring, among other dishes. Holiday meals may include roast goose or pork, ale, black pudding, apples, nuts, and gingerbread.

Among the main holidays are New Year's Day, Easter Sunday, Labour (or Spring) Day (May 1), and Christmas (December 25), as well as the summer holidays of Victory Day (June 23; Võidupüha) and St. John's (or Midsummer) Day (June 24; Jaanipäev).



Celebrated February 24, Independence Day honours the 1918 declaration of independence from Soviet Union while the 1991 declaration of independence from the Soviet Union is observed on August 20 and known as Restoration Day. Other national holidays commemorate the Tartu Peace Treaty of 1920 (February 2) and the Soviet deportation of some 10,000 Estonians on a single night in 1941 (June 14).



Tallinn has the highest number of startup companies per person among all capitals and larger cities in Europe and is the birthplace of many international high-technology companies, including Skype, Bolt and Wise. The city is home to the headquarters of the European Union's IT agency, and to the NATO Cyber Defence Centre of Excellence. In 2007, Tallinn was listed among the top-10 digital cities in the world, and in 2022, Tallinn was listed among the top-10 "medium-sized European cities of the future"

FOOD AND DRINKS

The smell of Tallinn is smell of coffee. There are many coffee shops in Old Town and other districts in Tallinn.

Traditional Estonian food is both unique and delicious. With certain similarities to both Scandinavian/ Nordic and Russian cuisine, there's a strong focus on locally sourced ingredients. Typical dishes feature venison and elk, fresh fish from the Baltic Sea, sausages, fresh fruits and berries, and lots of dark rye bread.

Tallinn has a few medieval-themed restaurants where you can enjoy a medieval feast of hearty food made from 700-year-old recipes, served by waiters wearing medieval costumes, in an atmospheric old chamber lit by candlelight. Think piles of boar and other roasted meats, sausages, barley, lentils, cheeses and jams, all washed down with flagons of traditional local beer.



Traditionally, Estonian cuisine features quite a lot of meat. However, there is a growing number of vegetarian and vegan restaurants offering tasty and inventive takes on local classics.

Learn more on Digital Tallinn <https://tallinn.info/>

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NICE

Nice is a border town that has long oscillated between French and Italian domination, frequently changing sovereignty, belonging to the County of Savoy, and was only annexed to France in 1860 following the signing of the Treaty of Turin between Victor-Emmanuel II (Duke of Savoy) and Napoleon III.

Nice is a city whose development has been very rapid and due mainly to tourism, thanks to its exceptional landscape and climate. Tourism began in the 18th century with the arrival of the first English winterers. The English aristocracy contributed to the city's urban planning with the construction of the Promenade des Anglais and to the city's international reputation as a holiday destination accessible only to the wealthy, and then after the Second World War, accessible to a wider range of visitors.

The Pays niçois remains a culturally marked region, in particular the city of Nice which has its own language, cuisine, folklore, Carnival, festivals...

THE NICE LANGUAGE:

It was initially a form of the old Provençal, then it received an influence from the neighbouring Italian languages and evolved more or less according to the territories of the county of Nice. In 1860, the majority of the population of Nice was Italo-Native and French was spoken by a minority, the urban elites and the local aristocracy. The French language did not begin to impose itself until 1880 with the Jules Ferry law, which led to a certain decline in local languages and especially in Italian. Nice is still partly used today, by the old people of course, and on the occasion of cultural events which are still numerous. Thus, all the inhabitants of the town (even those who are not of Nice origin, and God knows there are many of them here) know a good part of the words and the tune of the local anthem "Nissa la Bella". Children also usually learn it at school.

NICE FOLKLORE:

It offers music, singing in the Nice language, dancing, costumes.

The folk dance is the farandole and its variants (brandi, mourisca, passa cariera); girls and boys dance in the streets and squares on feast days, to the sound of the fife and the drum, sometimes the violin or the hurdy-gurdy.

The folklore of Nice is still practised today during traditional festivals, with the folk group Nissa La Bella, which easily manages to get the population to dance and sing along.

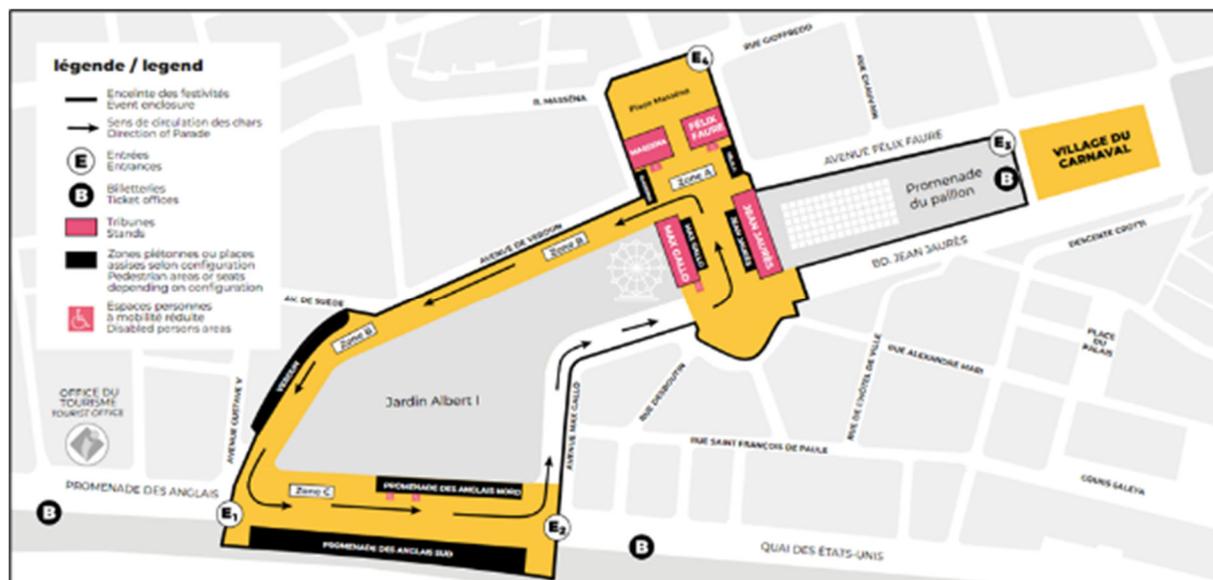
Balèti (musette dances) are regularly held during Nice festivities.

https://www.pedagogie.ac-nice.fr/dsden06/lv06/wp-content/uploads/sites/2/2017/02/fiches_culture_nicoise.pdf

The Carnival of Nice

It is the largest carnival in France and one of the most famous in the world. It has existed since 1873 and takes place every winter in February for a fortnight. It features a Carnival Corso of floats and "big heads", his majesties the King and Queen, street art and musical groups, the famous Battle of the Flowers, and the illuminated Carnival Corso.

The origin of the word Carnival dates back to the Middle Ages and probably comes from the words "carne levare" meaning "take off the flesh".



Birth of Carnival

In Nice, the first recorded mention of Carnival dates back to 1294, when Charles d'Anjou, Count of Provence, mentioned his visit to the city for "the joyous days of Carnival".

In 1873, Andriot Saëtone of Nice took the initiative of founding the "Festival Committee" which, under the patronage of the municipality, was responsible for organising and expanding the festivities. Processions of floats, magicians or illustrators, paying stands, a structured staging directed by Alexis Mossa... made their appearance.

Thus on 23 February 1873, Carnival I entered the city. The modern carnival was born, to which Alexis Mossa and his son Gustave Adolf brought, until 1971, an astonishing peculiarity, focused on contemporary news, allegorical myths around the grotesque and the fabulous. With a talent worthy of the greatest painters of their time, they made models of the most spectacular floats, close to tradition and modernity, which were paraded in Nice, according to the criteria celebrated by the designation of tangible intangible heritage advocated by UNESCO.

Three years later, in 1876, the Batailles de Fleurs were created. Originally a simple exchange of flowers, they became the poetic and elegant side of the Carnival and the showcase of local production. A unique show in the world due to the imagination of the poet - gardener Alphonse Karr.

On 14 February 1882, His Majesty "Triboulet" made a triumphant entry into the city: the modest straw and rag puppet, until then a motionless spectator on the Place de la Préfecture, took part for the first time in the procession, enthroned on the "Char Royal". The processions took place in the heart of the city along a dozen different routes and as soon as the entertainment was over, the festival continued in the districts; small floats created for the occasion became the symbols of even more localised festivities. The first Carnival poster dates from 1889. The first and second world wars prevented Carnival from reigning for several years. In 1991, Carnival was supposed to be "King of the Fools", but the Gulf War forced him to give up as well, just like in 1940, when he was supposed to be the King of the Ship of Fools, according to Gustave-Adolphe Mossa.

Since 2005, the theme of the Battles of Flowers has been in keeping with that of the corsi.

Street art is the trademark of the new Carnival. 50 troupes of local, national and international artists give rhythm and colour to each Carnival Corso and Flower Battle. They have taken over from the 500 big heads who used to accompany the Carnival floats, and make the Nice carnival procession one of the most international carnivals in the world for the greatest attraction of tourists.

The main dates

1294: When the Count of Provence, Charles d'Anjou, made it known that he had spent "the joyous days of Carnival" there.

1539: The organisation and regulation of the festivities are entrusted to the "abbés des fous" who organise four balls in the city according to social classes: nobles, merchants, craftsmen and workers.

1830: It was much later, in the 19th century, that the Nice Carnival appeared in its modern form, as it exists today. At that time, Nice became the "capital of the winter resort".

During the winter stay of the King of Piedmont-Sardinia, Charles-Felix, Nice's notables organised the Carnival on the Cours Saleya with carriages and horse-drawn carriages, as well as a gala parade under the palace balcony.

1860: At this time, the crowd threw plaster confetti, called "Italian confetti". The paper confetti or "confetti de Paris" appeared in Nice in 1892.

1873: A Carnival committee is created to promote the city of Nice and attract the rich winterers who come to spend the winter in Nice. From then on, Carnival became a real show, with float parades, masquerades and cavalcades.

1882: Polichinelle, the king in his traditional straw and rag puppet costume, who until then had remained motionless on the Place de la Préfecture, was transformed into a royal Triboulet, on a float that received the keys to the town from the Mayor and paraded around the three main squares in the town.

Around 1885: The carnival corsos took place in Vieux-Nice, rue Saint-François de Paule, Cours Saleya and place Pierre Gautier.

Organisation of the carnival under direct management

The Nice Convention and Visitors Bureau, the former organiser of the event, has become the Metropolitan Tourist Office as of 1 January 2019.

The City of Nice has taken over the organisation of the Carnival in 2019.

The Carnival's heritage in the spotlight in 2023

For the 150th anniversary of the Carnival, the idea is to capitalise on the DNA of the Carnival to become part of the event's heritage.

Carnival is above all: floats, big heads, all in a tone of impertinence. A beautiful, joyful and popular masquerade.

To achieve this, the poster features a typical Carnival big head: with its exaggerated, burlesque features, in an illustrated treatise evoking the ancient techniques of papier-mâché manufacture. A deliberately tight framing to convey the sensation of excess and to place this broad smile embodying pleasure and celebration at the centre of the poster.

A wide open mouth

The smile of the Carnival King: a wide open mouth, colourful and festive, which tells us about the theme of the year "Treasures of the World".

This reveals the wealth of the world's heritage, symbolised here by emblematic monuments.

Anecdotes and traditions

Carnival is a time when, hidden behind a mask, everyone can transform themselves and break the rules for the duration of the festival. The specificity of the Nice Carnival is to offer a humorous vision of society and current events.

Carnival bath

In the waters of the Baie des Anges, the carnival festivities come to a close. The courageous participants bathe in water at 12° C!

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Berner Lou Paillassou

This is the oldest tradition of the Nice Carnival, symbolising the erasure of the past year's worries. It consists of making a cloth puppet - or a person! - on a stretched sheet.

Caricature and mockery

As part of tradition and folklore, the great and the good of the world, personalities from the world of sport, politics or fashion, have been sketched by the carnival artists.

Many personalities have been honoured by the Ymagiers, such as Jacques Chirac, in 2007, who was the King of the Melee, Trump and his high-tech hairstyle, Karl Lagerfeld, with his tailor-made suit in 2020 by the cardboard stylists or Gérard Depardieu with a belly bigger than his head.

The Maurou

There were four or five young men wearing night caps and bed sheets. They smeared their faces and arms with soot. Only their faces and necks remained visible as they moved through the carnival crowd.

The Vespa, the fanfare of the cougourdons

Meaning wasp in Nice. Indeed, the sound of one of its instruments, the Petadou, a friction drum, resembles the sound of this insect's flight.

The Cannon Shot at Noon

"BOOM! It's time to eat, let's eat!

Every day since the 1860s, a cannon shot is fired at noon sharp from the Colline du Château and thunders over the roofs of Nice.

This century-old tradition owes its origins to Sir Thomas Centry. He lived with his wife in the heart of Vieux-Nice and regularly reproached her for being late in returning from her Sunday walk.

His stomach growling with hunger, this former colonel of the English army found a solution: to fire a cannon at noon. After a visit to the mayor, the proposal was accepted and the tradition continued.

Today, it is no longer a real cannonball that is fired but an air chestnut that explodes in the air after three seconds. Since 1992, Philippe Arnello, a local firework maker, has been honouring the tradition.

ARCHITECTURE

Architecture and town planning in Nice

The Promenade des Anglais is certainly the best known avenue in the city. Nice has preserved few traces of its military past, apart from the Mont Alban fort. On the other hand, it has kept a certain number of interesting buildings dating from the modern era, such as the Palais communal de Nice, the Palais du Sénat de Nice, or the Palais de la Préfecture des Alpes Maritimes, which used to welcome the sovereigns of Savoy during their stay in Nice.

Nice has a large number of squares. Many are located in the old town, such as Place Saint-François, Place Garibaldi or Cours Saleya. The Place du Palais de Justice, formerly Place Saint-Dominique, and the Place de la Préfecture, created in the 19th century, are also located in the old town. The majority of the other squares in the city were designed in the 19th century and are located on the edge of or outside the old town of Nice, such as Place Charles-Albert and Place Masséna or Place de la Croix de Marbre. The Place Arson, between the Rue Caïs de Pierlas and the Rue Arson, has been a favourite place for bowls since the end of the 19th century.

Several monuments and statues commemorate events or characters linked to the history of the town, such as the Marble Cross, the Pope's Column, or the Locksmiths' Monument. The city also has a number of statues. The best known are the statue of Charles-Felix, the statue of Masséna and the statue of

Garibaldi. There is also the monument to Queen Victoria, the monument to the dead of Rauba-Capeu and the Centenary monument.

The majority of the public facilities date from the second half of the 19th century or the beginning of the 20th century. The Saint-Roch hospital was built in 1853 by the architect Joseph Vernier. In neo-classical style, it constituted, with the Vœu church, an architectural link between the two banks of the Paillon. The PLM station on Avenue Thiers dates from 1865. Its Louis XIII style contributes to the francisation of the urban space after the annexation. The municipal library, boulevard Dubouchage, was originally a villa built in 1870. In 1920, it was bought by the municipality, which transformed it into a library. It was opened in 1925. It is one of the rare examples of a library built between the two world wars. The Palais de Marbre, avenue de Fabron, was built in 1872-1874 by Sébastien-Marcel Biasini. The style is very eclectic, ranging from neo-Gothic to neo-classical. Since 1960, it has housed the municipal archives. The Fine Arts Museum, avenue des Baumettes, was built in 1878 by Constantin Scala. The museum is the result of an initiative by Napoleon III. Thanks to donations, it houses works from the 16th century to the mid-20th century.

The years 1880-1890 are particularly well represented. The Crédit Lyonnais building on Avenue Jean-Médecin dates from 1882. Designed by Sébastien-Marcel Biasini, it is in the Palladian and classical style. The Nice opera house, rue Saint-François-de-Paule, was built in 1884-1885 by the municipal architect François Aune, supervised by Charles Garnier. The style of the building tries to synthesize the Second Empire style and the Italian influence. The Wilson post office was built in 1888. Like all the public buildings constructed in Nice after 1860, it contributes to the francisation of the urban landscape. The Gare du Sud was built in 1891 by the architect Prosper Bobin. He was inspired by the Gare du Nord in Paris. The glass roof that protected the platforms may have been a replacement for the Austro-Hungarian pavilion at the Paris exhibition. It now houses a variety of restaurant brands. The Palais de Justice dates from 1891 and was built by Auguste-Vincent Dieudé-Defly, on the site of the Dominican church. It is in the classical style. The large dome of the Nice Observatory was built in 1884-1886 by Charles Garnier and Gustave Eiffel. It was restored in 1967.

The Temple of Love, in the Chambrun Park, is a bandstand inaugurated in 1890-16. It was built for Count Joseph de Chambrun (1821-1899), who had bought the Caïs de Pierlas property in the Saint-Maurice district. The castle has since been greatly disfigured. The park was laid out by the landscape architect Philippe Randon.

The kiosk, made of Carrara marble, was inspired by the Temple of the Sibyl in Tivoli. The salons of the Chambrun castle and the kiosk were one of the high points of musical and social life in Nice.

The beginning of the 20th century saw the construction of a number of interesting buildings. The Villa de la Société d'agriculture, on the Promenade des Anglais, was built in 1900-1901 by Paul Martin and inaugurated by the President of the Republic, Emile Loubet, in April 1901. The Lycée Masséna was built by the architect Henri Ebrard from 1909 to 1930. Its architecture is inspired by classicism. The Thiers post office was built in 1931 by Guillaume Tronchet. It is the only brick building in the city. The Mediterranean University Centre (CUM), on the Promenade des Anglais, was created in 1933 and opened in 1935. It shows Jean Médecin's desire to develop the cultural and intellectual vocation of Nice. Its first administrator was Paul Valéry. The building has a large amphitheatre. Conferences are held there.

A number of interesting buildings were constructed after the Second World War. The Palais des expositions was built in 1955-1964 by Richard and Michel Laigier. It is located above the Paillon and hosts shows, exhibitions and conferences. The Faculty of Law and Economic Sciences was built in 1966 by Roger Séassal and Paul-Albert Février. It houses a mosaic by Marc Chagall, *Le Message d'Ulysse* (1967). The Musée national du Message biblique Marc-Chagall dates from 1973 and was designed by André Hernant. It was born of Chagall's desire to bring together in one place his work on the Bible. The Acropolis Congress Centre, built above the Paillon, was inaugurated in 1984. It was designed by the architects Baptiste, Bernasconi and Buzzi. The Museum of Modern and Contemporary Art, inaugurated in 1990, was built by Yves Bayard. The Asian Art Museum, opened in 1998, was designed by Kenzō Tange.

The Castle Cemetery was created in 1783, on the site of the old citadel. It contains the graves of Léon Gambetta, Rosa Garibaldi (mother of the general) and Anita Garibaldi.

The port of Nice, called Port Lympia, dates from the 18th century. It was built between 1750 and 1770 by the engineer Antoine-Félix de Vincenti. The inner basin was dug by Philippe Nicolis de Robilante. The port then underwent various alterations and was only completed in 1880. It is connected to the city by the Cassini street. It was enlarged in 1975 to accommodate the ferries to Corsica. The old quays have been transformed into a car park.

The Arénas

Between wildlife watching, strolling through a serene park and discovering Asian art, Nice's gateway offers much more than just an airport.

A modern and developed neighbourhood, the Arénas may be the first part of Nice you see when you arrive at Nice-Côte d'Azur airport. If you take the time to explore it further, you will find gleaming office buildings, beautiful parks and fascinating museums.

The most attractive feature of the Arenas is the Phoenix Park, a beautiful area with palm trees, water features and lawns. It is an ideal place to relax after getting off the plane. Its centrepiece is a huge greenhouse, one of the largest of its kind in Europe. It houses a wide variety of tropical plants as well as displays of the region's flora and fauna.

Outside, animals await you: while swans, ducks and pelicans sun themselves on the tranquil lake, the luckiest visitors may spot turtles. A number of species live in enclosures, including lemurs, marmosets, porcupines and wallabies. The Island of the Past is located on the waterfront and is filled with bamboo and wild grasses.

To the west of the park is the Asian Art Museum. You will recognize it by its architecture, which does not go unnoticed. While the glass façade of the polygonal building reflects the blue sky and the bright Mediterranean sun, the large pool in front of the entrance reinforces the shimmering effect.

Behind the door awaits a fantastic collection of artworks from all over Asia, with China, Japan and India particularly well represented. A real immersion in Asian culture is offered in the tea pavilion, which holds a traditional tea ceremony every Sunday afternoon.

Nice-Côte d'Azur airport is located in the Arénas district, so visitors can easily access and explore the area upon arrival. If you are staying in another part of the city, the area is well served by public transport, including the local bus which can drop you off at the Airport/Promenade stop. Nice's extensive tramway network also makes it easy to get around the area.

Nice-Côte d'Azur Airport

Nice-Côte d'Azur Airport is a French international airport located in Nice, in the Alpes-Maritimes and on the French Riviera.



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Nice-Côte d'Azur was built on an area partially reclaimed from the sea located in the extension of the Promenade des Anglais, along the Var river in the Arénas district. Its particular geographical location ensures passengers a spectacular landing along the coastline of the Côte d'Azur with a breathtaking view of the islands, bays, beaches, snow-capped mountains in winter, and the agglomeration which offers a fairytale image at night. The landing ends with a very low flight over the sea before finally touching down. The landing is therefore quite tricky for pilots if they land on runways 22L or 22R.



The eastbound approach, the most common, takes you along the Cap d'Antibes before turning towards the runway, while the westbound approach takes you as close as possible to the coast (old town of Nice) along Cap Ferrat, Mont Boron before finishing with a turn to the runway. The airport took first place in the 2014 PrivateFly awards, being singled out for the most beautiful airport approach in the world from over 200 competing destinations.



In 2018, it was listed in the Top 3 most beautiful airport approaches in the world for the fifth consecutive year.

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The VIP area, Le Salon Riviera



PARKS

The Paillon promenade

An urban park running from the National Theatre of Nice to the sea has replaced the hanging gardens, their bus station and car park, and the Square Leclerc.

Trees, shrubs and plants from all continents have been planted along this promenade. Thanks to the magic of a Mediterranean climate, whose characteristics can be found in many biotopes around the world, the Promenade invites you to a botanical journey without time difference, with the promise of trees in bloom in every season. Through this walk, we can encounter the plant life of the Mediterranean, Asia, Africa, Oceania and Australia, South and North America.

The Promenade du Paillon won the Grand Prix du Jury des Victoires du Paysage 2014.

The green and blue carpet

The green carpet makes it possible to meet the expectations of multiple and different uses: intensive use of the esplanade, exhibitions of works of art, play activities for children and young people, the tranquillity of walkers and dreamers...

How can all this be reconciled in a coherent space?

Thus, echoing the underground infrastructure, but without systematically conforming to it, the carpet is made up of four 6.6m long ribbons corresponding to the supports, this geometry allowing the placement of punctual loads without distorting the overall composition.

Thus, the city is redesigned. New landscapes appear, such as the bell towers and facades of old Nice penetrating the very heart of the promenade.

Giant water mirror

On the edge of Place Masséna, on the site of the former Jacques Médecin forum, a vast water mirror offers its reflections and sparkles: a 3,000 m² lake equipped with 128 water jets.

"Sound and light" shows can be organised here, thanks to a general interconnection and a computer system allowing multiple scenographies. A complex and invisible machinery, with 6 kilometres of underground pipes, allows the organisation of aquatic shows. On the edge of Avenue Félix Faure, 300 m³ of concrete were poured to house, in the basement, a technical room with its water supply and the controls for the hydraulic and electrical systems.

The aquatic change of scenery continues on the other side of the Place Masséna, in the Albert 1er garden. Welcome to the "plateau des brumes", with its natural basalt and limestone paving and its "fog". On a surface of 1,400m² with 960 misters, 60 boxes, each equipped with 16 nozzles, allow the sprinkling of very fine droplets, giving rise to a giant "cloud" in which one can freely wander.

A Conservatory of the carnation

If the Promenade du Paillon is meant to be cosmopolitan with its plants from all continents, it also pays tribute to the flower which remains one of the city's emblems. Near the Lycée Masséna (on the old town side), a rectangle of more than 2,000 carnation plants recalls the time when this flower was exported to the four corners of the globe.

Nice was the world capital of flowers and more particularly of the carnation. The best horticulturists in the world worked in the greenhouses that covered the hills of Nice. The commune produced more stems than the whole of Holland!

This golden age reached its peak in the 1950s and 1960s, before declining in the early 1970s due to several factors: the appearance of a devastating fungus, pressure from real estate and increasing competition from the Netherlands.

Today, only a few growers still preserve this tradition of carnation cultivation. Among these farms, which bear witness to a glorious era, there is now the Promenade du Paillon. The Nice carnation will continue to bloom on its ancestral land.

A marine bestiary for children

A life-size whale, dolphins, octopuses, an enormous turtle... These marine animals have taken up residence in the heart of the new park, opposite the Lycée Masséna. Have they managed to swim up the Paillon from its mouth? To tell the truth, they were helped a little in their migration.

These sculptures were created in a workshop in the Cévennes region of France that specialises in making playgrounds out of natural materials. Made of solid wood that is resistant and soft to the touch, these

giant toys are in harmony with the surrounding vegetation. These different playgrounds are suitable for children up to 12 years old.

For the under-3s: the 3-metre long, 2.4-metre wide turtle with its eggs for the little ones to walk on and, at the back, a slide and a 3-metre long wave that doubles as a chair.

From 3 to 6 years: two 6.5 metre long dolphins with slides and nets; a 3 metre long manta ray with spring games; a 1.5 metre long grouper that children can move by walking on it.

From 6 to 12 years old: the whale, 30 metres long, is the star of this play area. Equipped with multiple games, ropes, apparatus, bars, nets, rings, its belly can accommodate many little "Jonas" in search of adventure.

The Bandstand

Built in 1868 in the Jardin Albert I, the Bandstand has been completely restored and will continue to host the Municipal Orchestra.

On Sundays, come and spend an unusual moment free of charge to the sound of the Municipal Orchestra. *L'aménagement paysager*

A botanical journey through the continents...

Trees, shrubs and plants from every continent are to be found along this walk. The Péna Paysages agency is the project manager for this project. Thanks to the magic of a Mediterranean climate, whose characteristics can be found in many biotopes throughout the world, the Promenade invites you to a botanical journey without time difference, with the promise of trees in bloom in every season.

The Mediterranean in the spotlight

The Mediterranean is also widely present in this garden with holm oaks, majestic umbrella pines and cypresses from Provence. The central green ribbon running along the Promenade is planted with olive trees, vines, carob trees, pomegranate trees, fig trees and other plants from southern Europe.

Asia

On the site of the old bus station, Asia is holding out its arms to us with its camphor trees and giant bamboos. Already of great size, up to 10 metres high. Along the way, a collection of citrus fruits to be discovered, a reminder that long before flourishing on the Côte d'Azur from the 17th century, lemons and oranges were born in China and India.

Africa

A little further on, an African vegetation unfolds in place of the old Paillon car park. Let's contemplate this grove of *Phoenix reclinata*, an astonishing palm tree made up of several trunks, or these *Erythrina*, a large-leafed tree with a sumptuous orange-red bloom in spring. A symphony that is echoed in winter by the scarlet flowers of the *Aloe*.

Oceania and Australia

In the Square Leclerc, disembarkation in Oceania and Australia. A stroll through a forest of eucalyptus trees with remarkable specimens, whose bark stands out in multicoloured strips, red, pink, brown, green... In summer, the clusters of red flowers of the *Brachychiton*s will compete with the "wheels of fire" of the *Stenocarpus sinuatus*, trees with flamboyant inflorescences. In the same area, dozens of tree ferns up to 2 metres high create a tropical atmosphere, under the protection of the existing giant ficus, an old resident of the square, a few metres from the statue of General Masséna.

South America

On the former Jacques Médecin forum, South America takes root, with the yellow flowers (in summer) of the *Tipuana tipu* or the pink ones of the *Chorisia speciosa*, a bottle tree that protects itself from

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herbivores with its trunk covered with a carapace of spines. Other curiosities include *Jubea spectabilis* or Chilean coconut trees that produce mini (edible) coconuts. Mini-fruits for a trunk that can reach up to 2 metres in diameter.

North America

The journey continues in the Albert I garden, with North America. Between Bernar Venet's arch and the Fountain of the Three Graces, dozens of magnolias with clusters of immaculate flowers are arranged in a colonnade. The tour ends a little further on with the autumnal blaze of oak, walnut and maple trees. Shades of yellow, red and brown... for an Indian summer in Nice.

The Phoenix Park

A real green setting in the heart of the city, the Phoenix Park was created by the City of Nice in 1990. Its construction was a real technical challenge and lasted 26 months: nearly 80 companies participated in its creation. No less than 14,000 m³ of earth and 2,000 tons of rocks were used for its construction.

7 hectares of greenery in the heart of the city

Every year, the park welcomes 350,000 visitors to its 7 hectares for recreational, educational, relaxing or visual and olfactory discoveries.

The Flora

The Phoenix Park, which has been awarded the "Remarkable Garden" label, is a green setting that is home to more than 2,500 species of plants, some of which are remarkable and preserved in a Mediterranean landscape setting. The Phoenix Park includes about twenty themed gardens where Mediterranean plants, succulents, aromatic plants and tropical or subtropical plants are represented. Its pyramid-shaped greenhouse called the "Green Diamond" is one of the highest in Europe: over 7,000 m² and 25 metres high, 6 different tropical and subtropical climates are recreated.

The Fauna: an animal area to discover

[crocodiles-parc-phoenix.jpg](#)

Member of the French association of zoological parks, it presents today more than 2000 animals represented by 70 different species of mammals, birds, reptiles, amphibians and insects.

Not forgetting the small farm, with its emblematic animals: horse, pig, goose, goat...

A unique place where everything is staged to offer a firework display of colours to visitors.

The Phoenix Park is also a place for artistic, scientific and educational exhibitions and shows for the general public: let yourself be tempted by a visit to our exhibition rooms to discover some amazing worlds!

The leisure park for your children

Nice phoenix park playground Labelled "Family Plus", the Phoenix Park is committed to doing everything possible to ensure that families and children are well looked after and have a successful visit! All year round, events for children follow one another during the school holidays. In addition to the events, children can enjoy free access to the play areas provided for them: slides, turnstile, spring games, merry-go-rounds, etc., as well as an accrobranche (for a fee in addition to access to the park)

The Ray Park

This urban park offers the people of Nice a green lung in the heart of the city and is intended to be a new meeting place for the district.

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A 3-hectare park in the heart of the city

Representing more than half of the space left free on the site of the former stadium, this vast green space represents a major attraction for the entire city.

In total, 476 trees representing 97 different plant species have been planted in this 3-hectare park.

Children's games - Parc du Ray

This large adventure structure includes various types of activities:

Climbing activities

4 watchtowers, observation platforms, ladders, climbing nets, ropes and rope walls with discs)

Sliding and balancing activities

Monkey bridge, rope tunnel, meander bridge, parrot ladder, balance beam, inclined swing trunk, chain bridge, walking rope, suspended flyover, meander bridge and balance beam.

A 380m² dog run

Well integrated and respectful of the park's landscaping, this new romping area completes the 13 romping areas and 8 canisites already present in Nice, i.e. 6,700m² already dedicated to animals in the city.

A place for walking and relaxation

A large meadow for free activities, crossed by a ribbon of water fed by a waterfall.

A central 10-metre wide path, running east to west, is reserved for gentle movement.

Did you know? Part of the South Stand is integrated into the 3 hectare landscaped park.

MUSEUMS

Marc Chagall

The Marc Chagall National Museum can help you organise guided or independent tours of its collections, as well as educational partnership projects.

The team of specialised tour guides can provide you with various tools and mediation devices adapted to different disabilities. Visioguides in sign language, French and English, are also available.

<https://www.dailymotion.com/video/xvarzu>

Price / duration

Admission to the museum is free for you and your companion (on presentation of an MDPH card).

There is also a reduced rate for guided tours, both for individuals and groups.

The average visit lasts between 1 and 1.5 hours.

Reservation:

Email: visiteguide-mn06@culture.gouv.fr

Telephone: +33 (0)4.93.53.87.35

For specific project requests:

Email : servicemediation06@culture.gouv.fr

The Marc Chagall National Museum is entirely accessible to people with reduced mobility. All its spaces are located on the first floor.

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An adapted parking space is located on the Boulevard de Cimiez a few meters from the main entrance to the museum grounds.

A ramp leads to the rotunda where the ticket office and the accessible toilets are located. From the rotunda, the visitor is invited to cross the park on flat and rolling paths to access the museum's reception hall and the garden refreshment room.

A wheelchair can be provided if needed.

All exhibition rooms and the concert hall are accessible without any hindrance to people with reduced mobility.

To find out about the activities and projects that we have set up for the disabled public

- <https://musees-nationaux-alpesmaritimes.fr/chagall/publics-handicapes>

- visitelibre-mn06@culture.gouv.fr

MAMAC

Access: The entire museum (with the exception of the terraces) is accessible to people with reduced mobility via the elevator at the exit of the Promenade des Arts parking lot (street level).

Whether you are a reception center, a prison unit, an association or a care facility, the MAMAC offers you a unique and adapted reception experience! Here you will find details of our offers and facilities for the disabled.

Contact (questions and reservations): mediationmamac@ville-nice.fr

Self-Guided Tours

Are you a group of at least 10 people? You should book your self-guided tour by filling out the self-guided tour registration form.

The entire museum is accessible to PRMs.

You should go to the museum reception desk so that the security team can take care of your arrival.

Guided Tours And Special Workshops

Guided tours with or without workshops are organized outside of school hours and last 1 to 1.5 hours for a maximum of 15 participants per session.

Please do not hesitate to consult the toolbox to refine your desires, as well as the catalog of activities to create an original encounter that meets your needs.

The museum also creates relief reproductions of works for visually impaired or blind participants.

Workshops are held with a minimum of 2 participants.

Reservations :We ask you to send us the completed form for the visit of centers and associations so that we can better evaluate your request. Upon receipt of this form, the mediation team will get in touch with you to discuss your project and see together the modalities.

Fees : For the specialized structures of the Nice Côte d'Azur metropolis: It's free!

For specialized structures outside the Nice Côte d'Azur metropolis: It's 21€ per session!

Duration : 1h to 1h30

Texts In Falc (Easy To Read And Easy To Understand)

For the exhibition "Becoming a flower", the museum offers adapted texts written according to the Easy to read and understand methodology.

Museum of Prehistory of Terra Amata

<https://www.musee-terra-amata.org/>

Access for teachers : presentation documents of the museum

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Download our files to prepare the visit or the workshop of your students:

<https://www.musee-terra-amata.org/mediation/dossier-enseignants/>

Discovery Tour For The Young Public

A discovery tour, in the form of an illustrated questionnaire, is distributed to children at the entrance to the museum.

Several levels are available depending on the age of the child.

During certain school vacations, free educational workshops are open to children.

Mediation at the Terra Amata Museum of Prehistory

The mediation team of the Terra Amata Museum of Prehistory offers a variety of visits and educational workshops on different themes:

Thematic Visits

- Discovering our origins:
- Behavior and lifestyle of prehistoric man: the example of Terra Amata
- Man and his environment: the example of Terra Amata
- Terra Amata, a site, a museum: Discovering the professions of archaeology and museums

The Educational Workshops

- Being beautiful and showing it. Discovering prehistoric ornaments.
- First men, raw materials. Stories of fossils.
- The Paleolithic, the sources of art. Discovering prehistoric art.
- The Eve of Prehistory. A meeting with prehistoric female representations.
- The prehistoric habitat. Huts of Terra Amata, 400 000 years ago.
- The inventory, meeting the hidden face of the museum.

Transversal Visits With The Archaeology Museum Of Nice / Cimiez

Several levels are available depending on the age of the child.

During certain school vacations, free educational workshops are open to children.

The forms of writing where one plays the archaeologist - Light from Terra Amata to Cemenelum.

It is also possible to set up specific projects for all audiences.

Free access upon presentation of proof:

- Children under 18 and students
- Children under 13 years old for guided tours
- Job seekers (monthly certificate)
- Beneficiaries of the Solidarity Income (RSA), the Specific Solidarity Allowance (ASS), the Solidarity Allowance for Elderly People (ASPA)
- Disabled card holders
- ICOM and ICOMOS cards
- Journalists
- Teachers on presentation of the Education Pass issued by the Ministry of Education
- Guide-lecturers
- Employees of the City of Nice, the NCA Metropolis and the CCAS
- Members of associations of friends of the museums of Nice
- Inhabitants of the Metropole NCA

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- Nice Museums Pass offered to all residents of Nice and the communes of the Nice Côte d'Azur Metropolis, giving free access to all municipal museums and galleries.

LIVING AND INDUSTRIAL AREAS

The 109: Contemporary Cultural center – City of Nice

<https://le109.nice.fr/>

In 2008, the city of Nice began a project to convert 18,000 square meters of its former slaughterhouses into a center for contemporary culture, contributing to the city's cultural influence.

In 2008, the city of Nice launched a project to convert 18,000 square meters of its former slaughterhouses into a center for contemporary culture, contributing to the city's cultural influence.

Responding to a real need for a tool for research and creation, this transformation began with the installation in part of the site of an artists' collective - La Station, an association defending contemporary art through production and exhibition.

At the same time, the city set up a mission of reflection called Chantier Sang Neuf, in order to widen this process of mutation to the whole site and to all artistic expressions; reflection concretized by the creation of the Grande Halle (a space of 2000 m²), of Frigo 16, of the Table Ronde; all these spaces being able to receive various programs around the current musics, of exhibitions, conferences/debates

This experimental form of the project was carried out until 2015 by various actions of productions, residences and temporary events.

Today, after significant work to transform its premises, the 109 is beginning a new life that will allow it to welcome other major players in the cultural life of Nice. With the energy generated by its many events, the 109 is consolidating its role as an authentic breeding ground for creation.

In its new configuration, the 109 is positioned as an essential interface for contemporary creation in the local, national and international cultural landscape through the coordination of the actions carried out by the site's protagonists, but above all through its rich, diverse and ambitious programming, which focuses on different types of cultural, artistic and societal issues of our time.

BOTOX(S)

BOTOX(S) is a contemporary art network from the Alps and the Riviera, brings together nearly thirty venues involved in the production and dissemination of contemporary art.

Founded in 2007, the vitality of this network comes from the different nature of the structures that make it up: art centers, galleries, private venues, associations, artists' collectives, publishing houses, museums... BOTOX(S) is a platform for exchange, a space for reflection, communication and work for the Côte d'Azur's contemporary art players.

The BOTOX(S) network implements a common communication for all its members: website, Facebook page, Twitter and Instagram account, monthly newsletter, quarterly press kit, publication of documents promoting the actions of network members to the public, specific communications on projects conducted under the network ...

It organizes Les Visiteurs du Samedi, one Saturday per month, Les Tchatches, one Thursday per quarter and, once a year, Les Visiteurs du Soir, a night of contemporary art in the city of Nice.

L'Entre-Pont

L'Entre-Pont is a multidisciplinary venue for contemporary creation: theater, dance, circus, street arts, digital arts in connection with live performance.

Unique in the Alpes-Maritimes, the venue is managed by an association of four associative structures: Diva-Le Hublot, Cie Le Grain de sable, Cie/Trans/ and Théâtre de la Massue.

The objective of the place is to develop, structure and promote local creation. To this end, L'Entre-Pont hosts various local and national creative projects in residence and strives to develop the regional and national cultural network. L'Entre-Pont makes its premises available to artists, in exchange for membership in the association. This simple residence is intended for professional artistic teams.

Forum d'Urbanisme et d'Architecture

Within the framework of the realization of a creative project.

Urban Planning and Architecture Forum

The Forum d'Urbanisme et d'Architecture de la Ville de Nice is a meeting point, a place of documentation and reference for the people of Nice and visitors, which develops three major missions related to contemporary architecture and the city.

The Forum d'Urbanisme et d'Architecture is a place of awareness, diffusion and discovery for professionals and the general public.

Its program of exhibitions, conferences and debates, urban walks, completed by a production of publications, feeds the debate of ideas on architecture, urbanism and landscape, thus made more familiar to the greatest number.

Its rich collection of books on architecture and the city, which is even more accessible to readers since it has been deposited in the municipal library network, also contributes to the dissemination of architectural and urban culture.

Awareness, dissemination and discovery for the general public and professionals.

Relocated within the 109 since the fall of 2016, its event programming fuels the debate of ideas on architecture, urbanism and landscape, thus made more familiar to the greatest number of people through a variety of tools that complement each other: exhibitions, lectures and debates on architecture, mediation and outreach, urban walks, film screenings, contemporary archives...

Through collaborations with other cultural establishments in the City of Nice, but also with local reference actors, notably within the 109, it promotes dialogue between architecture, urbanism and landscape and other fields of culture: visual arts, cinema or live performance.

Committed to education: Through activities conducted throughout the year in the school setting, the Forum d'Urbanisme et d'Architecture assists students and their teachers in discovering architecture and the city. It does this through creative workshops on the theme of architecture and the city, by welcoming classes to its exhibitions, and through multi-year programs to raise awareness of architecture and the city in schools by mediating architects.

Three levels of dissemination: The Forum d'Urbanisme et d'Architecture is a player in Nice, oriented towards professionals in the act of building as much as towards the general public.

It is a national player within a network of peer institutions promoting and disseminating architectural and urban culture.

It is open to the international scene, by welcoming lecturers or exhibitions from abroad, as well as through collaborations or exchanges of expertise with partners from other countries.

Antipodes Company

Dance company for and in public and atypical spaces.

Founded by Lisie Philip, the Compagnie Antipodes performs choreographic writing for and in public spaces and atypical spaces. A poetic and wild dance in dreamlike, grating and offbeat universes. His shows are programmed in Europe in the main Street Arts festivals.

Le 109 has been the company's preferred playground for several years. Now, in addition to its administrative office and storage space, Antipodes has a 204 m² dance studio. It is here that Compagnie Antipodes creates and rehearses its creations, both indoors and outdoors.

It is also a place of meeting around trainings, laboratories, training courses opened to all with as thread the work of the body. It's a place to show the creations in progress or completed by the Compagnie Antipodes or artists in residence. A place of creative ebullition.

SACA The Architects' Union of the French Riviera.

A member of the Union Nationale des Syndicats Français d'Architectes (UNSF), the SACA's mission is to study and defend the material and moral interests of architects, to represent the profession in order to defend its collective and personal interests in all circumstances, and to improve the means and conditions of practice of the profession. The SACA listens to and supports its members. It is addressed to all architects, independent or in company, whatever the size of their structure or their sensitivity.

The union space is favorable to the diffusion of the architectural culture, to the prospective reflection on the place of the architect in the society. The local union defends architects and brings together the vital forces of practitioners.

The City of Nice's plastic artists' workshops

The City of Nice provides workshops for visual artists for a period of 3 years.

The 29 municipal workshops of the city of Nice are housed at 109 since 2016, these spaces have an average area of 48 m².

Photography, drawing, painting, sculpture, installation... All mediums and all generations are represented.

Since 2010, the artists have formed an association, L'A.Central, in order to perpetuate the dynamics generated by these workshops and to give visibility to the work that is produced there.

Gorgomar

The Gorgomar Company was created in Nice in 2007 under the double direction of Aurélie Pégliion and Thomas Garcia. The company has for totem an octopus, its intertwined arms draw, invent shows where everything is possible.

Theater, clown, puppets: The company uses the languages of clowning, puppetry and burlesque to share its vision of the world. It tries with humanity to show that despite the absurdity of fate, life is worth living. Proposing to the public the meeting with sensitive heroes such as Grosse Patate or Monsieur Mouche. Shows with a strong concentration of optimism!

The Station

La Station supports and promotes contemporary cultural and artistic life in Nice by all means and in all forms. La Station's main objective is to support and promote contemporary cultural and artistic life in Nice by all means and in all forms. It aims to show what is done in this city, and to attract from elsewhere, from France

and Europe, very contemporary art practices. It aims to help artists and participate in the development, promotion and dissemination of their activities.

In October 2009, La Station moved into the south hall of the old cold stores made available by the city of Nice. These renovated premises have a surface area of 1,000 m² and are divided into exhibition spaces open to the public and workshops. A dozen artists work there and participate in the life, organization and maintenance of such an enterprise.

This dynamic, initiated in 1996, allows research to flourish under real and professional exhibition or production conditions.

La Bande Passante

For a collective space of diffusion, training and production dedicated to still and moving images and sounds – The associations Autour de..., Casa Doc', Cercle Rouge, Cinéma Sans Frontières, Galette Production, Héliotrope, Il était un Truc... , Regard Indépendant & Sept Off, which have been working for twenty years in the fields of cinema and photography, are joining forces to create a dynamic around a resource center embracing the entire spectrum of the audio-visual arts through transmission, training, production, creation and dissemination, for all audiences (professionals, amateurs, schoolchildren, students, local residents, the so-called impeded public, ...), as close as possible to our territory and beyond.

This innovative platform constitutes a chain of knowledge and practices centralizing human, material and technical means: offices, a meeting and training room, a resource and information center, a specialized bookstore, a projection room, a film and digital development laboratory, animation and shooting studios, a post-production studio, a sound studio, a recycling center, a storage space and manufacturing workshops (sets, props, costumes, make-up, etc.).

In response to the fragility of fragmented independent sectors, this cooperative model intends to make this space an artistic and economic pillar, a meeting point open to emerging creation, a new boom in production and distribution.

By creating a common space, La Bande Passante hopes to build a living and human image policy, from Doing to Seeing, linking artists and practitioners with the public; and to create a transversal and inclusive eco-system through the sharing of spaces.

Creation & Production: La Bande Passante's ambition is to be an integral part of the audio-visual creation, production and post-production process. Supporting artists and accompanying the diversity of filmic and photographic works are the major challenges of our collective impulse.

In line with our past and future commitments, this space is conceived as an incubator of images, of original proposals open to all forms of visual arts (digital arts, photography, video, plastic,...) and to their fertile articulations.

Transmission & Diffusion: Artistic and cultural education for all and training are two essential components of our associations' inclusion in the artistic and cultural landscape of the territory, open to the urban and social environment of the city of Nice.

The Arenas district

The Arénas district is a district of the city of Nice.



It is located at the southwestern end of the city, bounded on the west by the Var River. It is separated from the Saint-Augustin district by the old national road 7 and the Marseille - Ventimiglia railway line. A large part of the district is occupied by the Nice-Côte d'Azur airport, which was partially built on an area reclaimed from the sea. A recent business district with approximately 350,000 square meters of office space in glass buildings has been built in the northern part of the district. Residential buildings occupy the eastern part.

Specific buildings

- Nice-Côte d'Azur airport.
- Phœnix Floral Park, which had, at one time, the largest greenhouse in Europe. Presence of many rare and exotic species¹.
- Museum of Asian arts².
- The aeropole itself, i.e. the real estate complex in general of the district.
- Paul-Augier Hotel and Tourism High School³.
- Headquarters of the Banque Populaire Côte d'Azur.
- Nice campus of the EDHEC Business School.
- Headquarters of the Nice Côte d'Azur metropolis.
- Public development establishment of the Var plain.
- Notre-Dame-de-Lourdes Church.
- Headquarters of the e-commerce company Easyparapharmacie.

THE SOUNDS OF...

From the sea

The sounds of the sea on the pebbles of Nice: <https://youtu.be/j88QuLts6FQ>

From the planes

<https://youtube.com/shorts/pkqK4UjXkkY?feature=share>

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From the old Nice

<https://www.youtube.com/watch?v=B3iyfmUCXG8>

THE SMELLS OF ...

Fish



1.7.2 Des huîtres



Flowers



"Read the city: cultural integration of adult learners with special needs"



THE COLORS OF

From the place Masséna



From the Promenade des Anglais



From the Park Phoenix



CUSTOMS AND TRADITIONS

NICE'S FESTIVITIES

Nice's festivals punctuate the life of Nice's citizens throughout the year: they are an integral part of Nice's landscape and play an active role in the city's animation.

The feast of the cougourdons

A popular festival to celebrate the arrival of spring in the gardens of the Cimiez monastery

The Feast of the Cougourdons is associated with the religious festival of the Annunciation. Its name comes from the market that is established on this occasion on the square in front of the monastery of Cimiez. This market offers to the pilgrims "courgourdons", i.e. inedible cucurbits, of curious forms and various sizes, dried during the winter then emptied of their flesh and their seeds. These cougourdons then became all-purpose containers appreciated by the people of Nice in their daily life: ladles, gourds, measures, etc...

In the same way, their qualities of resonance, arranged by various techniques of carving and harmonization made them be used as wind or percussion instruments by improvised orchestras. These orchestras were called "la vespa" (the bee), because the sound of the whole is easily similar to a low humming.

The festival of the vow - Festa dou Vout

The vow of Nice is a religious commitment taken by the elected officials of Nice in 1832 in order to avoid the cholera-morbus epidemic that threatened their city at that time.

This vow was supposed to allow Nice to obtain the protection of the Virgin. If the city was spared from the epidemic, the council promised to build a new church, dedicated to the Madonna des Graces, and to organize a celebration each year consisting of a religious procession and ceremony.

The renewal of this vow is still assured today and also includes animations of traditional music from Nice.

The May - lu May

Already in Roman times, in Nice, the renewal of Nature was celebrated by planting a "mai" (a large pine tree cut down in the forest) in a temple and decorating it with garlands of flowers and laurels.

Over the centuries, the custom became "vira lou mai": dancing around the "mai", set up in symbolic places in Old Nice, eating specialties, playing "pilou" or "vitou", and electing a "Queen of the mai".

Saint Peter's Day - Festa de Sant Peire

The fishermen of Nice gather every year for Saint Peter's Day (June). The festivities begin with a mass sung in the Gesù church, then a procession takes place to the Ponchettes beach (facing the Old Nice), where a boat is burned in honor of the Saint Patron.

The Malonat festival

The City of Nice organizes the traditional festival of the Malonat which is dedicated to the Virgin Mary in order to thank her for having driven out of Nice the plagues of plague and cholera. The statue of the Virgin is carried in a ritual procession through the old town of Nice. A tradition that has not suffered any interruption since 1854. A true vow of a neighborhood community, this festival is an opportunity to decorate the streets with the procession.

The Feast of the Assumption

For Christians, the Virgin Mary, "after having completed the course of her earthly life, was raised in body and soul to heavenly glory".

Every year on August 15, this miraculous event is celebrated by all of Christianity on the occasion of the Feast of the Assumption.

Feast of Santa Reparata - La festa de Santa Reparada

Saint Reparata, patron saint of Nice, is a young Christian woman, virgin and martyr, patron saint of Nice and Florence. Originally from Caesarea in Palestine, she died in 250 during the reign of the emperor Decius (249-251), during the brief but violent persecution that he carried out against the new religions. The remains of the Saint were buried in a chapel in the old town, before being placed in the cathedral in 1690, consecrated in 1699 and placed under the protection of Reparata.

Every year, the people of Nice and the faithful pay homage to her during a procession in the old town which ends at the Cathedral.

Homage to Catherine Segurane - Oumage a Catarina Segurana

Catherine Segurane (in niçois Catarina Segurana, in italian Caterina Segurana), is a heroine of Nice who lived in the 16th century and illustrated herself during the siege of Nice in 1543. Emblematic figure of the Nice region, she is the expression of a strong patriotic feeling and identity.

She is celebrated in Nice on November 25, the day of Saint Catherine. These take place in front of the bas-relief of the street Sincaire. On this occasion, a religious service is held in the church of Saint-Martin-Saint-Augustin. The celebration is usually accompanied by traditional music from Nice.

Christmas festivities - Calèna

In Nice, Christmas is called Calèna, a name that comes from the Latin word calenda. In the Roman calendar, the calendars designated the first day of the month.

In the County of Nice, lou tèmp de Calèna, the period of Christmas festivities begins on December 4, Saint Barbara's Day. After a great cleaning of the houses, the wheat of Saint Barbara and lentils are sown on this day.

These sprouted seeds, which are then used as decoration on the Christmas table, are a symbol of fertility and prosperity for the coming year.

Unlike the Provençal Christmas crib, the Nicoise or Presèpi crib remains in the house throughout the year.

A living nativity scene is set up in Old Nice on the Place Rossetti, opposite the Sainte-Réparate Cathedral. For a few days, figurants and animals revive the old traditions of Presèpi for the greatest joy of children and adults.

On the evening of December 24th, a tradition from Nice called cacha-fuèc wants the fire to be extinguished in the fireplace. The eldest child in the family gives the youngest a firebrand to rekindle a new fire, with a log of fruit wood (often olive).

THE TASTE OF NICE

A showcase for local products and the work of men and women committed to quality, respect for their land and love of their region, the Taste of Nice is also a promotional tool for discovering the diversity of activities, especially those in the great outdoors.

This is the first time in France that a large city has installed a "Maison des Terroirs" in its center. Located along the coulée verte, opposite the Lycée Massena, the Taste of Nice offers visitors an immersion in the three terroirs of the metropolis: coastal, middle country and mountain, over two floors and 150 m².

- 32 craftsmen and farmers
- 250 seasonal products
- 100% local products

Quality charter

The products offered at the Taste of Nice must comply with strict specifications set out in the quality commitment charter. Its objective is to ensure that production/manufacturing is carried out in the metropolitan area according to the following principles

- A head office on the metropolitan territory
- Agricultural production from the farm
- Handcrafted products made directly by the craftsman (no purchase/resale) with raw materials coming mainly from the metropolitan area and / or the Alpes-Maritimes
- A recognized sign of quality (AB, AOP, AOC, Bienvenue à la ferme...)

Click and collect

The products are now available online with a very responsive click & collect service that allows you to pick up your order three hours after validation of the purchase. An online store that already offers nearly 150 products with a choice that will expand very soon.

Le Goût de Nice : 34 Boulevard Jean Jaurès, 06300 Nice

Pop up store: NICETOILE Shopping Center: 30 Avenue Jean Médecin, 06000 Nice.

The Nice cuisine

Nice is famous for its tourist attraction as well as its art of living and its cuisine. A traditional and Mediterranean cuisine based on vegetables, flavors and scents ...

The Niçoise salad

The salad niçoise is a famous culinary speciality of Nice today spread in the whole world.

The socca

The socca is a culinary specialty made of chickpea flour from Liguria. It is presented in the form of a large and thin cake cooked on large round tinned copper plates in a pizza oven.

The pissaladière

In addition to the bread dough, the pissaladière is mainly composed of a bed of onions that must be cooked for a long time on very low heat to "compote" (90 min to 2 h 30 of cooking time depending on the variety) and taking care to avoid any browning. The bread dough and the onion can be enough, but the real pissaladière cannot be made without pissalat, a kind of salted dough or cream made from salted sardines and anchovies, which gave its name to the speciality.

The chard pie

The chard pie (la torta de blea in Nice) is a culinary specialty of Nice based on chard, which can be served as a dish, salty, as well as a dessert, sweet. Despite the presence of chard, it is a pastry, eaten cold or warm. The finely chopped chard leaves are mixed with pine nuts and raisins. The pie is usually served with a lot of powdered sugar.

The Pan bagnat

The pan bagnat, often wrongly called "bread bagnat", is a sandwich from Nice with tuna, raw vegetables and olive oil, made in a small round bread specially made for this purpose. The pan bagnat was originally the take-away snack of fishermen and other morning workers and was made from simple, local and cheap ingredients. Thus, tuna, which is now part of its composition at all merchants, has replaced the anchovy.

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In the 19th and early 20th century, tuna was an expensive fish compared to the popular anchovy. The tuna variant is therefore the variant

The tuna variant is therefore the "rich" variant of pan bagnat.

The stuffed dishes of Nice

The stuffed dishes are a Mediterranean culinary specialty, very common in Nice and Provence, but also in other Mediterranean countries. They are made with vegetables: tomatoes, zucchini, onions, peppers, hollowed out and filled with a stuffing. The stuffed dishes are eaten both hot and cold.

Other traditional recipes

- Bagna cauda
- Zucchini flower fritters
- Sweet fritters
- Ganses
- Gnocchi
- Rabbit with niçoise sauce
- Merda de can
- Mesclun
- Panisses
- Stuffed veal pocket
- Ratatouille
- Nice ravioli
- Stuffed sardines "à la nicoise"
- Pistou soup
- Fish soup
- Stockfish
- Tian
- Tripe niçoise style
- Troughia

Contact

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Email : lateliercuisinenicoise@ville-nice.fr

lateliercuisinenicoise.fr

Would you like to take cooking classes in nice?

The Atelier Cuisine Niçoise reveals all the secrets of Niçoise cuisine during classes, culinary competitions, exhibitions and other activities.

Address : 2 rue du Sénat, 06300 Nice



Label "Cuisine Nissarde"

The label "Cuisine Nissarde" has a new look. Created in 1995 by the association Le Cercle de la Capelina d'Or, then registered in 1998 by the UDOTSI, it was taken over in 2013 by the OTCN, which now manages and promotes it. This label has been slightly modified in its appearance but its objective remains

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totally unchanged: the defense and promotion of authentic, home-made Nice cuisine. A technical committee has been set up to define selection criteria based on recipes, but also on the quality of the products and the welcome.

The "Cuisine Nissarde" label is awarded to restaurant owners who work to promote Nice cuisine by committing to respecting recipes, the quality of products and raw materials used, the quality of customer reception and information, and compliance with health and safety regulations.

PART 2: GOOD PRACTISES: ACCESSIBILITY FOR PEOPLE WITH SPECIAL NEEDS

ESTONIA

ACCESS CITY AWARD

Around 87 million people have some forms of disability in the EU and its population is also becoming older. Additionally, Europe is now essentially an urban society, with four out of five EU citizens living in towns and cities. The European Union promotes equality of opportunity and accessibility for people with disabilities. A fundamental part of its strategy involves working towards a barrier-free Europe.

The Access City Award is an award recognising cities that have worked to become more accessible for their citizens. It is an EU initiative that

- recognises efforts by cities to become more accessible
- promotes equal access to urban life for people with disabilities
- allows local authorities to promote and share their best practices



Forty EU cities with over 50 000 inhabitants presented their actions and strategies to become barrier-free and better cities for everyone to live and work.

Six cities have been shortlisted for the Access City Award 2022. In alphabetical order, they are:

- Barcelona (Spain)
- Helsinki (Finland)
- Leuven (Belgium)
- Luxembourg City (Luxembourg)

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- Palma (Spain)
- Porto (Portugal)

Luxembourg City wins 2022 Access City Award.

<https://ec.europa.eu/social/main.jsp?langId=en&catId=88&eventsId=1871&furtherEvents=yes#navItem-1>

Tallinn City's Accessibility Plan 2016 – 2022 and upcoming 2023-2028

The purpose of accessibility development trends in Tallinn is to ensure a more accessible and obstacle-free environment and public services in the city of Tallinn.

Accessibility is important for all people who move around the city and use public services. The accessibility development trends in Tallinn are based on the proposals for solving problems and challenges pointed out in the Tallinn City Accessibility Audit 2013. The proposals of city administrative agencies, accessibility workshops and committees, and the representative organisations of disabled people were considered in devising accessibility development trends. The planning and implementation of activities necessary to improve accessibility will be guided by the legislation and guides of the state and the city of Tallinn.

The rights of persons with disabilities to accessibility have been set out in the strategy 'European Disability Strategy 2010–2020: A Renewed Commitment to a Barrier-Free Europe'. The accessibility and universal design principles as well as the common approach are based on the guidance material 'Designing and creating an all-inclusive living environment' prepared by the Union of Estonian Architects, the Estonian Design Centre, and the Estonian Academy of Arts after the Astangu Vocational Rehabilitation Centre ordered it in 2011–2012. The strategy 'Tallinn 2030' and 'Tallinn Development Plan 2014–2022' have already covered the accessibility topic discussed above, which creates a good background for continuing the systematic and goal-oriented activities.

The improvement of accessibility needs to be addressed in four key areas:

- information and communication, including new technologies;
- transport and the related infrastructure;
- public facilities and services;
- improved environment and public space.

The goal of the development of the urban environment is ensuring that the urban space in Tallinn is cozy, inspiring, and environmentally friendly. Consequently, the activities specified in the development trends support an environment promoting a healthy lifestyle and are directed at the development of a state-of-the-art and accessible tourism infrastructure. The public space in Tallinn must be accessible to both city residents and guests. Therefore, the activities focus on the accessibility of the Old Town and the city centre. Additionally, they include building new cycle and pedestrian tracks and paths.

Accessibility – people with disabilities can access the physical environment, transport, information, communication technologies and systems, and other tools and services on the same bases as other people.

Inclusive living environment – a well-functioning living environment that considers the capabilities of all members of the society.

THE PRINCIPLES OF AN INCLUSIVE LIVING ENVIRONMENT:

- respect – the environment must respect and develop all people; nobody should be left out, and everyone must have access to it;
- security – the accessible environment must be risk-free for all; all elements of which the environment is composed must consider safety above all (e.g. non-slippery floors, no easily separable elements);
- healthiness – the environment must promote a healthy lifestyle and use; it must also not be a threat to anyone's health or cause problems for people with health problems, such as allergies;
- functionality – the primary function of the environment must be accessible to all without problems;
- comprehensibility – everyone must be able to orientate in the environment without too much effort; therefore, the information must be clear and appropriately placed and easy to understand for all target groups;
- setting an example – an accessible environment is a positive example to businesses, institutions, and developers on how to follow the principles of universal design to ensure the accessibility of different objects.

Universal design – designing products, the environment, programs, and services in a way that which makes them available, in the maximum extent, for all people without the need to make adjustments or use special design. Universal design does not exclude, if necessary, auxiliary equipment for specific groups of people with disabilities.



Principles of universal design:

- universal design is a strategy, the purpose of which is to make the design and structure of different environments, communications, information technologies, and services as accessible, comprehensible, and usable as possible for everybody, in the most independent and natural way possible; preferably, without the need for adjustment;

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- the purpose of universal design is to make the lives of everybody easier by making the built environment, communication, products, services, and social benefits accessible, usable, and comprehensible for everyone;
- universal design means a complete approach and putting more emphasis on being user-focused, considering the needs of people with disabilities, and paying attention to the changes and specifics that people experience during their lifetime.



Special toilets with wide doors in Tallinn.

Public building and facility:

- a building where administrative, legal, social, religious or other equivalent services; communication, traffic, or parking services; art or other cultural services; sports, mobility, hobby, holidays, or other equivalent services; trade, banking, accommodation, or catering services are provided to the public;
- hospitals, health care, or welfare institutions, or waiting, reception, and visiting rooms or similar institutions;
- an educational institution for students;
- a building with gathering places or rooms;
- public facilities through which public buildings are accessible to the public;
- streets, squares, green areas, and playgrounds.

Disability – in accordance with the Social Benefits for Disabled Persons Act⁷, disability is the loss of or an abnormality in an anatomical, physiological or mental structure or function of a person which in conjunction with different relational and environmental restrictions prevents participation in social life on equal bases with the others. Person with a disability – a person with a long-term physical, mental, intellectual, or sensory impairment, which in conjunction with different restrictions prevents their participation in social life on equal bases with the others. In accordance with the convention, the term ‘disability’ changes over time and is the consequence of interactions between disadvantaged people and attitudes and environmental barriers.

HISTORY OF ACTIVITIES RELATED TO ACCESSIBILITY IN TALLINN

The accessibility of urban environments and services, in the context of an inclusive but aging society, lifelong work, and free movement and self-realisation, is becoming more and more relevant throughout the European Union and therefore, the city of Tallinn needs to further development this area. The city of Tallinn has been developing its accessibility since the 2000s, but this has so far been rather project-based and non-systematic. During this time, the ‘Accessibility Action Plan for Public Buildings and Services in the City Centre of Tallinn 2001–2004’ was completed, which was approved by the Tallinn City Government on 9 May 2001 with the order No. 1813-k.

The city of Tallinn has contributed to the development of the pan-Estonian information portal www.liikumisvabadus.invainfo.ee of the Estonian Union of Persons with Mobility Impairment. This cooperation included collecting data on the city of Tallinn, during which the Association of Persons with Mobility Disability in Tallinn mapped 600 public buildings and facilities. At the request of the Tourism Department of the Tallinn City Enterprise Department, the three main visit routes in Tallinn (Toompea, the Lower Town, Kadriorg) were mapped in 2007–2008 in terms of the possibility to use a mechanical or electric wheelchair.

In 2010, this was followed by the mapping of the Pirita visit route (Botanic Garden, Song Festival Grounds, Lillepi Park, Maarjamäe Memorial and Stadium, Metsakalmistu Cemetery, Estonian Exhibitions, Orlov Castle, Pirita Centre, Pirita Road, etc.) in terms of accessibility for people with mobility difficulties. During this project, 11 routes and 50 social, national, and tourist objects near the region were assessed and mapped. The buildings were uploaded to an interactive map on the portal www.liikumisvabadus.invainfo.ee.

In 2011–2012, the Tourism Department of the Tallinn City Enterprise Department ordered the development of mapping criteria for accommodation establishments and their services from the Association of Persons with Mobility Disability in Tallinn. During this project, six hotels in Tallinn and their services were mapped in terms of accessibility for people with mobility and vision difficulties.

In 2011, the Association of Persons with Mobility Disability in Tallinn carried out a mapping project at the request of the Tallinn City Government ‘Mapping movement obstacles and movement safety on the sidewalks and pedestrian crossings in the city centre of Tallinn’. Its results are used to remove high curbstones and other movement obstacles from the sidewalks and to plan and construct pedestrian crossings.

In 2012, the mapping of movement obstacles was continued in the northern part of Tallinn (Kalamaja, Tööstuse, and Kopli Street) and in 2014, the movement obstacles and handicapped parking spaces were mapped in the northern part of Tallinn (Sõle-Pelgulinna-Sitsi). During the project, more than 200 movement obstacles were found, all of which are listed on the web portal (www.liikumisvabadus.invainfo.ee), where colour schemes are used to display movement routes,

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obstacles, and handicapped parking spots. The Municipal Engineering Services Department has used the mappings and studies as support material for planning the reconstruction of streets and eliminating movement obstacles. A good example of this is the reconstruction of the Soo, Tehnika, and Telliskivi streets.

The Disability Commission of the Tallinn City Government (hereinafter: Disability Commission), created in 1993, has played an important role in raising accessibility issues. The purpose of the Disability Commission is to advise the city government and contribute to the activities of the city government used for creating equal opportunities for people with disabilities and other people. The idea to start an accessibility audit and prepare an accompanying action plan for accessibility came from the member organisations of the Disability Commission (Association of Persons with Mobility Disability in Tallinn, Tallinn City's Board of Disabled People, and Northern-Estonian Association of the Blind), who made a joint proposal to compile an accessibility program for the city of Tallinn.

The Disability Commission approved the idea and so, under the guidance of the Tallinn Social Welfare and Health Care Department, the Tallinn Accessibility Audit 2013 was completed and then approved by the Tallinn City Government on 10 April 2013. It appointed the Tallinn City Government on 10 April 2013 as its coordinator. The Tallinn Accessibility Audit helped to assemble the projects carried out so far and collaborate with stakeholders to make proposals for improving accessibility in Tallinn.

In 2014, the draft of the accessibility action plan was drawn up. The Tallinn Social Welfare and Health Care Department had the leading role in the process with collecting the suggestions and source information from the city administrative agencies and organisations for disabled people. Four information seminars have been organised: on 16 June 2014, in the premises of the Tallinn City's Board of Disabled People at 9 Endla Street; on 5 November 2014, at the Tallinn University of Technology; on 11 February 2015, the seminar 'Accessible Tallinn' was carried out at 59 Endla Street; and on 15 March 2016, the seminar 'Over the threshold' at the conference centre of Hotel Euroopa. Additionally, information days and round-table meetings have taken place with the representatives of organisations for disabled people, as well as between authorities and the working group of the Disability Commission.

Information and communication, including new technologies In terms of information and communication technology (ICT), the goal is to implement modern IT infrastructure options in the work of administrative agencies and provide a wide range of e-services to people. To ensure a better access to public services, the volumes of e-service is increased. As a result, the availability of ICT in different fields is ensured.

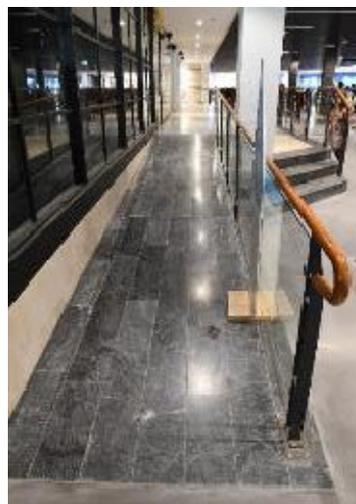
In accordance with the UN Convention on the Rights of Persons with Disabilities and the general policy of the disability policy in the Republic of Estonia, the Republic of Estonia and local governments must take steps to raise the society's awareness on people with disabilities, their equal rights and opportunities, and mobility possibilities. It is important that the people directly affected by this information could help

with the dissemination, interpretation, and implementation of this information. Thanks to the Union of Estonians with Mobility Disability, the web portal www.liikumisvabadus.invainfo.ee, was completed in 2014, which reflects on the accessibility of national and social objects for people with mobility disability in Estonia. The website allows collecting, processing, and analysing the accessibility of objects.

In 2005, the Association of Persons with Mobility Disability in Tallinn mapped 600 public buildings in Tallinn (funded by the city of Tallinn). Now, this number has grown to more than 750. The portal was completed more than ten years ago and today, it is outdated both in terms of web technology and content. The accessibility portal of the Union of Estonians with Mobility Disability was project-based and is currently not sustainable. As the portal does not have a permanent team, the data is not monitored or updated continuously. Additionally, it has a major shortage: it only focuses on the mobility disabilities and physical accessibility.



Access to the Sokos Hotel Viru in Tallinn.



Access to the Tallinn airport.

IMPLEMENTING ACCESSIBILITY IN PUBLIC TRANSPORT

- In the case of public transport, the overall objective is to completely replace all vehicles with low-floor vehicles. This will be done when possible and in stages. Here, the city of Tartu can be highlighted as an example: the use of special transport has reduced after all buses were replaced with low-floor buses.
- Manual ramps will be gradually replaced with automatic ones.
- When purchasing used public transport vehicles, low-floor ones are always preferred. These will be provided with boards suitable for the visually impaired and the elderly. Additionally, an audio system indicating the bus stops will be installed there.
- Activities related to public transport, the planning and renovating of stops, and the development of principles and procurement conditions that are related to accessibility, will involve the Tallinn Social Welfare and Health Care Department and representatives of representative organisations for disabled people in the Disability Commission.

Accessibility of public transport stops

There are about 900 public transport stops in Tallinn, some of which are not physically unavailable or not easily accessed with mobility equipment. The platforms are either high (without abasements), uneven, have holes in the asphalt, or are not there at all (including tram stop platforms).

- The Tallinn Transport Department does not have an overview of the status of stops in terms of accessibility for people with disabilities. The situation is complicated by the fact that the Tallinn Transport Department is responsible for the stops, but the Tallinn Municipal Engineering Services Department is responsible for road construction.
- To obtain an overview of the state of the stops, the accessibility of the stops must be mapped. Activities can be planned based on this to ensure accessible public transport stops for the people of Tallinn.
- The collected data must be displayed on the map of the accessibility portal and be accessible to everyone. The data is necessary for citizens so that they can plan their trips and for city authorities so that they can plan and monitor activities related to accessibility.
- Detailed requirements must be set out for public transport stops in cooperation with the organisations of disabled people in Tallinn. This will ensue that the stops comply with the principles of universal design and the current construction requirements.

Solutions for ensuring access to public transport for people with visual impairment are as follows:

- Public transport stops must be accessible, clearly marked, and illuminated. To mark the location of the first door of a public transport vehicle, an embossed guide plate must be used, which the drivers of public transport vehicles must consider to facilitate access to a public transport vehicle for disabled persons. Electronic information stands with audio notifications must be installed at the main stops of the city (Northern-Estonian Association of the Blind and NKL).
- A board must be installed at the stops informing people of the nearest departures and delays of public transport vehicles. At smaller stops, QR-codes, for example, can be used instead of the information board.

Handicapped parking spaces

According to the data of Tallinn Transport Department, there is no overview of the current number and condition of handicapped parking spots. According to data from disability organisations, there are not enough handicapped parking spots, their marking does not often meet the construction requirements, the paint coating usually lasts for two years, and, if there is no additional board indicating the handicapped parking spot, it is useless. According to data of the Association of Persons with Mobility Disability in Tallinn, there are at least six useless handicapped parking spots in the city centre. Figure 10 shows examples of turned additional boards and unmarked road markings.

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Organisations of disabled people (TLIÜ, PPU, and NLK) proposed to provide a sufficient number of handicapped parking spots, paying attention, above all, to the need for parking spaces near institutions important to disabled people, such as social services, medical institutions, the Unemployment Insurance Fund, and public transport stops.

- Every year, at least seven properly (dimensions, additional board, road markings) marked handicapped parking spots must be added.
- To obtain an overview of the existing handicapped parking spots and their condition, a web-based map application for handicapped parking spots must be implemented. The map will be available on the Tallinn accessibility portal. The map-based database of handicapped parking spots gives an overview of their condition, helps authorities to plan to improve the spots, and provides information to city residents and tourists. The Tallinn Social Welfare and Health Care Department will manage the application by collecting data with the Association of Persons with Mobility Disability in Tallinn.



Parking places in Tallinn.

Paths and pedestrian crossings in Tallinn

One of the goals of the capital construction and repair of roads in Tallinn is to ensure better mobility for pedestrians, cyclists, the elderly, and people with disabilities. The purpose of maintenance repair is to repair places that hinder mobility on the streets of Tallinn in order to improve accessibility for people with disabilities.

- The Tallinn Municipal Engineering Services Department must involve competent civil servants of the Tallinn Social Welfare and Health Care Department or organisations for people with disabilities in the coordination of road and construction projects as well the in the acceptance of completed buildings.



Tallinn: Telephone numbers to call in case if lift does not work.

- By involving specialists and organisations of people with disabilities, precise instructions and conditions for the use of the following road elements meant for designers and builders must be developed, or the existing ones must be supplemented, considering the needs of people with visual and mobility disabilities and modern universal design principles: - marking pedestrian crossings with embossed stones (schemes, requirements, and installation principles); - warning and directing tactile pavements, their installation principles and schemes (in important traffic junctions, in front of shopping centres, etc.); - lighted pedestrian crossings, so that pedestrians crossing the road would be more visible to drivers during the dark.



Pedestrian crossings in Tallinn.

PUBLIC FACILITIES AND SERVICES

One of the most important principles of accessibility is to provide better access to public buildings and facilities. Consequently, access to schools and kindergartens must be ensured both on foot and by bike – this creates the habit of walking and cycling in young people. People with special needs need to be guaranteed access to cultural, sports, educational, and public institutions. The plan also sets the goal of making public and private services available for people with special needs, as well as making it possible for them to cope and have an active lifestyle. As a result, many types of transport services will continue to be provided to people with disabilities. It is also planned to continue providing housing services to

people with disabilities and supplementing the municipal housing fund while considering people with disabilities and special needs.

ACCESSIBILITY IN EDUCATION AND HOBBY EDUCATION

The purpose of the activities planned in the accessibility development trends in terms of the city's education field is ensuring a fully accessible and obtainable education for all children, including children with disabilities. There are over 200 educational and interest institutions, including kindergartens, as well as general education and hobby schools, under the administration of the education authority. In 2009, the Association of Persons with Mobility Disability in Tallinn mapped 72 school buildings and 11 youth centres. It was revealed that 57% of the schools were physically inaccessible, 18% had limited access, and 25% were fully accessible. Now, this data has become outdated and needs to be updated. It is important to emphasize that 75% of schools have major problems with accessibility: children and parents with disabilities, the elderly, people with baby strollers, and others find it difficult or impossible to access them.

To attain a significant change in access to education institutions by the end of 2022, the following steps must be taken:

- map all educational institutions (kindergartens, schools, centres) and, in this context, update the accessibility portal data. Managers of the buildings must be made obliged to notify the parties carrying out the mapping project of changes in accessibility;
- order accessibility audits from disability organisations to plan and consider the accessibility factor of renovated buildings more precisely;
- ensure the availability of modern IT- and special equipment in the educational process of children with special needs.

ACCESSIBILITY IN THE FIELD OF SPORTS AND YOUTH WORK

All sports facilities, including outdoor equipment in parks and outdoor sports fields, in the city must be mapped. The data must be added to the accessibility portal and updated. Additionally, access to the sports facilities must be monitored throughout the period. If necessary, accessibility audits must also be ordered. Managers of the building must be made obliged to notify the parties carrying out the mapping project of changes in accessibility.

ACCESSIBILITY IN THE SOCIAL FIELD AND IN HEALTHCARE

The Tallinn Social Welfare and Health Care Department coordinates and organises social welfare in the city of Tallinn and organises and coordinates the activities targeted at the prevention of diseases of the residents of Tallinn, as well as the promotion of their health. Access to health care institutions is one of the fundamental rights of citizens, and it is the responsibility of the local government to guarantee it. To

ensure full access and other necessary adjustments for people with special needs (handicapped parking, disabled toilets, contrasts, voice announcements in elevators, hearing aids, etc.) to medical institutions, accurate information is needed, based on which it is possible to plan and implement the relevant activities.



Access to the Tallinn Social Welfare and Health Care Department.

ACCESSIBILITY TO CITY ADMINISTRATIVE AGENCIES

A person in a wheelchair can access city government buildings (to the city district elder) only in three districts (Pirita, Lasnamäe, and Nõmme). There is a separate disabled toilet in the Lasnamäe and Pirita city district governments; in other city district governments, there are none. A person in a wheelchair can access the public servant in the social welfare department of eight city district governments. Since 2016, accessibility has been improved in the building of the Tallinn city government, where a modern elevator was installed.

Additionally, a platform lift was installed to ensure access to the canteen located on the basement floor. Despite the modern elevator solutions, there is still a problem of accessing the building with mobility equipment. People entering the building from the Freedom Square face the lobby steps and people entering the building from the courtyard face a stairway with a difference in height of more than 0.5 meters.

Solutions include rebuilding the main entrance of the building and adding an incline. The physical accessibility of Tallinn city council has been considerably improved: a vertical elevator has been installed to the staircase in the inner courtyard, a shaft lift will be installed in the building, and there is a modern disabled toilet.

TRAINING OF CITY EMPLOYEES IN THE FIELD OF ACCESSIBILITY AND DISABLED PEOPLE

- Public servants will participate in the work of the accessibility workgroup 'Barrier free City for All' of the Eurocities organisation and exchange experiences on accessibility and universal design with the member cities of the organisation.

"Read the city: cultural integration of adult learners with special needs"



- Public servants who are responsible for accessibility standards and requirements, as well as the principles of universal design, must be trained at least once every two years.
- An external training session on accessibility and an exchange of experiences must be organised for the public servants responsible for carrying out accessibility-related activities at least once every two years.
- The volume of training sessions on working with people with disabilities meant for public servants must be gradually increased. The goal is to reach a level where all public servants who directly work with city residents (social workers, service station staff, municipal policemen, public transport drivers, etc.) have received at least four hours of training on this subject and all new employees will receive such training during the first six months of work.
- Training on working with deaf people and people with hearing disabilities must be organised for public servants of city authorities, which would include the psychological and practical preparation of customer service.

<https://www.tallinn.ee/et/media/299501>

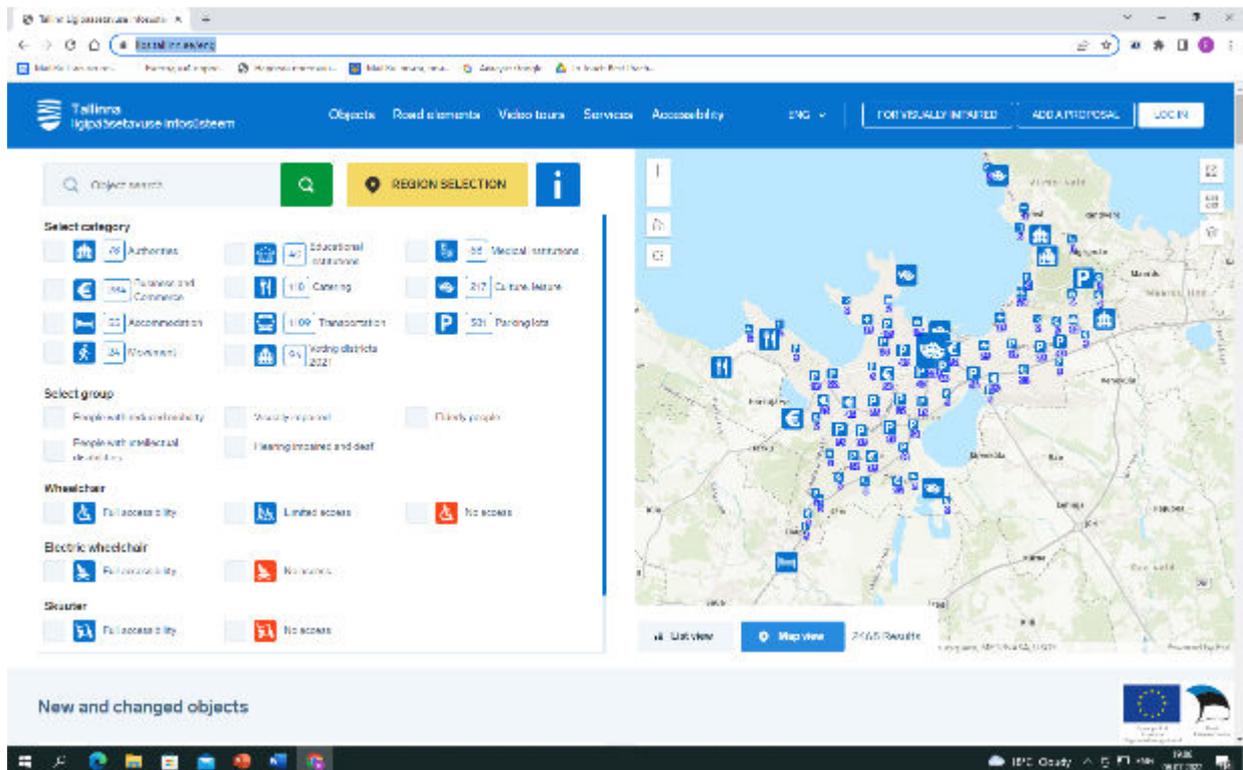
"Read the city: cultural integration of adult learners with special needs"



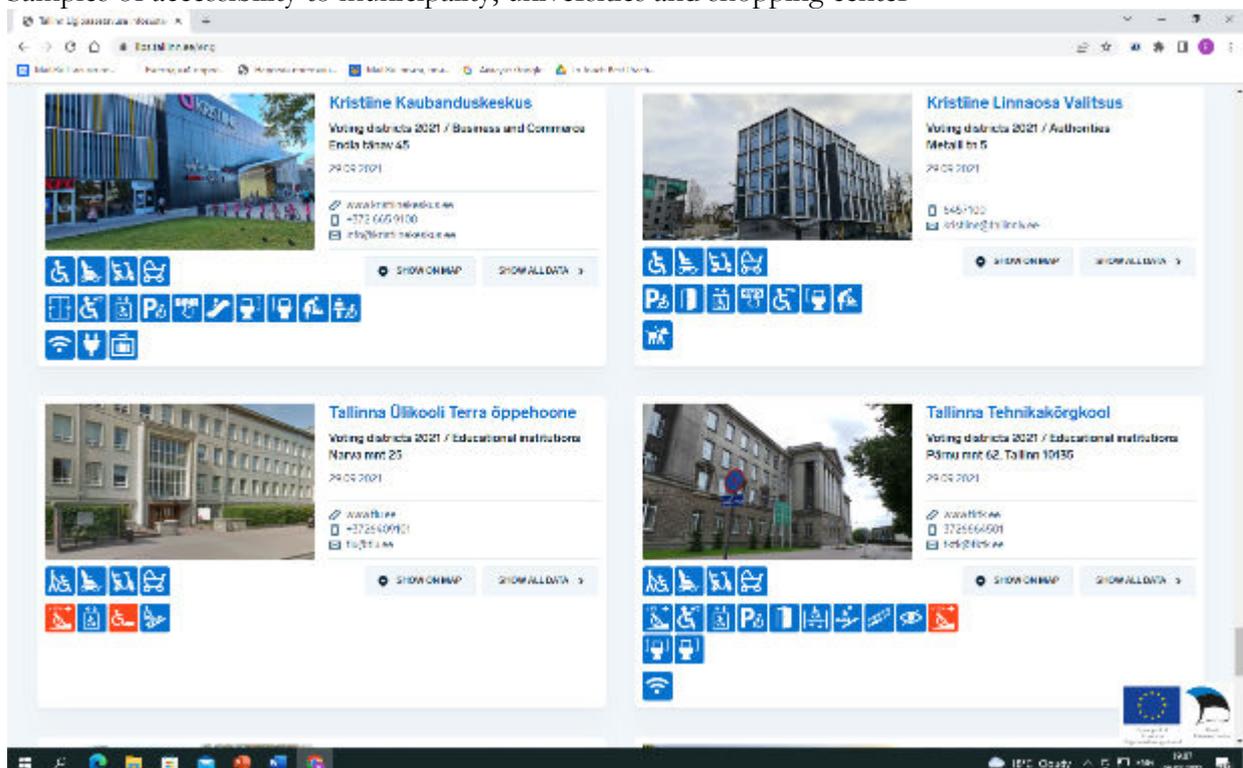
TALLINN ACCESSEBILITY INFORMATION SYSTEM

<https://lips.tallinn.ee/eng>

Map



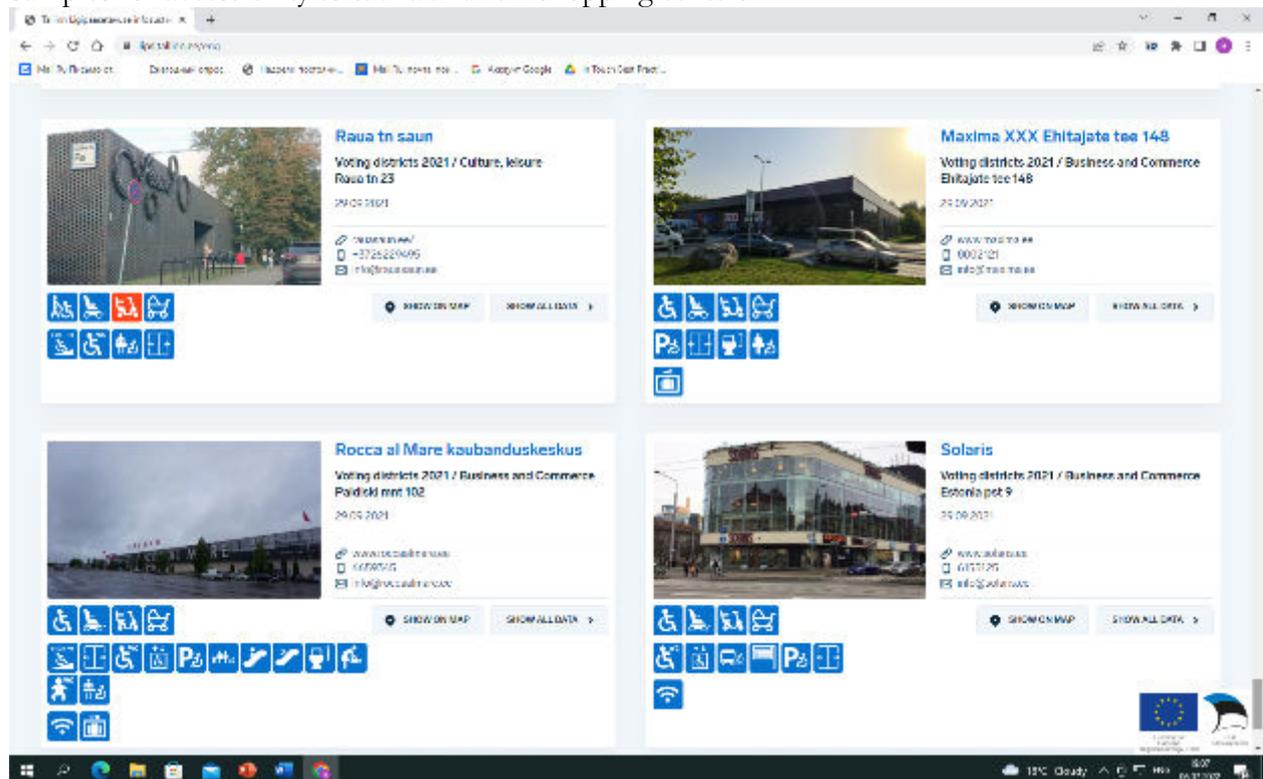
Samples of accessibility to municipality, universities and shopping center



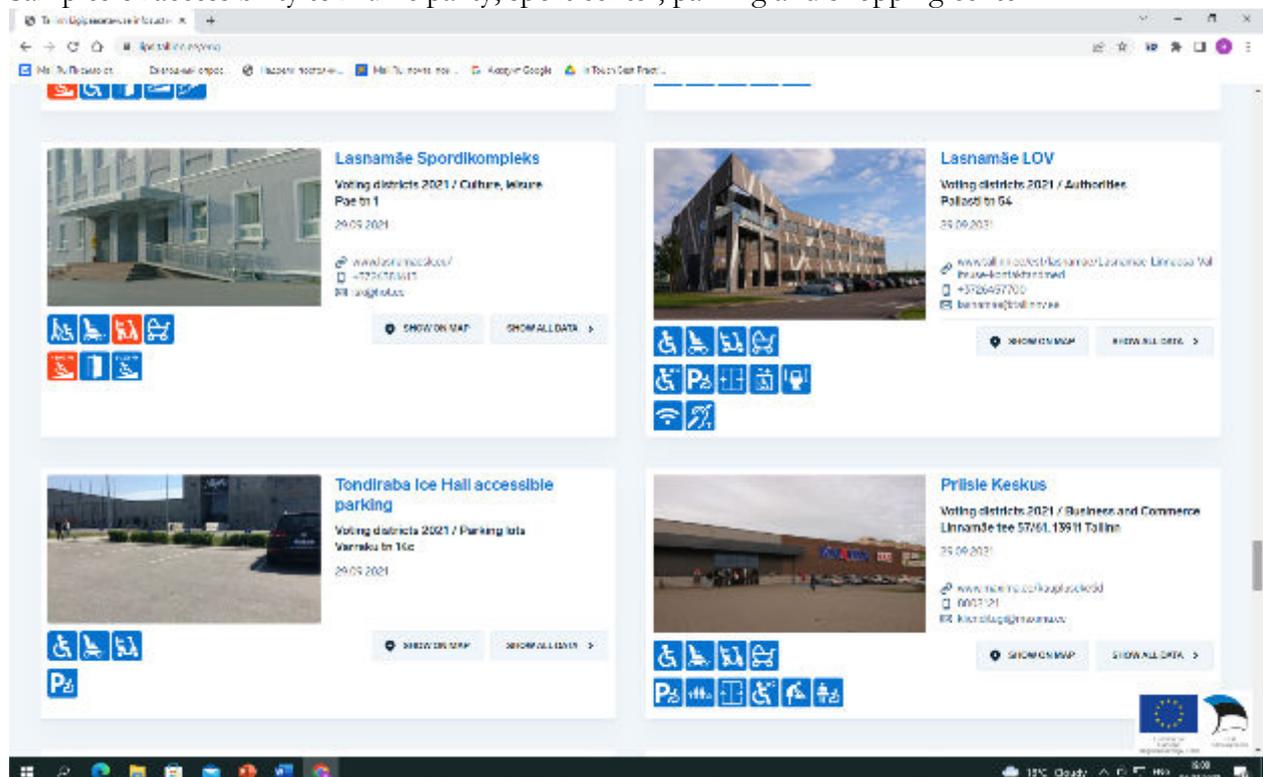
"Read the city: cultural integration of adult learners with special needs"



Samples for accessibility to sauna and few shopping centers



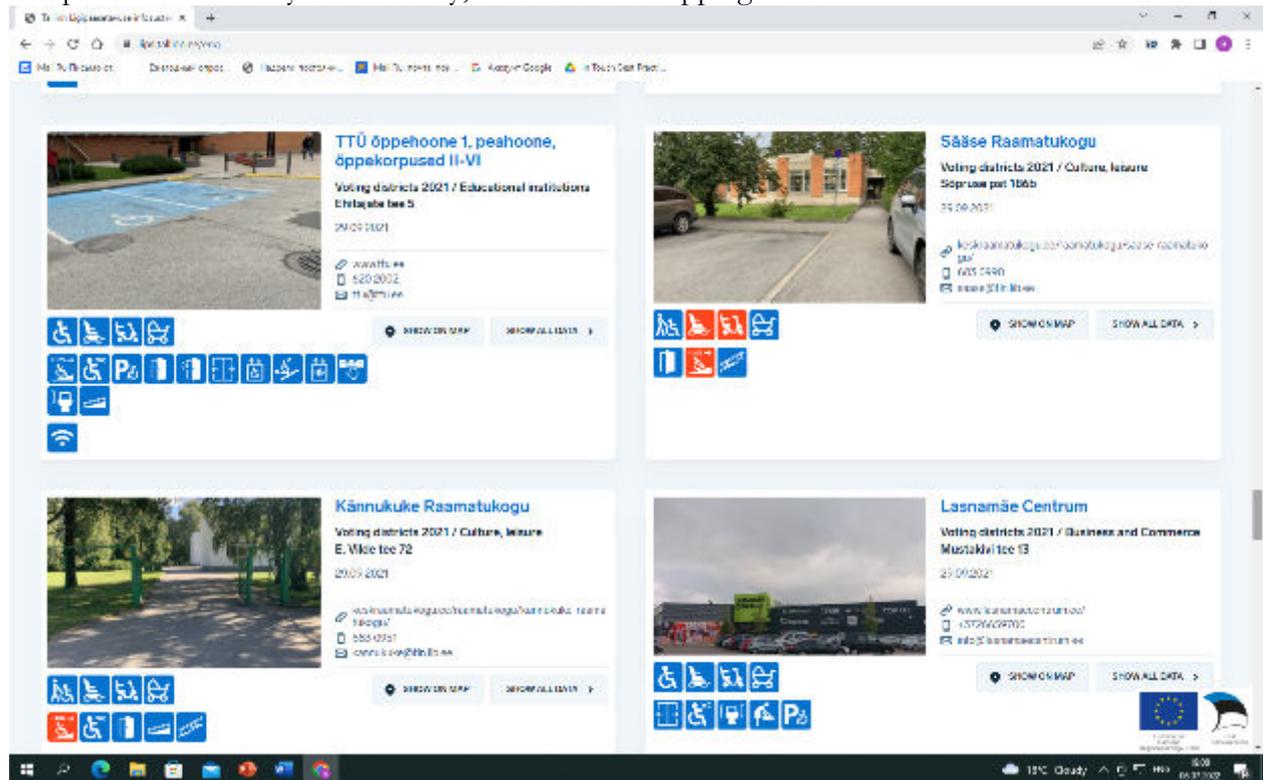
Samples of accessibility to municipality, sport center, parking and shopping center



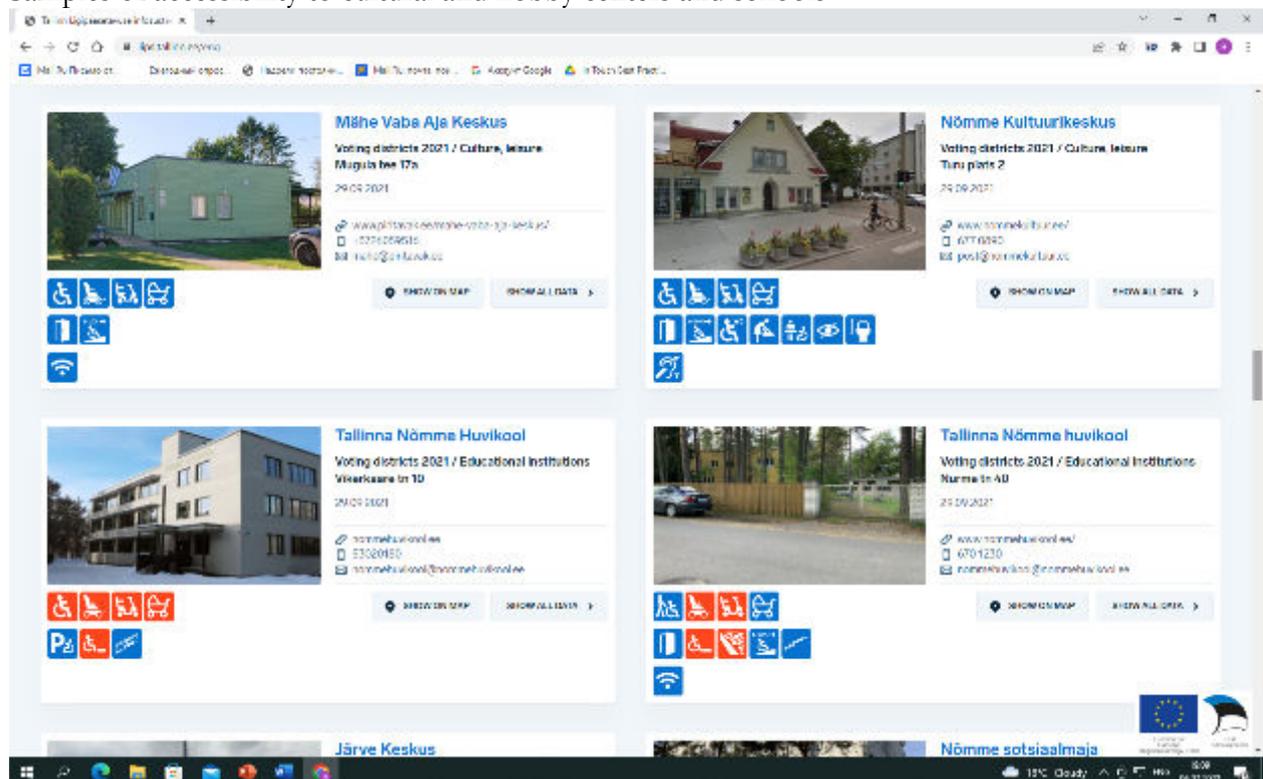
"Read the city: cultural integration of adult learners with special needs"



Samples of accessibility to university, libraries and shopping center



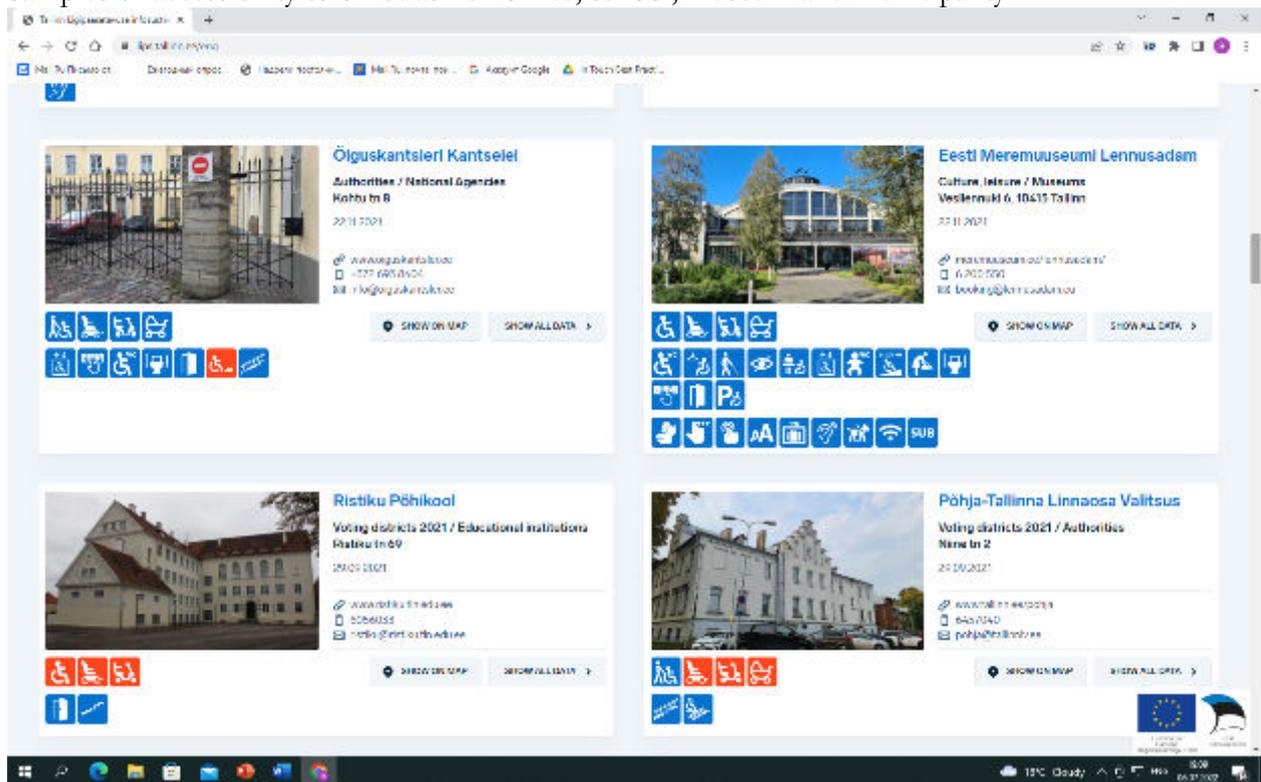
Samples of accessibility to cultural and hobby centers and schools



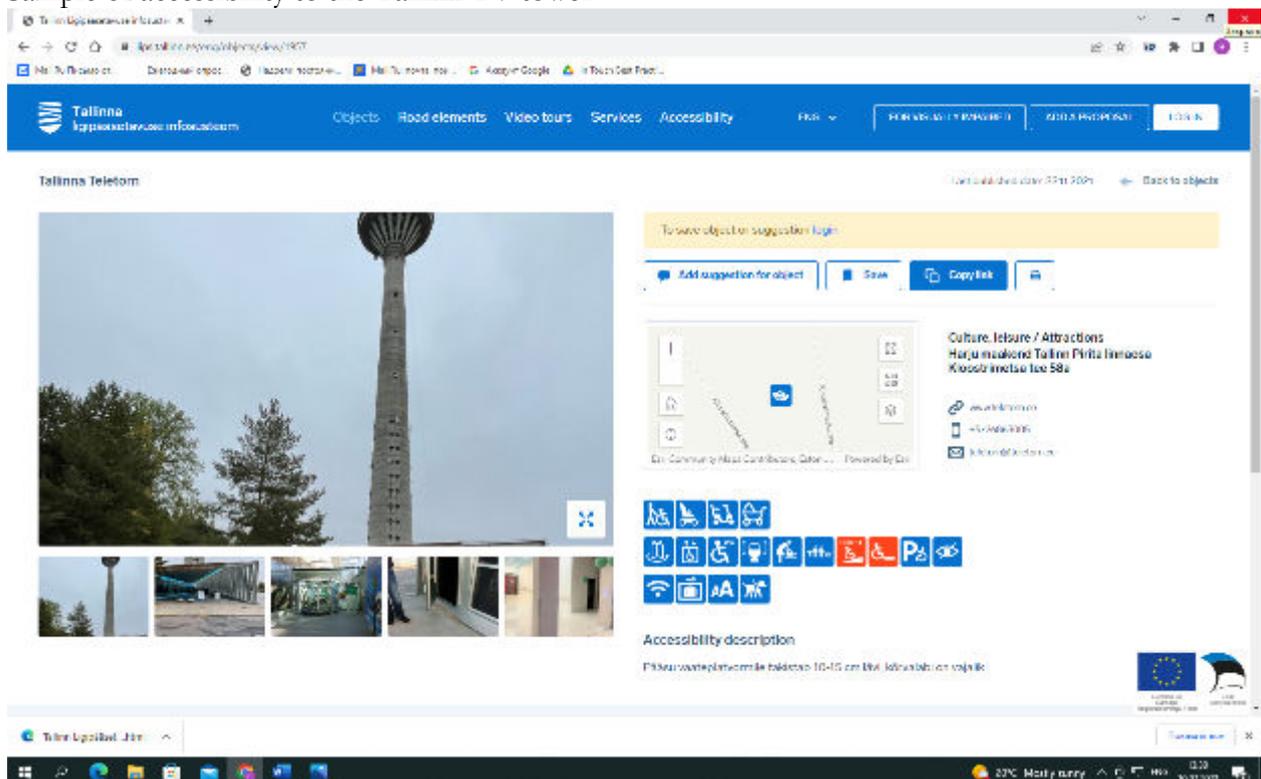
"Read the city: cultural integration of adult learners with special needs"



Samples of accessibility to ombudsmen office, school, museum and municipality



Sample of accessibility to the Tallinn TV tower.



SOCIAL TRANSPORT

Social transport is meant for people whose disability hinders the use of a personal vehicle or public transport as is established in the assessment of need for care. The purpose of the service is to offer suitable transport for people with disabilities so that they can travel to necessary places.

- **Regular service**
 - The service is meant for regular rides (work, school, care facility etc)
- **Occasional service**
 - One-time rides to health or care facilities or for using public services.
- **Taxi service**
 - Service user will choose the starting point and destination and the service can be provided with a regular or an adapted vehicle.



- **Compensation for the costs of adapting the living space**

Compensating for the costs of adapting the living space for people with disabilities who struggle to move around in their home, cope or communicate due to their disability. The purpose is to ensure safe coping in their place of residence and the ability to enter and exit safely and independently or with minimal help. Tallinn will reimburse expenses up to 1600 euros.
- **Benefit for keeping guide dogs**

For people with visual impairments, 165 euros quarterly.

ACCESSIBLE BEACHES IN TALLINN IN PIRITA AND PIKAKARI



TALLINN ACTIVITY CENTER FOR PEOPLE WITH DISABILITIES

A person with coping difficulties is a person who can't cope by themselves because of socio-economic reasons and needs help and benefits to guarantee (better) coping. Usually they have low income and low economical skills for coping.



SUPPORT CENTERS

- **Käo Support Centre**
 - Offers various welfare and care services for children and adults with disabilities (severe cognitive/developmental and multiple disability). <https://kaokeskus.ee/en/about-us/>
- **Juks Support Centre**
 - Provides social services for intellectually disabled people. <https://juks.ee/en/about/>
- **Tallinn Mental Health Center**
 - Provides and develops mental health services for adults with psychiatric special needs. <http://www.vaimnetervis.ee/tallinn-eng/>

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Prepared by Eesti people to People team.

Photos by Leonid Smulskiy and Tallinn municipality.

MAASTRICHT, THE NETHERLANDS

ACCESSIBLE ATTRACTIONS

Het Vrijthof

This square is famous for its outdoor cafes and events, and it is very popular amongst visitors, especially in the summer. You can sit outside and enjoy a piece of Limburgse Vlaai – a fruit pie originated from this area of the Netherlands – while admiring the impressive architecture around. You have a view on the St. Servatius Basilica from here, a Romanesque cathedral

Bonnefanten Museum

[This museum](#) in Maastricht is the place to be to admire fine art. The collection consists of two main lines: old- and contemporary art pieces.

The most part of the museum is accessible for wheelchair-users. There is an elevator on every floor, as well as couches and movable chairs to take a rest. The adapted toilet can be found on the ground floor. The exhibition on the third floor is only partly accessible for visitors in a wheelchair.

If you wish to book a wheelchair, you call the department of visitor services on +31 (0) 43 329 0111.

Natural History Museum

[This museum](#) introduces the nature of the region from long time ago until today. It is small, but very interesting and interactive place where there is opportunity to learn about different animals and plants. There are temporary exhibitions as well that are worth to visit. The information is mainly in Dutch, but there are English brochures available at the counter.

There are no ramps at the entrance and the doors are wide enough for wheelchair-users. There is adapted toilet available in the museum.

PUBLIC TRANSPORT

The journey planner 9292.nl (also available in English) provides up-to-date information about public transport links. The university has a number of bus and rail links.

Several transport companies offer extra facilities to enable passengers with a disability to access public transport, stations and stops. Please visit the website of the transport company for more information on accessibility:

- [NS](#) (Dutch railway)
- [Arriva](#) (busses, information in Dutch only)
- [De Lijn](#) (Belgian buses that also stop in Maastricht).

Maastricht Underground

If you are adventurous and wish to do something unusual, you can visit the [caves under the city](#) of Maastricht. During a guided tour in the North Caves you go underground to see the galleries that once hid Dutch national art treasures. The Zonneberg Caves used to serve as shelter for Maastricht residents during the II. World War. The North Caves and Zonneberg Caves are accessible with a wheelchair.

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The 4-Locks Voyage

On this [boat trip](#) you can discover Maastricht from the water, passing through 4 locks on the way. It is necessary to make a reservation for the trip at least 2 weeks in advance to make sure that the wheelchair-friendly boat is being used on the day of the excursion.

Just relax and enjoy this buzzing city!

Maastricht is perfect for a relaxed city trip! The shopping streets are filled with countless boutiques where you can pass the time and treat yourself to something nice. After shopping, the best is to get a drink and a bite in one of the outdoor restaurants. To finish the day, you can [watch a movie in the cinema](#) where there is space for wheelchairs.

Facilities for the disabled Maastricht University (UM)

If you are a student at Maastricht University (UM) with a disability, using the library should be as accessible as possible.

Visiting the library

The Inner City Library, the Randwyck Library, the Tapijn11 Learning Spaces, the Paul Henri Spaak Learning Spaces and the University Sports Centre Learning Spaces are easily accessible for people with disabilities. You can reach almost all parts of the buildings using a lift. All buildings have an accessible toilet.

Parking spaces for disabled visitors

There are parking spaces at the Randwyck Library (Universiteitssingel 50), at the Paul Henri Spaak Learning Spaces (Paul-Henri Spaaklaan 1) and at the University Sports Centre Learning Spaces (P.Debijelein 15). In the Inner City there are various parking places for disabled visitors:

- in front of the entrance to the library on the Nieuwenhofstraat
- on the corner Nieuwenhofstraat/Zwingelput
- at the Tapijn Learning Spaces (Tapijn Kazerne 11)

Please check our [opening hours](#) before your visit.

ACCESSIBLE TOILETS

There are adapted toilets available all over the city; at Vrijthof you can go to Grand Café Soiron or Eetcafé Rekkó; at the Market Square you can find one in the City Hall. You can see all accessible toilets on the map [here](#).

HOME SHARING (A HOME IS SOMETHING YOU CREATE TOGETHER)

In **Home Sharing** brings together inhabitants with diverse support questions and young people in search of housing. An inhabitant might be looking for more social contact, a helping hand or someone to learn a new language from. Young people are in need of affordable housing and a place to call home in a new city. Home Sharing combines both.

HOW CAN THE NETHERLANDS BECOME MORE INCLUSIVE FOR PEOPLE WITH DISABILITIES?

People without disabilities tend not to think about how difficult life can be for people with disabilities. The world is changing at a very fast pace and while we are all enjoying the exceptional technological

advances being made every day, we also have to make sure that people with disabilities are enjoying the same.

Whether it's the latest tablet computers, mobile phones or game consoles, people with disabilities also have to be as excited as the "crazy" iPhone fans camping in front of the Apple Store at the Leidseplein waiting for the shop to open so they can buy the latest iPhone. We have to make life as independent and enjoyable as we can for them.

To do this, extra attention has to be paid to them and their needs. That extra attention is needed to make Dutch society more inclusive. This isn't just about making the Netherlands accessible to everyone, it's about a change in the way of thinking within our society.

Disabled parking and the installation of lifts in every building aren't the answer anymore. We need to think further than that. We need to find solutions in everyday life, in tech, education, sports, sex care, etc., for people with disabilities.

The mentality that disabled people are a burden to society must change. They are just like you and me: participating members of this society. All the privileges that we enjoy have to be accessible to them.

These privileges must be accessible to everyone, at whatever level they can handle, so that each citizen, disabled or not, can participate in every day Dutch life. It is the only way we can truly become an inclusive society.

FACILITIES FOR DISABILITIES IN NICE

HANDIPLAGE

As part of the implementation of its policy in favor of people with disabilities, the City of Nice is doing everything possible to facilitate their daily lives and ensure that each of them can move around, work and enjoy their leisure activities independently.

The city of Nice sets up two handiplates (Centenaire and Carras) free of charge during the summer, allowing any person needing help to enjoy the pleasures of the sea and thus swim in complete safety.

Services offered :

- Adapted signage
- First aid station nearby
- Reception: Access ramp, parking spaces reserved for people with reduced mobility nearby, accessible showers and toilets
- Access to the bathing area via a pathway to the sea
- Presence of 3 to 4 handiplate guides, employed by the city of Nice, to accompany the bathing (transfer, launching, shower...)
- Appropriate equipment: amphibious chairs, fliers and life jackets, parasols
- Shade system.



These handiplagists welcome people with disabilities (without age limit) as well as elderly people who may have difficulty moving around, with reduced mobility or with balance problems, on these two equipped sites, 7 days a week (including public holidays).

HANDIBASKET

Handibasket, blind wrestling, the city of Cagnes-sur-Mer raises awareness of disability among young people.

Through different sports and adapted workshops, children and teenagers put themselves in the shoes of disabled people, this Friday, at the initiative of the municipality.

On the floor of the gym of the house of sports in Cagnes-sur-Mer, it dribbles dry. The noise of the ball on the ground merges with the one of the wheels. Those of the wheelchairs in which the little blond heads of the youth service (1) tried the handibasket. During the 2nd Handicagnes, this Friday. A day of sensitization to the handicaps through sports and workshops for the valid young people.

HANDI SKI

Because alpine skiing is not just for able-bodied people, the Department is working to offer maximum autonomy and enjoyment to disabled people. Advances in technology have helped to create new equipment that is more efficient and comfortable than ever.

Skiing in optimal conditions of safety and comfort using adapted equipment

Since 2008: the financing of a 10-day training course for their driving license open to volunteers and professionals who become qualified pilots. In 2018, there are nearly 140 pilots trained since the existence of the scheme. Each year between 600 and 700 outings are organized.

The purchase of 14 Tandemski available and distributed in the resorts of Auron, Isola 2000, La Colmiane, Valberg and Gréolière, then of a dual ski and two karts ski,

Since 2010, a website for online booking of equipment and a qualified pilot: www.handiski06.com

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Since 2015, the Alpes-Maritimes Department organizes every year, in partnership with the departmental committee for disabled people, the tandem ski week. During 5 days, individuals, associations, institutes, can discover the tandem ski activity in exceptional conditions.

The Department's partners are the French Ski School, the ski resorts of the Alpes-Maritimes, the municipalities of Saint-Etienne-de-Tinée, Isola, Valdeblore and Péone, the Departmental Directorate of Social Cohesion, and the Association des Paralysés de France.

HANDI LOISIRS 06

For over 20 years, the Handi-Loisirs association has been advocating equal access to social life, i.e., to leisure activities, culture, vacations, and sports activities for all people with disabilities.

Handi-Loisirs is :

- Skiing in winter
- Outings on a specially equipped boat with a qualified skipper.
- Horseback riding thanks to adapted equipment and horses and a qualified instructor specialized for disabled people.
- A mobile climbing wall with special handicapped holds which allows :
 - Animations on the places of your choice.
 - Climbing practice cycles for rehabilitation centers, IME, SESSAD, and other organizations.
 - A capacity to make climb between 50 and 300 people per day.
 - A team of qualified and motivated instructors.
- Handi-Voile in Antibes
- Scuba diving : https://youtu.be/toMQ4PO_Lo4
- The Solidarity Wall



PART 3: ONLINE URBAN EDUCATION FOR ADULTS

APPS AND EDUCATIONAL TOOLS USE IN URBAN EDUCATION

ISTANBUL - TURKEY

[Phone Library](#)

Phone Library is an application published and created by Türk Telekom. It has become the voice of books for 10 years. At first we could only reach it through dialing its number, but now it has an application which has an accessible user-friendly interface. We have access to more than 2,000 audiobooks in 50 different categories in this way. When it comes to having a large archive of books this application has a great advantage because of its large duration in the market.

[Audible Steps](#)

With the help of cutting-edge location-based technologies, Türk Telekom has created a corporate social responsibility project to provide accessible and inclusive service in large, complicated venues like malls, campuses, mosques, governmental buildings, and airports.

The information offered here can assist people who have visual and hearing impairments in-doors. The software, which works in 8 nations and 20 locations, also supports the ITU and Boaziçi universities as well as numerous retail centers. The function that sends the user immediately to the evacuation location in an emergency, this is why it is the one that is the most appreciated.

[My Dream Partner](#)

This is an "all-inclusive" application published with the contributions of Turkcell engineers. It has a lot of helpful features such as movies with descriptions, current news and columns. My Dream Partner can also connect to numerous virtual libraries, including GETEM, to access thousands of audiobooks. An indoor help assistant is also provided. With these services, for instance, you could learn more about a store in a mall that you are passing by.

[CEYD-A](#)

One of the most well-known voice assistants for mobile devices that can understand and speak Turkish commands is CEYD-A. This application can translate various types of regional Turkish speeches to text format. With the voice assistant, you can check the traffic on your route, follow your favorite TV series and sports matches and set up reminders or alarms for yourself. It is quite similar to Siri, Cortana, and Google Now. Additionally, it might make our gadget camera-ready.

3.2 Apps, Ed tools and facilities for People With Special Needs

[IGA CARES](#)

IGA CARES is an application developed for Istanbul Airport to make the people with special needs' travels easier. It provides info-centers and video-call centers that support audiovisual live assistance with Turkish/International sign-language 24/7. For independent travel experience, this program provides services like accessible parking lots, special passenger service points with calmer waiting areas, tactile paved ways that passengers can follow up to send their luggage or do check-ins. But sometimes non-visible disabilities like dementia, dyslexia or speech impediment also can make traveling challenging. To

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minimize challenges this program offers Sunflower Lanyard practice. You can reach this service by just filling out an informational form without any medical form.

[Audio Library](#)

This is a new application published with the collaboration of Istanbul Metropolitan Municipality, Istanbul Visually Impaired Information Center and Istanbul Municipality of Libraries and Museums. This application provides books from Istanbul libraries in an accessible form. The biggest advantages of this application, it has the most customizable interface among those other applications we have mentioned. You can change the colors, text formats and make searches with voice commands. It has voluntary staff working in the call center which makes the experience even less-challenging. These services are available both as a website and an application format.

[EyeSense](#)

Here is another application from Türk Telekom. The voice notification in its software will make it possible for visually impaired people in Turkey for the first time to shoot selfies, snap photos, and simply identify the items around them!

Users may capture selfies or images by aligning the scene with the EyeSense application. They may use the phone's front and back cameras to shoot pictures and take selfies as part of daily life. By marking the individuals whose images were taken, we want to assist visually challenged persons in understanding who shot their picture on the screen with the EyeSense application, a first in Turkey. Additionally, it offers voice instructions for using the back camera, which has a greater resolution than the front camera, to assist those who are not blind in taking selfies on the camera. As far as we observe from the reviews of the application, the users are pretty satisfied with this technology and for those who have complaints, the developers keep updating the application according to their needs and wants.

[BlindLook \(EyeMenu\)](#)

When it comes to useful tools for disabled, independent developers have also made great contributions. This application was made by one, Sadriye Gorece and it is available on AppStore. This software is a tool that helps people with various disabilities to have an accessible dining experience. You can search restaurants and have information about them beforehand about whether they meet the conditions for a less challenging dine-out. The users are pretty much happy with the application; their only complaint, unfortunately, is the very limited options. Applications like this are a great step towards increasing the demand for more inclusive restaurants.

[Unhindered Support](#)

This application provides crucial services for the visually impaired community to prepare for various exams. Through this app both individuals and institutions can reach out to voluntary workers who can help them study or just read the materials for tests. As we observe from the reviews, the users claim that with the help of this application, their waiting period to find someone to help them significantly reduced. Educational tools like this is life saving for the visually important community as pursuing an education and getting a job is an important development towards their integration to social life.

MAASTRICHT, THE NETHERLANDS

Maastricht is a medium-sized Dutch city (120,000 inhabitants), the capital of the Province of Limburg, and situated in the very south of the Netherlands, close to the borders with Belgium and Germany. From the end of World War II until recently, urban development in Maastricht was growth-driven and had become a game of 'master plans' and 'big players'. However, since the start of the economic crisis in

2007, the urban planning and development landscape has changed with the break-down of the large public-private partnerships in a context of both demographic and economic stagnation. In the absence of new large-scale plans and projects, the municipality now wants to stimulate a transition towards novel modes of urban development. Key notions of this transition are repurposing of empty buildings, incremental, small-scale development, temporary use, flexibility, sustainability, co-creation, and bottom-up initiatives.

To anticipate this change, the city has developed a new long-term vision for spatial planning. The establishment of Maastricht-LAB (M-LAB) as an experimental space or new forms of urban planning was briefly announced in this 'Structuurvisie Maastricht 2030' and realized shortly afterwards, in 2012.

Please, see more the Maastricht Lab on this link

<file:///C:/Users/ertob/Downloads/icis-urban-lab-kit-guidelines.pdf>

Please, read here more about digital tool

<https://www.scienceguide.nl/wp-content/uploads/2018/07/digital-tools-in-education.pdf>

APPS AND EDUCATIONAL TOOLS DESIGNED FOR PEOPLE WITH SPECIAL NEEDS

MAASTRICHT, THE NETHERLANDS

Special study places

The Inner City Library offers a study place with an electronically adjustable tabletop on the ground floor, just ask at the [information desk](#). In the Randwyck Library, the staff will assist you in finding a suitable study place.

Content Related services

The content the library offers is not always available in an accessible format (e.g. audio or large font books), but they strive to offer resources in e-format as much as possible. This makes it possible to zoom/enlarge the documents, have them read aloud (standard option in PDFs) or (sometimes) convert to braille.

- If a specific resource is not digitally available, contact them to see whether they can convert it (taking copyright issues into account) or find an alternative title for you.
- If searching in the databases is difficult, they can [connect you to a buddy](#) (often in cooperation with the faculty you work/study).

Other options to consider (in consultation with the faculty):

- Contact your course coordinator (and if you know who will be) your tutor(s), before the course period starts.
- Request for early announcement of the required readings/resources (via disability office).
- Use your own laptop or tools (and if you do so, let them know if you run into problems using them in the library).

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Project on digital accessibility

Maastricht University is fully committed to being inclusive. Making education easily available to anyone is a crucial part of that. In keeping up with the wider efforts of the Dutch government to increase accessibility, UM signed an official accessibility statement and installed the taskforce '[Obstacle-free studying and working at UM](#)' to work towards enhancements for students and staff.



In the context of digital accessibility, the University Library, Disability Support and M-BIC language lab joined forces and received the [D&I grant](#) for the project '[When every word matters; studying without barriers](#)'.

Please, see more details :

<https://library.maastrichtuniversity.nl/visit/facilities-studyplaces/facilities-for-disabled/>

Please, see also different apps of the city tours

<https://www.walkthecity.eu/en/maastricht/burgundian-maastricht>

<https://www.gpsmycity.com/attractions/de-feesfebrik-45989.html>

Exciting murder mystery - Interactive city walk in Maastricht

<https://www.expedia.com/things-to-do/exciting-murder-mystery-interactive-city-walk-in-maastricht.a4231868.activity-details?endDate=2022-12-08&location=Maastricht-Centre%20Urban%20District%2C%20Maastricht%2C%20Limburg%2C%20Netherlands&rid=553248635209702311&startDate=2022-11-24>

EDUCATIONAL TOOLS FOR VISUALLY IMPAIRED PEOPLE IN TURKEY

One of the top ICT businesses in Turkey, Türk Telekom is doing its best to provide visually impaired people with an accessible virtual experience. Through its most recent project, the Phone Library application, people with visual impairments may freely access audiobooks and works of art. With capabilities like money identification and medicine barcode reading, it also makes their jobs simpler. With the help of its second software, EyeSense, persons with impairments may snap pictures and identify things around them.

On the digital television service Tivibu and the Phone Library app, famous paintings on display during the "Paintings Talk Digital Art Exhibition" at the Presidential Library from May 31 to July 30 may now be listened to with audio explanations. The "Unimpeded Tivibu" folder on the Tivibu platform makes the material with voice descriptions and subtitle choices available to all users.(Sirt T.,2021)

2,000 Audiobooks

In an effort to remove barriers to information access for people with visual impairments, Türk Telekom and the Boaziçi University Visually Impaired Technology and Education Laboratory (GETEM) launched the Telephone Library project ten years ago. Users of the application have access to the voice content service.

Through the Telephone Library app, users can effortlessly access around 2,000 audiobooks in 50 categories and 30 iconic audio descriptive paintings. Additionally, the visually impaired have free access to features that make life easier, such as an instant news feed that gives users the chance to keep up with developments in Turkey and around the world, money recognition, and a service that reads drug barcodes thanks to a partnership with Rxmedia Pharma, an online interactive resource for drug information.

Daylight Project

By providing early intervention training to children ,which is very important for both children with disabilities and others, as part of another corporate social responsibility project called "Daylight," Türk Telekom, which employs technology to improve education, assists children with vision impairments in leading independent lives.

Around 1,000 children between the ages of 6 and 15 from Turkey's 81 regions who have sight impairments ranging from 1% to 10% have received early intervention training thanks to the initiative carried out in collaboration with EyDer. These children are given the chance to learn alongside their classmates because to the inclusion training they get. With the help of the audible warning system app EyeSense from Türk Telekom, people with vision impairments may capture pictures and identify items around them.

The app's voice controls make it simple for users to utilize social media and shoot selfies. Additionally, it offers a solution to the problems that the visually impaired experience on a daily basis, such as identifying items and determining the color of the clothing they will wear. With its "object identification" capability, the app makes it simple to locate objects like wallets and keys.

"Accessible Life" is simply one of several mobile applications that Türk Telekom provides to the blind population. It has features such a "where am I" function, text voice-over, a compass, a panic button, e-books, and money recognition.(Sirt T.,2021)

Institutions in Istanbul for People with Various Disabilities

When it comes to less-challenging social life for people with disabilities, free courses and institutions are extremely important. Istanbul has some locations which are supported by either the government or the

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voluntary individuals to provide educational services , lawyer support , courses to gain job skills , social activities etc. Here are some of them:

Kadıköy Municipality Centre for Visually Impaired:

The purpose of this center is to provide education, job opportunities, law and health counseling for people with disabilities. It contains trained staff that aims to enhance the life standards of those people. All citizens can register with their ID cards and medical reports to this center like pretty much every other center. This institution also provides free psychological counseling, life coaches for citizens. One of the most crucial functions of this center is that they give information about legal rights of disabled people.

(YELÇE,n.d.)

From the reviews I found about this center the citizens are really glad about the hospitality of the center which is very crucial. Some people state that centers like this gives them a sense of belonging and a community.



Ismek Center for People with Disabilities:

People with hearing, visual, physical and mental impairments may find this center very useful for getting various job skills. It can be found in three different places both in the Asian and European banks. Some of the courses here are: Braille development courses, training translation courses. This institution has a separate center makes it easier for a center to are also hobby focused courses handcrafts here.(Ismek Kurs Merkezleri,n.d)



found in three different places both in the Asian and European banks. Some of the courses here are: Braille development courses, training translation courses. This institution has a separate center makes it easier for a center to are also hobby focused courses handcrafts here.(Ismek Kurs Merkezleri,n.d)

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School of pastry that belongs to Ismek.

Institutions similar to Kadıköy Center and Ismek Center can be found in most regions of Istanbul. (You can check them out [here](#).) And you can also volunteer to work with them.

Some of them also offer summer camps. Citizens can come with their families and have small vacations where they can engage in various sports such as basketball, volleyball and table tennis. For the duration of the vacation families can consult about their legal rights and psychological support. (IBBSağlık, 2015) From what I heard about forums, for individuals with various impairments and their families these camps are very popular and sought after.



Florya Summer Camp for People with disabilities.

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**IMPROVING THE QUALITY OF LIFE OF PEOPLE WITH DISABILITIES
IN ROMANIA**

BRĂILA





“Improving the quality of life of people with disabilities will be possible through access to high-quality integrated support services (social, health, educational), developed in the communities where they reside. Reducing situations of multiple discrimination and the percentage of people with disabilities at risk of poverty and social exclusion could be achieved by increasing their skills, the added value of their work, but also by mobilizing public and private institutions, and NGOs in supporting the implementation of the strategy”

According to data from the Labour Ministry, there were more than 752,000 people with disabilities in Romania in June 2015. Most of them, namely 97.7%, live with their families or alone, and the rest are in special public institutions but this is not enough. Special support is needed and many facilities in Braila offer the much-needed support.



Organization for children and adults with special needs TREBUIE! Braila

The first parents' association active in the Braila community, involved in the development of inclusive services and policies since 1997 as well as the first curative pedagogy and special education centre for children with severe mental disabilities established in Braila 1998-2001

It is a centre for empowerment for independent living of 23 young people with severe and medium mental disabilities established in Braila 2001.

Many activities bring joy and enlighten their day some great examples of such activities are the following:

A BETTER WORLD THROUGH US -WORKSHOP IN THE KITCHEN



A BEAUTIFUL AUTUMN IN A BETTER WORLD



Recovery/rehabilitation programmes for children and young people with disabilities: curative pedagogy and special education centre for severely mentally disabled children, "Day Centre" type services in the Centre for Independent Living, special class for autistic children, curative pedagogy and special education centre, occupational therapy centre for young people with mild and moderate disabilities - mini-workshop for making candles and other objects, ALPHA kinesiotherapy and massage clinic with specific activities, day centre for adults with disabilities. Plus participation in cultural, artistic and sports competitions, club activities, support for families and people with disabilities in need, staff training, volunteering, fundraising.

The young people from the organization 'Trebuie Braila' ended the week of activities with an activity at Ana Aslan College.

ELENA, a volunteer from the IIIBFKT year, chose the BALL as the element of the evening. Perhaps she thought it was appropriate because the balloon symbolises overcoming obstacles and is a sign of things well done.

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Together with the volunteers, the youngsters performed various exercises which were fun and accepted with great joy. The joy of the evening was brought by the moment of bursting the balloons which amused everyone.



CENTRE FOR NEUROFEEDBACK AND PSYCHOLOGY BRAILA



**Psihologie
Neurofeedback
Terapia Tomatis
Terapia Snoezelen**

www.neurofeedbackbraila.ro



Services offered at the Braila Neurofeedback and Psychology Centre:

- ✓ Specific activities in the field of psychology and special psychoeducation.
- ✓ Personalized intervention programs according to the type of disability of the patient.
- ✓ Language education and treatment of speech disorders.
- ✓ Cognitive-behavioural therapy.
- ✓ Rehabilitative activities for children with disabilities through the Montessori Method.
- ✓ Stimulation of self-expression through art therapy.
- ✓ Educational assistance.
- ✓ Neurofeedback therapy.
- ✓ Tomatis therapy
- ✓ Sensory Therapy

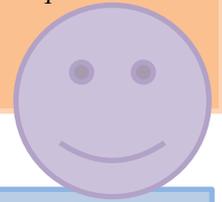
Workshops are organized inside and outside for fresh air ,with guided assistance by professionals ,these include mobility, painting activities that are often rewarded and bring much joy and progress .



"Read the city: cultural integration of adult learners with special needs"



This Centre organises many activities for both children and adults ,for example a Kineto-Therapy activity that teaches kids to use breathing as a relaxing technique



As well as painting workshops for people no matter the age. It is a very inclusive , attentive centre that offers support through many forms.



Another great centre situated in Braila, that cares for those in need is :



FUNDATIA LUMINA



Its aim is to reduce the number of people in the municipality of Braila and in the rural community of Mircea Voda, belonging to the vulnerable group of people aged 65 and over, by providing integrated social services appropriate to the specific needs of each person, so as to ensure that they remain as much as possible in their living environment, prolonging and improving the quality of life, promoting their active and dignified participation in the social life of the community to which they belong. They also have many activities besides the usual standard ones. Recently they enjoyed the snow outside the building immediately after clearing the alley. They help the community during holidays, bringing those in need all the food necessary but also the much needed love and attention that many people in need lack.



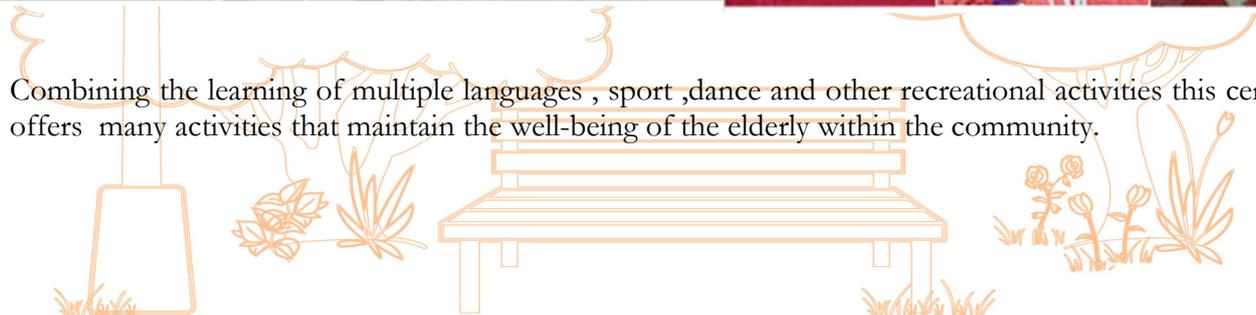
GRANDPARENTS' ACADEMY. ACTIVITIES FOR SENIORS

Is another great Centre that offers great support many activities and creates, like all of them ,a great supporting environment.

- ✓ The "Crochet" workshop
- ✓ "Hands with soul" workshop
- ✓ Greek dance workshop
- ✓ And even YOGA workshop!



Combining the learning of multiple languages , sport ,dance and other recreational activities this centre offers many activities that maintain the well-being of the elderly within the community.



S.O.S. AUTISM – BRĂILA



Is another community that offers a place for those who create and sells goods for children who suffer from autism . The funds are used for helping those in need. Beautiful hand made pieces are sold here and easily found a buyer.

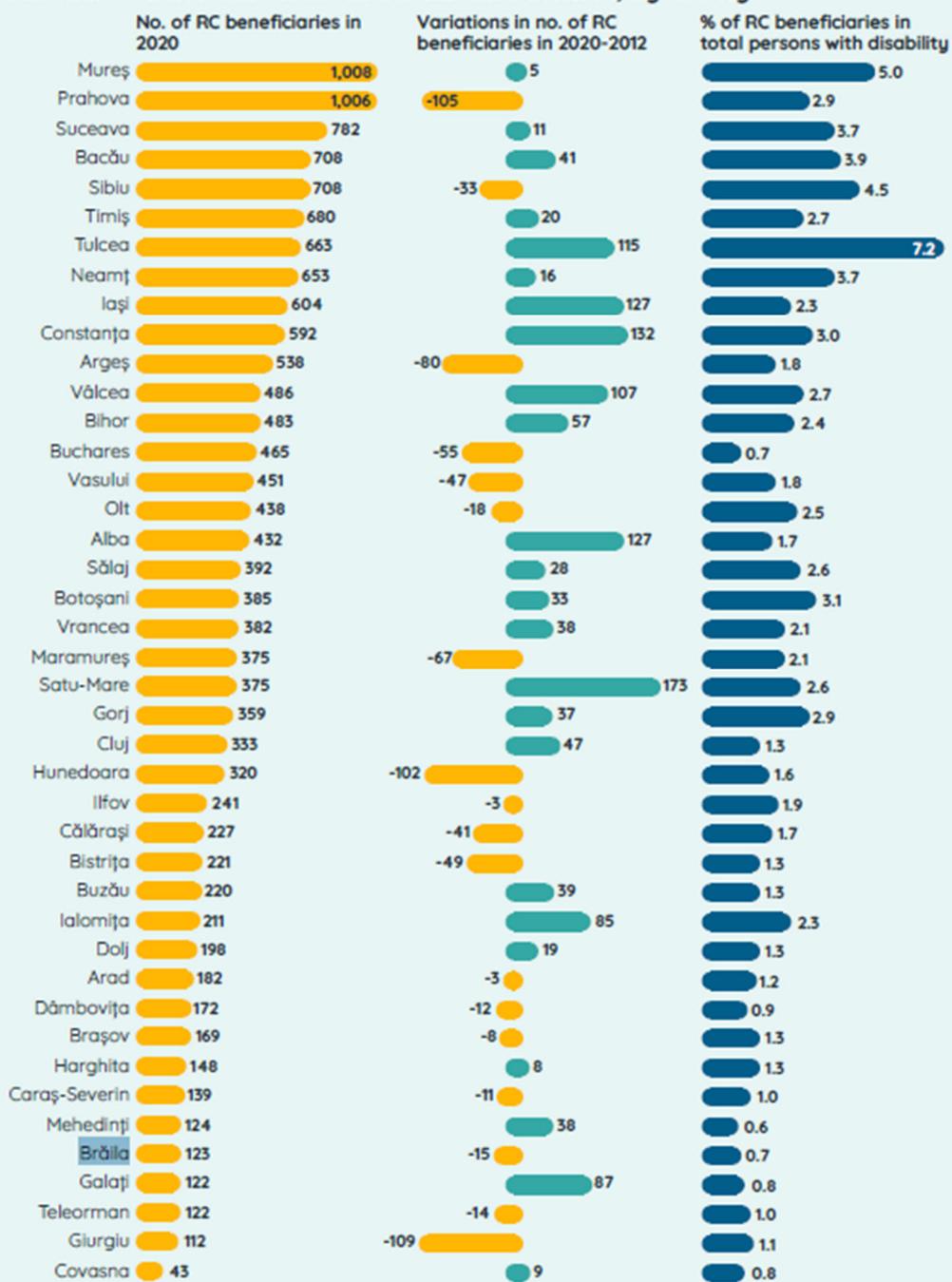
Children with autism are taught how to make beautiful handmade pieces that exercise their manual and create a wonderful final object.



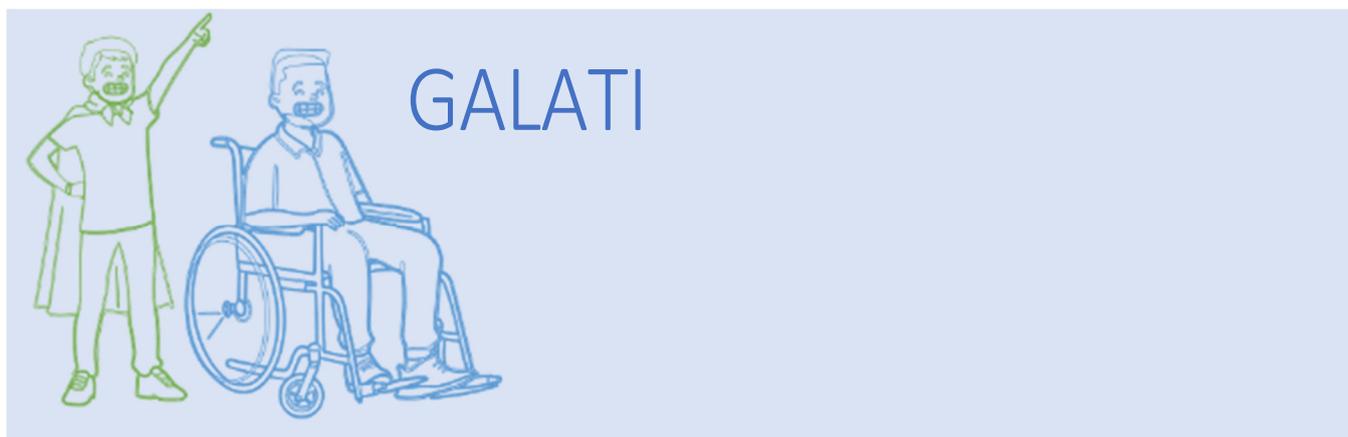
To conclude, a great community of teacher, professionals , psychologists, pediatricians, nurses, volunteers, parents, relatives or even simple good people have gathered all for the greater good of those in need. Offering multiple activities for them to enjoy ,to learn from , to make friends and progress. This is what defines a good community the public spirit that glues together and offers hope .

FIGURE 24

Number of beneficiaries in residential care centers, by county



Source: NARPC data on residential care centers, with the exception of centers for independent living, crisis centers, and respite centers, as of March 31, 2012, and 2020.



In Galati are also a few good centres ,communities that help and offer support for children and adults with disabilities, in need to recover,to make progress or simply take part in activities that make one feel less lonely in their disease.



NEUROPSYCHOMOTOR RECOVERY SECTION

This one is part of "Sf.Ioan" Children's Emergency Clinical Hospital Galati Gh. Asachi nr. 2

This place offers:

- ✓ diagnosis and treatment of acute, sub-acute and chronic conditions of children 0 - 18 years, especially locomotor disorders, i.e. arthritis, congenital malformations, post-traumatic neurological and locomotor sequelae;
- ✓ growth and development disorders of the spine (kyphosis, scoliosis, kyphoscoliosis); disorders of the circulatory system
- ✓ genetic disorders (DOWN syndrome, Turner, Marfan, muscular dystrophies);
- ✓ metabolic disorders

VASILE ANDREI REGIONAL RECOVERY CENTRE

This is a non-profit organization born out of a desire to support children with disabilities across the country. Their aim is to :

- ✓ fundraising to provide a portion of the cost of therapy for children with disabilities.
- ✓ therapies for children with disabilities in the I Enjoy Life rehabilitation centres.
- ✓ supporting the rights of children with disabilities through advocacy and lobbying campaigns





As many organisations do during holidays, they create workshops for kids to draw , to sing carols, to dance ,to wait for Santa Clause. Including and celebrating every holiday with proper traditions can boost and enlighten every children and his parents spirit.

INIMA DE COPIL

The Children's Heart Foundation was founded in December 1996 by a small group of friends who wanted to help some street children and a group of 25 HIV children abandoned in a hospital in Galati, with whom life had crossed their paths. Today Fundatia Inima de Copil serves the interests of a large number of children and young people. We have social and support services for children and families, we want to bring as many people and communities around us as possible.



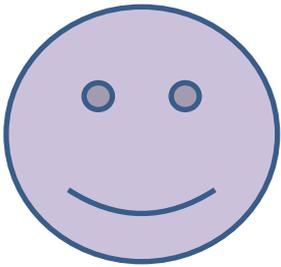
Hand Made goods are created to be sold for funds, just like in Braila. These activities are great for children and make an awesome gift for anyone who wants to buy and help .

Children's Heart Workshop - a workshop with soul.
The Child Heart Workshop is a social project of the Child Heart Foundation.



These products and gifts help over 350 children and families in need in Galați, Vaslui, Vrancea and Bacău. All profits are invested in the foundation's projects. Transforming the lives of abandoned, sick and disabled children and bringing hope to Eastern Romania.

The products in this workshop are handcrafted, made with by hands and hearts. They are mostly one-of-a-kind or made in small batches. They are made by young people from social services to whom we offer a job, by people with a disability or chronic illness and by many talented volunteers.



MULTIFUNCTIONAL EARLY INTERVENTION AND REHABILITATION CENTRE FOR CHILDREN WITH DISABILITIES





FAMILY HOPE AUTISM GALAȚI



This one also has mobility activities held in collaboration with a local gym and instructor, sessions of movement therapy . Which puts kids through a varied program with psychomotor exercises, very complex, well organized and structured by the physiotherapists.

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Children participate with great joy and eagerness in therapy sessions (neurosensory integration, hemi sync and neurofeedback), offered by a wonderful team of specialists .



APCA - SUPPORT ASSOCIATION FOR PARENTS AND CHILDREN WITH AUTISM GALATI



With even more FREE projects, with so much HOPE! This centre offers:

- ✓ lots of ABA therapy
- ✓ much-needed logopedics
- ✓ interactive teaching
- ✓ the highest quality standards, with the best quality educational materials.



Interactive and Creative Afterschool for SPECIAL children” is a unique project in the whole country, its necessity being based on the constant need for school integration of children with autism. Therapeutic teaching is based on planning according to the children’s learning and is adapted to the school curriculum in an innovative way, using educational software specially designed for children with ASD. Continuous supervision by a psychotherapist-coordinator ensures the effectiveness of the activities, with the children benefiting from specialised interventions daily. The materials used are also modern, with interactive whiteboards and special educational software ensuring a highly attractive learning environment for the children in the association. The aim is to develop and maximise the potential of children with autism, including them in activities that can develop new skills and inclinations.

FACTORY OF SPECIAL JOYS

Is a project in association with APCA that ables kids with special needs to work handmade pieces and learn how to saw, create ,paint during after-school hours .



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FABRICA DE BUCURII SPECIALE

Livrăm produse speciale confectionate la comandă cu ajutorul adolescenților cu autism din APCA Galați



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<https://autism-apca.ro/>

<https://m.facebook.com/100064547478029/>

PRACTICAL ACTIVITIES



[HTTPS://ESCAPETOURS.COM/STAD/MAASTRICHT](https://escapetours.com/stad/maastricht)

The practical activities are for different age groups and at different levels of complexity related to “read the city”. Those activities will enrich you with new experiences. It supports individual and team work; brings inspiration and creativity, analysing and critical thinking, time management leadership, digital, mathematic and all other skills which promotes personal and professional development of participants.

ICT TOOLS FOR OUTDOOR- SCRIBBLE MAP

There is a very good tool to create an interactive map-Scribble Map. It is a quick and easy way to create and share custom maps, even without an account.

1. Create a map – My way to **Mount Saint Peter** . Take photos, record video and make researches about the landmarks on the road. Then upload all materials on the map.
2. Create an interactive map to present to other people.
3. Create a map to play an outdoor game (like treasure hunt)

Scribble Maps
www.scribblemaps.com

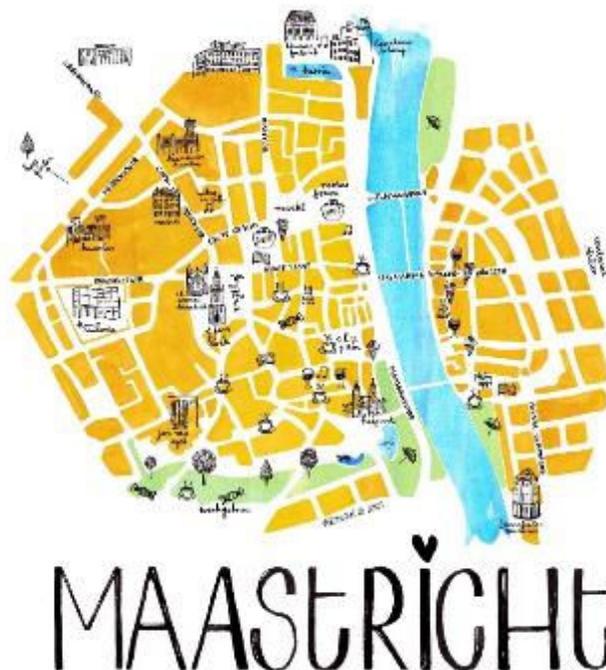
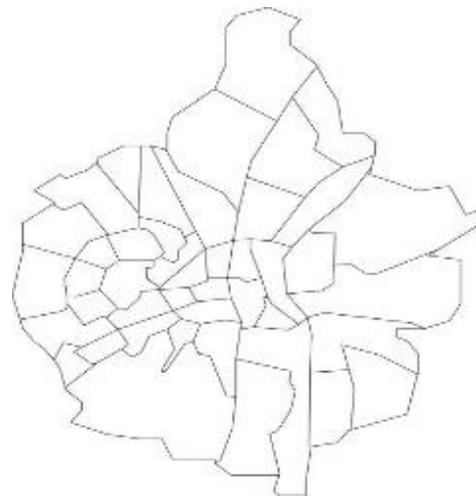


Photo is taken from : <https://partnerhotel.wordpress.com/2018/12/09/competitive-analysis/>

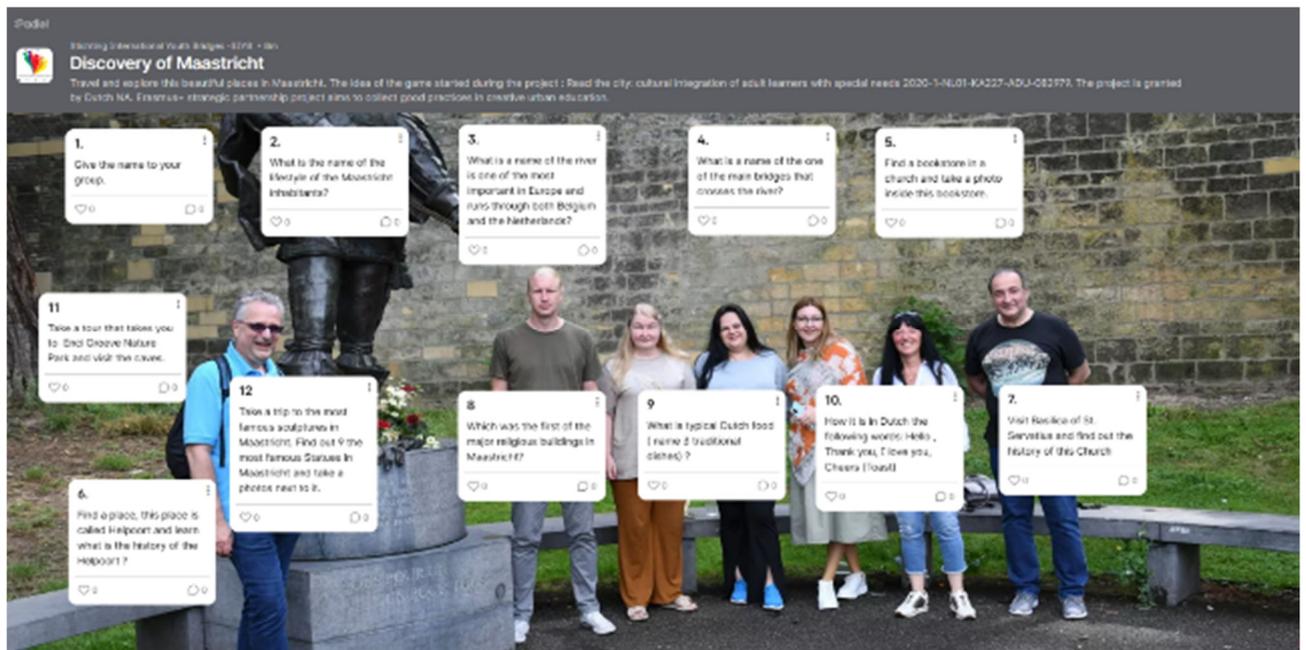
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DISCOVER MAASTRICHT

Visit the padlet link, see the questions, you can add the text and also a photo of your trips.

https://padlet.com/siyb_eu/discovery-of-maastricht-v8oobhroydau



STORY OF THE CITY USING SENSES

Description This activity can be used as an introduction to storytelling. *This activity needs to be combined with a visit of the neighbourhood or city, showing significant places to participants.*

Objectives

- To introduce storytelling
- To create a collective story
- To get to know the city/neighbourhood
- To use all senses in storytelling

Time needed Around 2 hours (depending how long the visit is)

Material - Flipchart with paper or a white board

- Markers

INTRODUCTION

The facilitator introduces the activity as a visit of the city/neighbourhood.

PREPARATION

The facilitator has to present the significant places they pass by and has to pay attention to what the participants say or do.

TASK

After the visit, the facilitator gathers the participants to make a debriefing of the visit.

The facilitator asks them first what they saw during the visit and writes it down on a flipchart to recreate the structure of the visit.

Then, the facilitator invites the participants to tell again what happened in the visit but focusing on other senses than the SIGHT :

- 1- SOUND (what they heard during the visit)
- 2- SMELL (what they smelled)
- 3- TOUCH (what they touched)
- 4- TASTE (what they tasted)

The facilitator writes down the answers next to each part of the visit.

OUTCOME

The participants have now to recreate the story of the visit by describing it with all senses (the facilitator can ask for a volunteer)

DEBRIEFING

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The facilitator can close the activity with a little debriefing on interpretation and how a story is built : using all the senses in telling a story can help the reader or the audience relate to the story and picture it more easily.

Tips The facilitator has to think through the visit beforehand and manage to make the participants use all their senses: bringing them to places where there is a particular smell (flowers, food), or a sound (bells of a church, music), or material to touch (stone, wood), or specialties to try etc

A TALE OF TWO CITIES

Level 3

Theme

Social rights

Citizenship

Environment

Taster Have you heard of Legoland? The town in Denmark made from little plastic bricks? Now's your chance to visit Equaland and Egoaland!

Overview This is a board game in which players vote for the kind of city they wish to live in and the amenities they wish to enjoy. The issues addressed include:

- Social solidarity
- The implications of paying taxes
- The value of local democracy

Related rights

- The right to social security
- The right to property
- The right to a healthy environment

Group Size 4-10

Time 90 minutes

Objectives

- To develop responsibility to the community
- To understand the importance of social welfare to community life
- To promote values of solidarity and responsibility

Materials

- 1 copy of the board game
- A3 size card or paper (optional but preferable)
- 1 die
- Paper clips of two colours (e.g. red and blue). Equal numbers of each colour. Enough clips for one per player.
- Scissors
- Removable sticky gum or "Blu-tac"
- 4 copies of replacement cards
- 2 envelopes
- Money (6 000 Ems per player)
- 2 copies of the City Banker's task sheet
- 1 copy of the Game Banker's task sheet
- Paper and pens
- Timer

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- Overhead projector and a copy of the rules on an overhead transparency (optional)

Preparation

- Read the instructions to familiarise yourself with the board, the replacement cards and the rules.
- Take two of the sheets of replacement cards and cut them out. So the sets don't get muddled up, put each set in a different envelope clearly marked A or B! (The remaining 2 copies of the sheets will be used for reference at the city council meetings)
- Glue the photocopy of the board onto the card or stiff paper to make it strong and durable.
- Choose three people to take the special roles of bankers. Each city needs a banker and you need one Game Banker. Give the two City Bankers a copy each of the City Banker's task sheet and give the Game Banker their task sheet. Get the bankers to make labels so that they can be identified easily during the game.
- Divide the rest of the group equally into two groups. Give one group red paperclips and the other group blue ones.
- Tell each player to make their own counter by writing their name on a small piece of paper and clipping it in a paperclip of their designated colour.
- Print the money! Copy the money on page XX and cut it up to make the bank notes. You will need one set of money (i.e. the three sheets) for each player/citizen.

Instructions

1. Explain that this activity is a board game and show them the board. Trace out the path representing city A, and then the path representing city B. Note where the two paths cross and the squares where people collect their salary, pay their taxes and get a "chance to change", meaning a chance to move into and to play in the other city.
2. Explain how to play (see the handout below). Make sure everyone understands the rules. Decide when the game is going to end.
3. Get the bankers to make themselves simple identification labels so the players know to whom to pay their taxes!
4. Play the game! When finished, move on to the debriefing and evaluation.

Debriefing and evaluation

Start by reviewing how the game itself went and then go on to discuss what people learnt.

1. Did the participants enjoy the game? What did they like and what did they dislike about it?
2. In the beginning, did people think it unfair that some players had to pay more taxes than the others? Did they still feel this way after playing for a while?
3. How did the City Council meetings go? How were decisions made? Democratically?
4. How did people who disagreed with the city council decisions feel about it?
5. Who moved from one city to the other? Why did they do it?
6. Did anyone at a council meeting give money out of their own pocket to contribute to the social well-being of the community? Why did they do it?
7. At the beginning of the game the social conditions in cities A and B were the same. How did they end up? Were there any differences? What were they?
8. Which city would you prefer to live in? Why?
9. Is it worth paying higher taxes in order to have a better community life for all? Or would you prefer to keep all your salary and buy things you need and want?
10. What was the situation with respect to the two cities at the end of the game? Were they in the land of equality, that is in Equaland, or in the land where people were selfish and egoistic, that is in EgoLand?

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11. On a scale of 1 to 10 (1 being extreme EgoLand and 10 being an extreme EqualLand), how would you rate your own society?

Tips for Facilitators

The game is fairly easy for anyone familiar with playing board games, but take care to explain the rules of the game and how to play. It may help the players if you write the rules on a flip chart or use an overhead transparency or hand out copies of the rules of the game.

The game works best with a maximum of 10 people playing as citizens, and there should be an equal number of citizens in each city at the start of the game. If you have say 16 participants, you could get the bankers to work in pairs. If you work with a larger group it is best to run two games. In this case, don't forget to multiply all the materials by two, and be sure to have a co-facilitator to be responsible for the second game!

A good piece of advice: before you try the game with your group, play it with friends and neighbours! You will then feel more secure about giving the instructions and getting it to run smoothly.

Note: The people responsible for collecting the taxes and managing the cities' funds have been called "bankers". In reality a banker does not perform these functions. The term is used because it is the word used in many popular board games, for instance, Monopoly. If you feel that the term "banker" is not the most appropriate, choose another instead, for instance, "finance administrator".

Key dates 1 October, World Habitat Day - "Cities Without Slums"

Further information:

Box 1. European Code of Social Security

The Council of Europe's European Code of Social Security came into force in 1968. As of July 2001 it has been ratified by 18 member states. It provides a wide range of social protection including guarantees of

- Medical care, which includes general practitioner care, specialist care and emergency care
- Unemployment benefit
- Old-age benefit, and
- Disability benefit.

Handouts

The rules of the game

Number of Players

Between 7 and 13. Three people take the roles of bankers. At the start of the game there should be an equal number of players in each city.

Objective of the game

The winner is the player who has the most money at the end of the game.

How to play

1. Have three people take the roles of bankers: one banker for city A, one for city B and one Game Banker.
2. Half of the players have red counters and half have blue counters.

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3. At the start, players are divided into two equal groups. Each group has equal numbers of "red" and "blue" players. One group will travel round the path in city A, the other group will travel round the path in city B.
4. All players start from the "start and salary" square.
5. During the game a player can only change city if he/she stops in the "chance to change" square.
6. Every player starts with a salary according to their colour:
 - Blue players: 500
 - Red players: 100
7. Throw the dice to decide who starts. Highest throw starts, then each player in turn, anticlockwise round the circle.
8. On their turn, each player throws the dice and moves forward the indicated number of squares along the path in their own city. When a player lands on a square, s/he reads the instruction out aloud, and complies with the instruction.
9. Note: A player who follows an instruction to move backwards stops when they have reached the target square. They do not comply with the instruction on this second square.
10. If a payment is due and the player does not have enough money to pay, s/he stays on the square and becomes a beggar.
11. Two or more players may occupy the same square at the same time.

Special Squares

Tax Contribution

Each time a player passes the "tax payment" square, s/he has to pay tax. (Players pay as they pass over the square, even if they do not land on it). The amount of tax to be paid depends on the player's salary and on the city.

City A 40% if salary of 500 or more
10% if salary is 100 or less

City B 10% irrespective of salary

Note:

An unemployed person with no unemployment benefit pays no taxes.

An unemployed person who receives benefit pays 10% of the unemployment benefit, irrespective of the city.

The tax payment is paid to the City Banker of the respective city. (Players in *Equaland* to Equaland's banker and players on *Egoland* to Egoland's banker).

Salary

Each time a player passes the "start and salary" square (you do not have to stop on the square, only pass it), s/he receives their respective salary from the Game Banker.

If the player is unemployed, and if the city has a social security system, they receive unemployment benefit from the City Banker.

Chance for Change

Any player who lands on the "chance for change" square may choose whether to change city or not (change from *Equaland* to *Egoland* or from *Egoland* to *Equaland*). In order to change, a player needs only to announce his/her decision to the rest of the players and the bankers. On their next turn, they move on round the path in the other city.

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A player who changes city continues to receive the same salary as before, but they pay taxes according to the new city's tax scheme.

City Council Meetings

All players who are in the city attend city council meetings. The meeting is an opportunity to make changes (if any) in the city's policy.

The meeting can take place at every 5th payment of taxes. The City Bankers keep a record of how many people have passed the tax payment square in their city. When every fifth person has passed the square, s/he calls a meeting.

Players in the city can decide whether they want to hold a meeting or not.

The game stops during a city council meeting and the players of the other city have to wait until the meeting is finished before resuming the game.

Players have 5 minutes to decide the needs of the city and any changes in policy. Policy options are given on the replacement cards and the citizens can refer to a copy of the replacement cards sheet to know which policies are "on the agenda" (that is, the options they can choose).

To change a policy, players have to buy a replacement card out of the city's taxes. The cost is stated on each card. The City Council can only make changes that it can afford. The City Banker pays the amount due to the Game Banker. Citizens can decide to change as many policies as they wish, but they have to be able to afford them.

A city council that is in financial trouble can decide to "sell back" one or more replacement cards to the Game Banker. The "buy-back" price is 50% of the original cost.

Rich individuals may, if they wish, contribute to the city funds in order to buy replacement cards.

The banker uses a very small amount of the "Blu-tac" to stick the replacement card onto the board over the agreed square.

Replacement Cards

There are seventeen replacement cards that represent policies that the city council can adopt at a council meeting. Replacement cards are purchased from the Game Banker at the cost printed on the card. Once purchased, the City Banker sticks the card(s) onto the board, over an existing square as decided by the citizens.

Any square may be "replaced". If, at the time of replacement, there is a player on that square, s/he does not comply with the new instructions. The new policy only comes in force when the next player lands on that square.

At a City Council meeting citizens/players decide the city policy and may purchase one or more replacement cards. All cards must be paid for.

Beggars

A player who has no money to pay their taxes or other payments stays on the square where they have just landed and becomes a "beggar". However, if there is a home for the homeless in the city, beggars

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may choose to sleep there, if they wish to, instead of on the square where they landed. Moving does not release a beggar from his/her debts.

S/he can beg for money from every player who lands on the square where s/he is sitting. It is up to each player whether or not they give money to the beggar. When the 'beggar' has enough money to pay their dues they wait for their next turn, pay their dues, throw the die and move on.

Beggars throw the die every alternate time their turn comes round. It is a chance they take.

Throw a 6 Find 50 Ems in a rubbish bin

Throw a 5 Collect 20 empty beer bottles and get 50 Ems for the deposits - if the city has a recycling centre!

Throw a 4 The next person who passes you gives you 10 Ems

Throw a 3 You got drunk and slept through your next turn

Throw a 2 You sleep in the park and find a 10 Em note under the bench. If the city has renovated the park, you find 20 Ems.

Throw a 1 You get robbed. Hand the next donation you receive over to the City Banker

A beggar's winnings are paid by the City Banker of the city in which the beggar lives.

When does the game end?

Players decide how to end the game before they start. They can choose one of the following options:

- when the first player completes 20 rounds
- after an agreed length of time, for example, 45 minutes.

Note: the game will automatically end if one city goes bankrupt

The winner is the person with the most money at the end of the game.

((Role card follows))

((4)) City Bankers' task sheet

Neither city starts with any money. All revenue will come from taxes paid as players pass the tax payment square.

1. City Bankers use the tally sheet to keep a record of how many players pass the "tax payment" square and call a city council meeting as every 5th player passes.

2. City Bankers collect taxes from each player in their city as the player passes the tax payment square.

Note: Players who have changed city pay the new taxes.

The tax scheme is as follows:

City A 40% if salary of 500 or more

10% if salary is 100 or less

City B 10% irrespective of salary

Unemployed citizens who receive no benefit pay no taxes

Unemployed citizens receiving benefit pay 10% of their benefit.

3. City Bankers' other tasks:

- look after the city's money
- pay to the Game Banker any payments due for the purchase of replacement cards
- stick replacement cards on the board over the square agreed by the citizens at a council meeting

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- administer the unemployment fund as and when the city decides to establish one
- pay unemployment benefit to players who are entitled to receive it if the city has agreed to set up a social security system. There must be at least 1000 Ems in the bank at the time of setting up the system.
- Keep an eye on the beggars in your city and ensure correct play when they chance a throw with the dice:

Throw a 6 They find 50 Ems in a rubbish bin

Throw a 5 They collect 20 empty beer bottles and get 50 Ems for the deposits - if the city has a recycling centre!

Throw a 4 The next person who passes them gives them 10 Ems

Throw a 3 They get drunk and sleep through their next turn

Throw a 2 They sleep in the park and find a 10 Em note under the bench. If the city has renovated the park, they find 20 Ems.

Throw a 1 They get robbed and hand over the next donation - or any money they chance to find next throw.

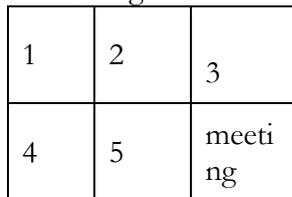
Note: you hand over the money if they chance to find any in the park or in a rubbish bin, and you take money from them if they get robbed.

Record of tax payments

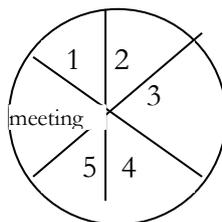
Each time a player in your city passes the "tax payment" square, collect their taxes and check off one segment in the first circle. When 5 players have been checked off, call the first city council. When play resumes start checking off segments in the second circle, and so on.

((the following diagram should actually be 6 circles, not 5 circles and a box! There should be 5 segments in each circle NOT 6 as shown. The numbers 1,2,3,4,5, should show in the segments i.e. no segment with the word "meeting"))

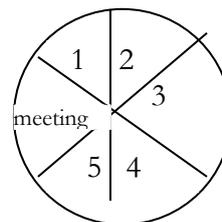
1st Meeting



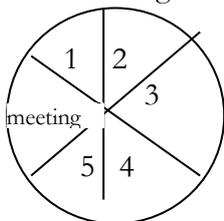
2nd Meeting



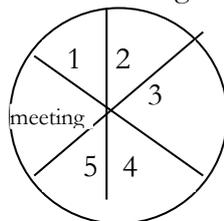
3rd Meeting



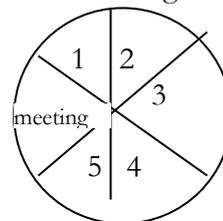
4th Meeting



5th Meeting



6th Meeting



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((Role card ends))

((Role card follows))

((3)) Game Banker's role card

At the start of the game the Game Banker has all the money. S/he is to:

1. Ensure the game runs smoothly

- start the game
- ensure the rules are followed
- time all city council meetings. They should last a maximum of 5 minutes and
- stop the game after the agreed playing time or when the first player completes the agreed number of rounds, whichever was agreed.

2. Keep records

- at the start of the game record the name, colour and city of each player
- record how many times each player passes "start and salary"

3. Pay a salary to each player at the start of the game, and every subsequent time they pass the "start and salary" square. Salaries are paid according to the players' colour regardless of which city they are in:

- Blue players: 500 Ems
- Red players: 100 Ems

4. Collect all payments for replacement cards from the City Bankers.

Tally sheet

Record players' names with a red or blue pen according to their colour. It is recommended that you use the five-bar gate method of keeping the tally. Each of the first four rounds is recorded with a line |||| and on the fifth round you strike them through. The sixth round you start another set of five. In this way you can easily sum the rounds. Thus a count of twelve would look like this: |||| |||| ||.

((Please make better five bar gates!))

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Players in city A at the start of the game	
Name of player	Times passed "start" (up to 20)

Players in city B at the start of the game	
Name of player	Times passed "start" (up to 20)

((Role card ends))

((Notes to the designers. The following list is the edited version of the texts to go in the squares on the board game. Please note that the board game shown below is to be taken as the basis for what we want. The text in the boxes is not correct and should be taken as a guide only. . Note that the wording in the squares in the two cities is the same, but the order of the squares is different. Follow the order as it is shown in the board. That is very important to make the game play well))

City A

Start + Salary

Street kids rob you. Give 10 Ems away

Free Space.

The roads are full of holes. Journeys take too long. Miss one turn

You get ill. No hospitals. Go back 3 squares

Free Space.

You lose your job! Sorry!

Nice day to go to the beach. Pay 10 Ems for beach access.

You win the lottery! Receive 50 Ems.

Teachers are on strike for better salaries. Miss 1 turn to take care of your children.

Free space.

Tax payment.

Bus service not working. Take a taxi. Pay 10 Ems.

Tax payment.

The park is dirty and needs renovating. Miss one turn to help with the cleaning.

A homeless drunk is disturbing you. Miss 1 turn to sort it out.

Chance to Change!

Garbage collectors on strike. Miss 1 turn to take your rubbish to the tip.

Job back! Same salary.

Nothing to read. Pay 10 Ems for a book.

You are having a legal problem. Contract a private lawyer. Pay 50 Ems.

Free Space.

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Your father retires with no pension. Pay 20 Ems to help him.
Nothing to do in the evening. You are bored. Go back 3 squares.

City B

Start + Salary

The park is dirty and needs renovating. Miss one turn to help with the cleaning.

The roads are full of holes. Journeys take too long. Miss one turn.

Street kids rob you. Give 10 Ems away.

Free Space.

You get ill. No hospitals. Go back 3 squares

You win the lottery! Receive 50 Ems

Nothing to do in the evening. You are bored. Go back 3 squares.

Chance to Change!

Nice day to go to the beach. Pay 10 Ems for beach access.

You lose your job! Sorry!

Free Space.

Tax payment.

Bus service not working. Take a taxi. Pay 10 Ems.

Teachers are on strike for better salaries. Miss 1 turn to take care of your children.

You are having a legal problem. Contract a private lawyer. Pay 50 Ems.

Garbage collectors on strike. Miss 1 turn to take your rubbish to the tip.

Free Space.

A homeless drunk is disturbing you. Miss 1 turn to sort it out.

Your father retires with no pension. Pay 20 Ems to help him.

Chance to Change!

Job Back! Same salary.

Nothing to read. Pay 10 for a book.

Free Space.

text for the REPLACEMENT CARDS

((Again note that the text shown in the drawn replacement cards is for guidance only. I hope it is evident which edited text goes to replace which text currently in the squares!))

The correct text for the replacement cards is as follows:

Renovation of the park, with swimming pool and children's play area. Cost: 200 Ems

Clean up the park. Cost: 100 Ems

Roads are good now. Totally reconstructed. Go 3 blocks forward. Cost: 400 Ems

Roads are OK, holes are patched. Good only until next City Council meeting. Cost: 200 Ems.

You lose your job! Unemployment fund pays 30% of salary. City must have a reserve of 1000 Ems.

You get ill. Public hospital is fully subsidised. Pay only 10 Ems. Cost: 600 Ems.

You get ill. Public hospital not subsidised. Pay 30 Ems. Cost: 400 Ems.

Beach access free! Just enjoy! Cost for subsidising access: 100 Ems.

Transport problems eased with cycle path. Cost of cycle path: 150 Ems.

School strike finished. Play again! Cost of increased salaries: 400 Ems.

A new theatre and cinema opened. Cost: 400 Ems.

Your father is retired but has a pension. To establish pension scheme costs 400 Ems.

You want to read and now there is a library! Have an extra throw. Cost of library: 200 Ems.

No more street kids. Orphanage constructed. Cost of orphanage: 200 Ems.

Recycling system reduces garbage collection. Go 3 blocks forward. Cost: 150 Ems for recycling system.

You have a legal problem. Get a legal-aid lawyer. Go 2 blocks forward. Cost: 200 Ems.

No more homeless in the city. A shelter has been opened. Cost of shelter: 200 Ems.

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((End of text for the board game))

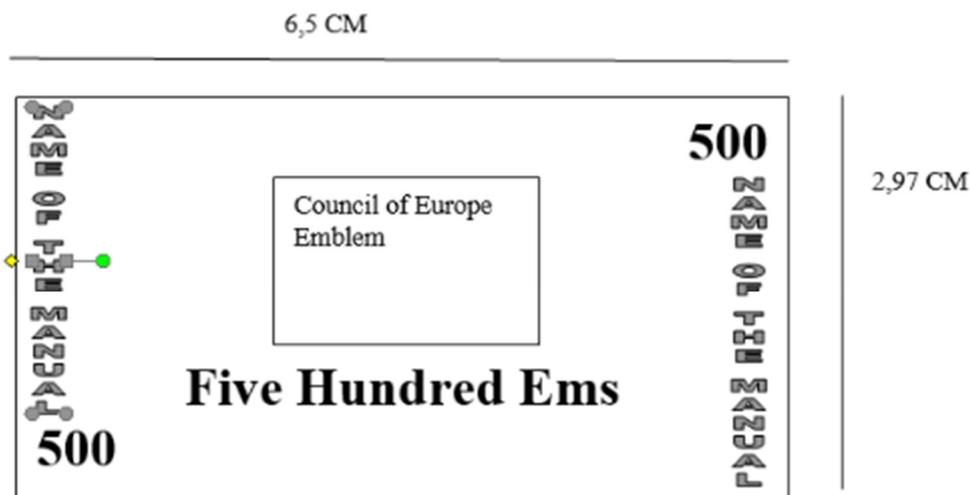
((Start text for money, please design money, note the name of the currency is E-money. So you write 10 Ems. See draft below.

Also please note, I am not sure where the money is to go in the manual. It is also needed for another game!

With this size, I believe that about 30 notes can fit, per A4 size (leaving in the left margin about 1,5cm for spiral)...

The Egoaland and Equaland game is the one that will need the most notes, so I thought about making around 3.000 Ems fit on each A4 page. Making the accounts, I would suggest having on an A4 page (if we take into consideration my suggested size):

- 2 notes of 500
- 4 notes of 100
- 10 notes of 50
- 10 notes of 10))



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REPLACEMENT CARDS (2 COPIES A3 SIZE)

Reform of the park, with swimming pool and children's garden
Cost: 200

Reform of the park
Cost: 100

Roads are good now. Totally reconstructed. Go 3 blocks forward
Cost: 400

Roads are OK, only covering holes. After next City Council, holes again!
Cost: 200
Cost: 200

You lost job! Unemployment fund of 30% salary.
City must have a reserve of 1000

You got sick. Public Hospital fully subsidized pay only 5.
Cost: 600

You got sick. Public Hospital not subsidized pay 30.
Cost: 400

Beach access free! Just enjoy
Cost for subsidizing access: 100

Transport can be facilitated with bicycle way
Cost Cycle way: 150

School strike finished. Play again!
Cost fund for increase salaries: 400

A new theatre and movie opened.
Cost: 400

Your father retired but old-pension system in place.
Cost system: 400

You want to read and now there is a library! Play again.
Cost library: 200

No more street kids. Orphanage constructed.
Cost orphanage: 200

Recycling system helped the Garbage collection. Go 3 blocks forward.
Cost 150 for recycling

You have a legal problem. Get a Legal Aid lawyer. Go 2 blocks forward.
Cost: 200

In the city no more homeless. A home has been constructed
Cost home: 200

Source: COMPASS human rights educational manual

GARDEN IN A NIGHT

Level 3

((Faster)) Would you take the challenge to build a garden overnight?

((Themes))

Environment

Citizenship

Health

((Overview))

This is a creative activity using drawing and model building to explore

- The forces that drive development
- How local development does or does not meet local people's needs
- How decisions about local development are made

((Related rights))

- The right to participate in decision-making processes
- The right to participate in the cultural life of the community
- The right to rest and leisure

((Group size)) 6+

((Time)) 180 minutes

((2)) Objectives

- To understand that the outcomes of development are not inevitable
- To develop skills necessary for participating in local democracy and development
- To develop creativity, group work skills, co-operation and respect for others

((2)) Materials

- Maps and pictures of where you live (past and present)
- A large-scale map of the neighbourhood showing your chosen site
- Pens and paper for drawing up designs
- Materials for making the models. For example, small boxes, tubs, tissue paper, paints, string, wool, wine corks, cardboard tubes, aluminium foil, egg cartons and other household junk, twigs, stones, bark, shells, etc.
- Glue and tape
- Paint and paint brushes
- Stiff cardboard or plywood to use for bases for the models

((2)) Preparation

For part 1. Development – how and why

- Collect together past and present maps and pictures of the town or area where you live.
- Identify possible sites for the group to work on. Research in the locality to find out if there are any sites, which are due to be developed

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For part 2. Making development plans:

- Collect information about the site the group decided to work on for example, newspaper articles and minutes of council meetings
- If you are going to make models using "junk", make sure that you have plenty of materials. Start saving small containers, inner tubes from toilet rolls, etc., well in advance of starting this activity.

((2)) Instructions

This activity is in two parts: part 1, "Development – how and why" is a discussion about the forces that drive change; in part 2, "Making development plans" people design a development project in their own locality, and build a model of it.

Part 1. Development – how and why

1. Introduce the topic of local development. Use maps and pictures to stimulate discussion about how the local environment has developed over the last 50 to 100 years. Talk about the political, economic and social forces that caused these changes. In general, have these changes been for the better? For whom and why?
2. Ask the group to name examples of developments that have happened during their life-times, such as extensions to buildings, shopping malls, housing estates, and who has benefited from these developments and how. For example, did the scheme provide much needed low-cost housing for local people or was it luxury apartments or holiday homes built as an investment by a finance company?
3. Look at the large-scale map of your locality and agree a local site that everyone wishes to work on. A good option would be a site that is currently in the local news, but participants should be free to choose.

Part 2. Making development plans

1. Display the large-scale map to show the site you have decided to work on. Make sure everyone is familiar with the site, and if necessary visit it.
2. Review the current plans for the site using information from local papers or minutes of council meetings. Talk about who is making the different proposals and what their interests in them are.
3. Brainstorm all the possible ways the site could be developed. Be as imaginative as possible.
4. Now break into small groups of 4 to 5 to review the brainstorm and briefly discuss the pros and cons of the different options.
5. The next task for each group is to come to a consensus about how the site should be developed, to draw up a design and then make a model of it.
6. When all the models are complete, let each group present their model and explain their plans.

((2)) Debriefing and evaluation

Start with a review of how the different groups worked. Did everyone feel involved? Was there good teamwork? Were the different tasks shared? How were decisions made? Then go on to talk about the plans themselves.

- What were the main considerations when deciding how to develop the site? For example, cost, time, effort, profit, local needs - what?
- Were the plans people- and environment-friendly, and sustainable?
- Did the plans meet the needs of everyone in the locality? For example, the disabled, children, minorities?
- What resources would be needed to put the plan into effect?
- Were renewable resources used whenever possible?

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- Were non-renewable resources used with care?
- How would the project affect the ecosystem in general? For example, was wildlife encouraged or were trees planted?
- What wastes would be produced building the project and in maintaining it? How will these wastes be disposed of?

((2)) Tips for facilitators

This activity, as it is written, assumes that most young people live in or near urban – or, at least, village environments. The choice of site to work on must depend on your location and on your group. It could be a site where imminent development is already under discussion, or it could be a piece of wasteland, a city or town square, park, children's playground, an open field or river bank. If you work with a group in a very rural area then you will have to think about whether to discuss development in a nearby village or town, or, for instance, a development such as the opening or closing of a mine, or the planting or cutting down of a forest.

All sites have potential! Ideally, the group should research and decide. However, in some circumstances, for example, in schools, there may be curriculum constraints, so the teacher will have to choose.

Options for what to put on the site may include a shopping centre, a leisure centre, a school, housing, a car park, an open green space, a playground, a sports field, a quiet rose garden with seating for elderly people, a city farm, a wildlife sanctuary, an amusement park, a bowling green, etc. Encourage people to take the needs of different sections of the community into consideration.

If the activity is going very well, and people are making detailed and complex models, they will need more time. See if it is feasible for people to take the models home or arrange another session to complete them.

((2)) Variations

You could choose a fantasy scenario. For example, what would you rather see on the site where your town hall, council offices, hospital, etc. now stand? Or if you live in a rural locality, what better use could there be for a disused pit or a slag heap left over from mining operations?

((2)) Suggestions for follow-up

Find out more about the council's plans for developing the site you have been working with. Talk about what you think about the plans and write to the council or to your local paper to let others know your views.

Find out how planning decisions are made in the town or village where you live. How much influence do local people have on decision-making? How can young people have more say in planning decisions that affect them?

If the group are interested in exploring issues related to local decision-making, they could do the activity, "To vote or not to vote", on page XX.

((2)) Ideas for action

Attend a planning meeting of your local council and contribute to the planning process.

Participate in celebrating Environment Day. Look on the web for information about Environment Day activities in your country http://www.unep.org/wed/2001/general_information.htm

((Key date)) 5 June, Environment Day.

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((2)) Further information

The idea for this activity came from the project "Have på en nat" (Garden in a night) that was part of the Copenhagen City of Culture Festival in 1996. A group of young people from Økologiskeigangsættene, a local Agenda 21 organisation, worked for two years preparing to build a garden on a derelict inner city site - not quite in one night – but over a few days. The young people decided that they wanted a community garden on the 300m² site. They learnt practical skills such as carpentry, plumbing, bricklaying and horticulture and prepared and grew everything off site, so that when the time came the garden could be assembled almost "overnight". There was something for everyone: little paths wound around the site by a turfed area, trees, shrubs, flowers and vegetables. There was a waterfall fed by rain-water collected from the surrounding roofs; a glasshouse; swings and seesaws and other play equipment for children. Local artists painted murals on the walls of adjacent buildings and musicians and rappers performed specially created songs on a stage. The garden remained until the site was reclaimed by the council to be developed for housing in April 2001.

Source: COMPASS human rights educational manual

MAASTRICHT CITY QUIZ

- 1. Which countries boarder The Netherlands?**
 - A. UK, Denmark, Germany
 - B. France, Belgium, Germany
 - C. Germany, Belgium

- 2. Is Maastricht the oldest city in The Netherlands?**
 - A. Yes
 - B. No

- 3. Maastricht is the capital of**
 - A. The province of Limburg
 - B. The province of Brabant
 - C. The province of Aachen

- 4. What is the famous of at Sint Pietersberg?**
 - A. With waffles
 - B. With clomps
 - C. With caves

- 5. What was created in Maastricht?**
 - A. A "klomp"
 - B. Euro
 - C. The first coffee shop

- 6. Which artist created The Night Watch?**
 - A. by Rembrandt van Rijn
 - B. by Van Gogh
 - C. by Monet

- 7. When the Maastricht Treaty was signed,**
 - A. in 1992
 - B. in 1965
 - C. in 1956

- 8. The Maas river passing through Maastricht , from which country is comes ?**
 - A. from Germany?
 - B. from France
 - C. from Belgium

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9. **What is a number of residents in Maastricht?**

- A. over 121,000
- B. over 300, 000
- C. 170,000

10. **You can easily cycle to Belgium, within how long distance from the city centre of Maastricht?**

- A. within 3 KM/1.8 miles distance from the city centre
- B. within 10 KM distance from the city centre
- C. within 6 KM distance from the city centre

Answers:

1C, 2A, 3A, 4C, 5B, 6A, 7A, 8B, 9A, 10A

You are welcome to try this game to play to Kahoot

<https://create.kahoot.it/details/43d5d2f8-9ba1-4b58-befc-2cf4cd2c7a11>

TALLINN CITY QUIZ

1. Find this place and take a group photo. What is this?



2. Take photo near Long Herman tower.
3. Take photo near Linda monument.
4. Find this place and take a group photo. What is this?



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5. Take photo near Fat Margaret tower.
6. Take photo near "Estonia" ferry memorial.

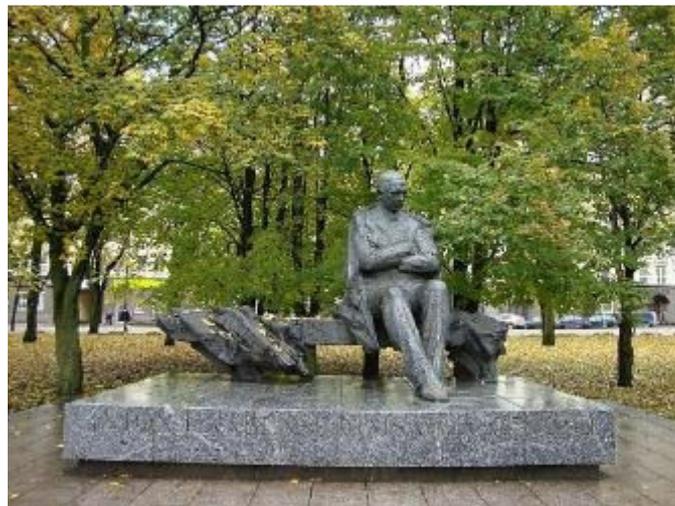
7. Find this place and take a group photo. What is this?



8. Take photo near Danish national flag monument.

9. Take photo near Maiden tower.

10. Find this place and take a group photo. What is this?



11. Take photo near Estonia opera theater.

12. Take photo near Estonian central bank building.

ISTANBUL CITY QUIZ

TAKE THE QUIZ

After reading about Istanbul, do you want to see what you remember? Take this easy quiz with Quizzes by accessing this link:

https://quizizz.com/admin/quiz/638b6c856c713a001d4f5b3b?source=quiz_share

Or scanning this QR code:



QUIZ ABOUT “EDUCATIONAL TOOLS FOR VISUALLY IMPAIRED PEOPLE IN TURKEY”

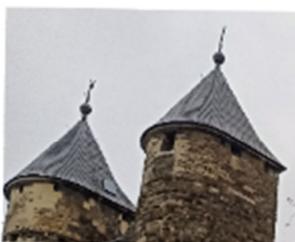
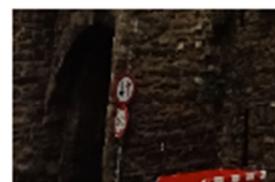
If you’ve read the chapter: “Educational Tools for Visually Impaired People in Turkey” and are curious about what you remember, take this quiz by accessing this link: https://quizizz.com/admin/quiz/638b8ba7c0f185001dfb5996?source=quiz_share

Or scanning this QR code:



PUZZLE

Can you guess the destination? One of our beautiful destinations is hidden in this puzzle . Can you guess where this is?



MEMO GAME - ICONIC BUILDINGS

Travel the world of incredible architecture with this memo game. The game includes 25 buildings with impressive architectural complexity and important historical significance. The challenge is to match the buildings with their cities. Visit the world of great architecture without even packing a bag. Bon Voyage!

