



EUROMENTAL

BLENDING INTENSIVE PROGRAMME

SEPTEMBER | 4th – 8th | 2023

PESCARA | CHIETI | ITALY

SPORT MENTAL TRAINING IN EUROPE



Co-funded by
the European Union

THE PROJECT MEETING

WILL TAKE PLACE IN CHIETI AND IN PESCARA

Chieti is amongst the most ancient of Italian cities. It originated as Teate, chief town of the Marrucini (an ancient Italic tribe), and was taken by the Romans in 305 BC. Destroyed by the barbarians and rebuilt by Theodoric the Ostrogoth king in the 6th century, it was successively a Lombard stronghold, a Norman county, and a possession of the Hohenstaufens, the Angevin dynasty (house of Anjou), the house of Aragon, and the Caracciolo. Its ancient name was applied to the religious order of the Theatines, founded in 1524 to combat Lutheranism and to reform morality.

Roman monuments include the ruins of a theatre and of three small temples and the octagonal Church of Santa Maria del Tricalle, built on the site of the pagan temple of Diana Trivia. The 11th-century cathedral, frequently rebuilt, has a Gothic bell tower (1335–1498). Chieti contains the National Museum of Archaeology, the Institute of Art, a theological university, and a provincial library and picture gallery.

According to mythological legends, the city was founded in 1181 B.C. by the Homeric Greek hero Achilles and was named in honor of his mother, Thetis. Chieti is situated a few kilometers away from the Adriatic Sea, and with the Majella and Gran Sasso mountains in the background. It is divided into the old town on the homonymous hill and the more recent commercial and industrial area, which is called Chieti Scalo and has developed thanks to the Chieti railway station along the ancient layout of Romans Via Tiburtina.



MORE INFO

www.visitachieti.it



Pescara is a relatively modern city because the city was originally two small fishing villages, which were merged by the fascist government in 1927. The river Pescara that divides the city into North and South as it flows down from the mountains has also shaped the city's history.

The city is attracting an increasing number of visitors who enjoy swimming in the warm waters of the Adriatic and finding a tasty seafood lunch down by the harbour in one of the fisherman's huts/restaurants. Others adore picking up some designer names in the city centre, before reclining with a coffee in the elegant Piazza della Rinascita. And there are those who can barely wait for the sun to set before hitting the cocktail bar and the beach-side nightclubs.

THE UNIVERSITY „GABRIELE D'ANNUNZIO“ OF CHIETI – PESCARA

The University was established in 1965 as a 'Libera Università' (non state-owned university) and became state-owned in 1982.

Today, it has 13 Departments and 2 Schools.

There are two university campuses: Chieti, registered office of the university with the offices of the Rector and of General Directorate and Pescara.



More info

www.abruzzoinformation.com

en.unich.it/university

ARRIVAL TO ITALY

ARRIVAL BY AIRPLANE

Roma Airports:

even if you land in Fiumicino “Leonardo da Vinci” Airport or in Ciampino “G. B. Pastine” Airport, in order to reach Pescara or Chieti, you need to take the bus. You can find the timetable here: www.checkmybus.co.uk

Abruzzo International Airport:

Pescara International Airport of Abruzzo (PSR) is located 3 kilometres from the Pescara city centre.

To get to the city you can take bus no. 38, which departs every 15 minutes.

The bus leaves from outside the airport terminal to the railway station in Pescara's city centre. The trip takes about 10 minutes, and tickets are sold in automatic machines in the Arrivals Area.

The buses are run by the company GTM: www.gtm.pe.it

If you prefer to take a taxi, there is a rank outside the airport terminal. The ride to the city centre takes about 10 minutes.



TRIP FROM PESCARA TO CHIETI

The Pescara-Chieti journey lasts for about 20 minutes by train.
Train station departure is "Pescara Centrale" and the arrival station is "Chieti-Madonna Delle Piane"

SUGGESTED TRAIN SCHEDULE IS THE FOLLOWING:

FROM PESCARA TO CHIETI-MADONNA DELLE PIANE

08:13 → **08:31** | **TICKET 2.10€**

FROM CHIETI-MADONNA DELLE PIANE TO PESCARA

13:57 → **14:20** | **TICKET 2.10€**

For more info, schedules, rates and ticket purchase:
www.trenitalia.com/en

From Chieti-Madonna Delle Piane station to Aula multimediale



MORE INFO
Google_maps



ACCOMODATION SUGGESTIONS

HOTEL PLAZA IN PESCARA

Piazza del Sacro Cuore, 55

+39 0854214625
www.plazapescara.it

HOTEL CARLTON IN PESCARA

Viale della Riviera, 35

+39 085.373125
www.carltonpescara.it

HOTEL ALBA IN PESCARA

Via M. Forti, 14

+39 085 389145 / 4225097
www.hotelalbapescara.com



MEETING VENUE

✓ **SEPTEMBER 4th - 8th**

The meeting will be held from 09.00 to 13.00 at the „Aula Multimediale“ of the University in Chieti.

✓ **WEATHER**

The climate in Pescara is quite changing, it could be sunny and lovely and suddenly storming and raining, make sure to dress in layers and bring your rain coat and umbrella with you.

Temperatures in September in Pescara are in the range of an average low of 16°C and an average high of 26°C.

✓ **OUTDOOR ACTIVITIES**

Two outdoor activities are foreseen. We strongly suggest to bring with you hiking shoes and outdoor outfit even for cold temperature (10°C).

✓ **PHOTOGRAPHY**

Partner organizations will take video and photograph throughout the duration of the activities. Pictures will be shared on partners. Please advise us if you are okay with sharing your pictures with you on it.

✓ **DRESS CODE**

Business casual.

✓ **INFO**

Currency in Italy: Euro
Time zone: CET – Central European Time
Electricity: 230 V, 50 H.

TEAM CONTACTS

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Organizers reserve the right of agenda adaptation due to force major circumstances.



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PARTNERS



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