



UNIVERSITÀ
DEGLI STUDI
DI TRIESTE

Live and online Congress co-organized
with the University of Trieste



*24th Congress of the
Neuropsychanalysis Association*

WELCOME TO TRIESTE

A FIRST-AID
TRAVEL GUIDE



JULY, 18-20, 2024

FUNCTIONAL
DISORDERS

A JOURNEY INTO THE COMMUNICATION ROUTES
BETWEEN BODY AND MIND



Welcome to Trieste

To the

23rd Annual Congress of the Neuropsychanalytic Society



Figure 1 - Piazza Unità di Italia

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The gateway of psychoanalysis in Italy

In the *history of psychoanalysis*, Trieste is the town that most consistently contributed to the spreading of psychoanalysis and psychoanalytic thinking in Italy. Trieste played a significant role in the history of psychoanalysis, particularly in the early 20th century. The city was a melting pot of different cultures, languages, and intellectual influences, making it a fertile ground for the development and dissemination of psychoanalytic ideas. It was in Trieste that Sigmund Freud, along with his family, spent a significant moments of his life. Until 1918, while still being the harbour of Vienna and the Austrian-Hungarian Empire, **Sigmund Freud** visited Triest several times. Sigmund Freud's time in Trieste, Italy, at the Marine Biology station is a lesser-known facet of his life. In the summer of 1895, Freud, the pioneering psychoanalyst, before embarking in his psychoanalytic endeavors he spent a unique prelude in marine biology. During his stay at the **Trieste Marine Biology station**, Freud conducted research on the peculiar reproductive habits of eels. His observations and studies of these enigmatic creatures, particularly their mysterious migrations and reproduction, provided Freud with valuable insights into the complexity of the human psyche. While Freud's work with eels may not be as renowned as his contributions to psychology, someone jokingly said that cutting the eels in pieces (to discover the enigma of their genital apparatus) might have given to young Freud the first inside about castration anxiety!



Figure 2 - Sigmund Freud



Figure 3 - Edoardo Weiss

Moreover, Trieste also gave rise to influential psychoanalytic figures like **Edoardo Weiss**, a triestin psychiatrist, who was the only Italian psychoanalyst analyzed by Freud. He made significant contributions to child analysis and the theory of the self and played a pivotal role in the development of psychoanalysis in Italy and the States, further solidifying the city's importance in the field. During the Jewish persecutions, in the 1930s, Weiss first fled first to Rome (contributing to founding the Italian Psychoanalytic Society) and then to the US, in Chicago (where he worked with eminent psychoanalysts like Franz Alexander and Brill).

In essence, Trieste served as a crossroads where psychoanalysts from various backgrounds converged, exchanged ideas, and contributed to the expansion of psychoanalysis from Austria into Italy, leaving an enduring mark on the discipline's history and development.

Geographical main references



Figure 4 - Trieste: the eastern "tip of the tip" of Italy

On a map, Trieste and the Carso look like Italy's index finger, pointing to a region at the crossroads of the Mediterranean, Balkans and Central Europe. This 'collision of worlds' is especially palpable in Trieste, whose melange of cultures, faiths and histories capture the very essence of Europe. Northwest of the region's atmospheric capital lies the coast of Barcola, Miramare and Duino. The Triestini (Trieste locals) claim it as their own, a declaration of their deep, enduring love for the sea. To the south of Trieste lies Muggia, whose Venetian heritage and architecture feel a world away from Trieste and its Habsburg sensibilities. Alongside San Dorligo della Valle, Muggia occupies the last remaining scrap of Italian-governed turf on the Istrian peninsula.

Rising behind Trieste, the Carso (Karst in German, kras in Slovenian) is a rugged, windswept tableland of vineyards and osmize (pop-up wine cellars), epic caves and stone-carved towns, warming sun and brutal bora winds. With its culturally mixed traditions, blurred linguistic borders and still-painful wounds from WWII, the Carso's story is not just about Trieste and itself, but also that of Europe as a whole.

When to Go

Trieste can be stiflingly muggy in the middle of summer and equally inhospitable in the heart of winter, when the bone-chilling bora lashes the city. Yet, respite can be easily found at city beaches, in the cooler Carso, or in one of Trieste's cosy historic cafes. Each season offers unmissable moments, so there's never a bad time to visit. October is an especially appealing month thanks to the city's famous Barcolana regatta and the Carso's beautiful autumnal hues.



Figure 5 - Trieste center: Ponte Rosso (the "red bridge")

Trieste & the Carso Highlights



- 1 [Piazza Unità d'Italia](#) You will never tire of admiring it.
 - 2 [Colle di San Giusto](#) Trieste's historic hill.
 - 3 [Buffet & osmize](#) Sources of pleasures for every self-respecting Triestino.
 - 4 [Sea baths](#) Habsburg traditions live on in the heart of the city, by the sea.
 - 5 [Castello di Miramare](#) One of Italy's most visited museums.
 - 6 [Museo Revoltella](#) Art in a splendid residence.
 - 7 [Val Rosandra](#) Pristine nature a stone's throw from the city centre.
-
- 8 [Strada Napoleonica](#) Four kilometres of history between the Carso and the Gulf.
 - 9 [Grotta Gigante](#) You need to see it to believe it.

Arriving in Trieste

If you plan to travel to Trieste by air, **Trieste Airport** is the most convenient choice. Located 33km from Trieste, 40km from Udine, 20km from Gorizia and 80km from Pordenone, with daily connections to the main Italian airports, as well direct flights to London, Frankfurt, Munich, Paris and Valencia. The airport includes a tourist Infopoint (0481 47 60 79; www.turismofvg.it h daily, hours vary). Traveling to Trieste from the United States, for instance, typically involves multiple flight connections, as there are no direct flights from the United States to Trieste Airport



Figure 6 - Trieste airport

(Trieste - Friuli Venezia Giulia Airport). The most convenient and commonly used international airports for connecting flights to Trieste are Frankfurt, Munich or Vienna airports. However, some travelers also consider nearby airports in neighboring regions, such as **Venice Marco Polo Airport** (or **Milan Malpensa Airport**) or country, as Slovenia **Ljubljana Jože Pučnik Airport**, as alternatives, depending on flight availability and their specific travel plans. If you want to visit in the same vacation period, Venice, Milan and Rome there are also high velocity trains: <https://www.trenitalia.com/en.html>. The easiest and cheapest way to get from Trieste Airport to Trieste downtown is with a train (in front of the airport, and scheduled nearly every 30'; 20' trip).

To get to Trieste from Venice or Ljubljana

GoOpti is a transportation company that offers shared and private transfer services primarily in Europe. Its primary function is to provide efficient and cost-effective transportation solutions for travelers, from Trieste airport, from Venice Airport, Ljubljana Airport to get to the city of Trieste and directly to your Hotel. The prices are flexible, and you can find your rate here: <https://www.goopti.com/en/>.

Another option is Flixbus, Europe's largest long-distance bus network, offering comfortable, affordable and eco-friendly travel experience. Buses depart from Venice airport, Venice city and Ljubljana city 5-10 times daily.

<https://global.flixbus.com/>

Safety in Trieste and the main promenades

Trieste is generally considered a safe city for tourists. It has a low crime rate, and violent crime is rare. However, like in any destination, it's essential to take common-sense precautions to ensure your safety and security. Petty theft: While violent crime is not a significant concern, petty theft, such as pickpocketing, can occur in crowded areas, especially in tourist areas. Keep a close eye on your belongings, use anti-theft bags or pouches, and be cautious with your valuables. Public

Transportation: Trieste has a well-developed public transportation system, but be vigilant while using buses and trams, particularly during busy times. **Late-Night Safety:** Like in many cities, it's a good idea to exercise caution when walking alone at night, particularly in less crowded or poorly lit areas. Stick to well-lit streets and familiar areas. **Emergency Services:** Familiarize yourself with local emergency numbers (the emergency number to call for immediate assistance from police, fire, medical, and other emergency services is **112**). The railway station is also a safe area but as in all medium-size city it is a targeted area for pickpockets.

Piazza Unità d'Italia

Piazza Unità d'Italia (Square of the Unity of Italy; formerly Piazza Grande) is an ethereal place: at dawn, when it stirs in the half-light; in the afternoon, white and dazzling in the sun; at sunset, cut by shimmering orange blades; and finally at night, when its pavement lights glow blue like the sea (see Figure 1).

Arco di Riccardo Ruins

One of Trieste's most substantial Roman ruins, the Arco di Riccardo rises above a still visible stretch of Roman road.

Teatro Romano

The Colle di San Giusto's hillside provides a natural slope for the stalls of this brick-built theatre.

Revoltella Museum

Art Gallery (map; Revoltella Museum - Galleria di Arte Moderna; +39 040 675 43 50; www.museorevoltella.it; Via Diaz 27; adult/reduced € 7/5, free with FVG Card; h10am-7pm Mon & Wed-Sun, last entry 6.15pm) The intimate square located at the junction of Via Diaz and Via Torino is where you'll find the entrance to sumptuous Palazzo Revoltella, commissioned by wealthy Triestine merchant Pasquale Revoltella and built in neo-Renaissance style between 1854 and 1858. Inside, lavish furnishings speak of 19th-century luxury, though the ground floor and the top floors are best known for the interventions of Venetian architect Carlo Scarpa (1906–78), who designed the house-museum's current layout. Indeed, the palace houses a very important collection of late 19th- and 20th-century art, renowned for both its quality and volume. Among the works are paintings by lesser-known Friulano and Central European artists.

Chiesa Serbo-Ortodossa di San Spiridione

Via San Spiridione 9; h8.30am-12.30pm & 4-7pm Tue-Sat, 9am-noon Sun. The corner of Piazza Sant'Antonio and Via San Spiridione is the church of Trieste's Serbian-Orthodox community. The declaration of Trieste as a free port in 1719 drew Serbian traders to the neighborhood, where they conducted business and bought property. Built between 1861 and 1869 on the site of a previous orthodox church dating from 1753, the Chiesa Serbo-Ortodossa di San Spiridione was designed by the Lombard architect Carlo Maciachini. Neo-Byzantine in style, the structure features a Greek cross plan, a lofty central dome and a mosaic-embellished facade. The church was built using stone from the Carso and Istria, and marble from Carrara and Verona. Inside, oil paintings that resemble mosaics depict popular Orthodox saints, among them St Spyridon, St Nicholas, and St George, as well as Christ and the apostles. Four precious icons decorate the iconostasis, adorned with gold and silver covers made in Russia between 1846 and 1850 and hailing from the former church.

Viale XX Settembre Pedestrian Street

One of the most pleasant places for a stroll in Trieste, this pedestrianized street runs northeast from Largo Francesco Bonifacio, a little square that forms a corner with the Portici di Chiozza. Both the Roman and Teresiano aqueducts once passed along its route, and while the street is named for the Capture of Rome (20 September 1870), some locals still refer to it by its old name Via dell'Acquedotto (Aqueduct St). A leafy strip scattered with cafe tables and diners, the street claims some notable buildings: at number 16 a plaque indicates the birthplace of Italo Svevo; at number 35/c lies the Eden Palace, Trieste's most important Art Nouveau building.

Below a map with the main areas and promenades that are completely safe to take a stroll even at night. All major recommended Hotels are in this area. The circle with the dot in the center (⊙) is the place of the Venue (Aula Magna University of Trieste, Piazzale Europa n. 1).



Castello di San Giusto (site of our reception dinner)

The Castle of San Giusto, perched on a hill overlooking the city of Trieste, Italy, is a remarkable historical fortress with a rich and complex past. Its origins date back to Roman times when it served as a military outpost, but it evolved over the centuries into a formidable medieval fortress. The castle's current appearance is largely the result of extensive renovations during the 15th and 16th centuries



Figure 7 - Castle of San Giusto

under Venetian rule. The Castle of San Giusto is characterized by its sturdy defensive walls, impressive bastions, and a central tower, which offers panoramic views of the city and the surrounding Adriatic coastline. Within its walls, visitors can explore the courtyard, chapel, and various rooms, including a museum displaying archaeological artifacts, historical weaponry, and exhibits detailing the castle's history. The castle also shares its hill with the Cathedral of San Giusto, a beautiful Romanesque-Gothic cathedral known for its intricate mosaics and rich history.

Together, the castle and cathedral provide a captivating glimpse into Trieste's historical and architectural heritage and offer a picturesque setting for visitors to immerse themselves in the city's past.

Cathedral of San Giusto

The Cathedral of San Giusto, situated atop the hill of the same name in Trieste, Italy, is a stunning architectural masterpiece with a rich history. This Romanesque-Gothic cathedral was consecrated in the 14th century but has its roots dating back to the early Christian era. Its exterior is adorned with intricate sculptures and decorative elements, while the interior boasts a remarkable collection of mosaics, many of which date back to the 12th century. The cathedral is dedicated to Saint Justus of Trieste, the city's patron saint, and is renowned for its blend of architectural styles, reflecting the various historical influences on the region. Visitors can explore its impressive nave, chapels, and the crypt, which houses the relics of Saint Justus. The Cathedral of San Giusto stands as both a religious and historical landmark, offering a glimpse into Trieste's cultural and spiritual heritage while providing breathtaking views of the city and the Adriatic Sea from its elevated position.



Figure 8 - Cathedral of San Giusto

Castello di Miramare

The Castle of Miramare, located on the northeastern edge of the city of Trieste, Italy, is a breathtaking testament to 19th-century architectural and historical splendor. Built between 1856 and 1860 for Archduke Ferdinand Maximilian of Austria and his wife, Charlotte of Belgium, the castle is a magnificent example of neoclassical architecture with elements of Romanticism. Its prime coastal location affords panoramic views of the Adriatic Sea, and the castle's lush gardens are a botanical marvel with a rich variety of plants from all over the world. Today, the Castle of Miramare stands as a museum open to the public, offering a glimpse into the opulent lifestyle of European royalty and providing an enchanting setting for visitors to explore its ornate interiors, extensive collections, and the romantic aura of its historical significance.



Figure 9 - Castello di Miramare

Muggia

Muggia is a picturesque coastal town located in the northeastern corner of Italy, near the city of Trieste. This charming town is known for its rich history, stunning architecture, and its position along the Adriatic Sea. Muggia's historic center features well-preserved medieval buildings, narrow cobblestone streets, and a delightful seafront promenade. One of its most iconic landmarks is the Muggia Castle, a fortress dating back to the 13th century, which offers panoramic views of the town and the Adriatic coastline. The town has a strong maritime tradition, and its harbor is a hub for boating and fishing enthusiasts. Muggia also boasts a vibrant cultural scene, with events such as the traditional Palio of Muggia, a historic boat race, and a lively Carnival. Visitors to Muggia can savor delicious seafood dishes at local restaurants, explore its historic churches, like the Church of Saint John, and simply enjoy the tranquil ambiance of this charming coastal town.



Figure 10 - Muggia

Muggia's proximity to Trieste makes it a popular day trip destination for those seeking a taste of the Adriatic's beauty and Italian charm.

Grotta Gigante

The Grotta Gigante, situated near Trieste, Italy, is an awe-inspiring natural wonder and one of the world's largest accessible cave chambers. This colossal underground cavern, discovered in the early 20th century, lives up to its name, translating to "Giant Cave." With a staggering volume of over 365,000 cubic meters and a length of around 107 meters, it can easily accommodate the Milan Cathedral. Its grandeur is accentuated by an intricate system of stalactites and stalagmites that adorn its immense chambers, creating a surreal and mesmerizing subterranean landscape. The Grotta Gigante is a testament to the stunning geological formations that exist beneath the Earth's surface, offering visitors a unique opportunity to delve into the



Figure 11 - Grotta Gigante

mesmerizing world of underground wonders while exploring the rich natural heritage of the Trieste region.

Best Buffets

Da Pepi: The unique cuisine of Buffet da Pepi has its roots in the Austro-Hungarian tradition, which has remained intact to this day using the original technique of cooking pork in a boiler.

Da Siora Rosa: informal place in the central area. Varied menu but... the mixed boiler dish (sausage, frankfurter, tongue, cotechino, boiled meat, pork, hot cooked with sauerkraut, mustard and kren) is absolutely worth trying with... at least two pints of beer.

Best Historic Cafes

Caffè San Marco: *Caffè San Marco* is a legendary café that has been an integral part of Trieste's cultural and literary scene for over a century. Established in 1914, the café has preserved its charming, Art Nouveau-style décor, creating a nostalgic and welcoming atmosphere for patrons. It has a rich history of hosting famous writers, poets, and intellectuals, making it a significant cultural landmark in the city. Caffè San Marco has a strong connection to literature and the arts. It was a meeting place for famous writers such as James Joyce, Italo Svevo, and Umberto Saba, who used to frequent the café. This historical association has made it a popular spot for book lovers and those interested in the city's cultural heritage.

Caffè Tommaseo: Caffè Tommaseo is another historic and renowned café in Trieste, Italy. It is one of the oldest and most prestigious cafés in Trieste, dating back to the 19th century. It's located in a beautiful historic building in the heart of the city, and the café's interior has a charming, old-world ambiance with ornate decor and traditional furnishings. The café exudes an elegant and refined atmosphere that reflects its long history.

Antico Caffè Urban: Antico Caffè Urban is one of Trieste's oldest and most esteemed cafés. Established in 1850, it holds a significant place in the city's rich cultural and culinary history. The café's interior is adorned with elegant and antique furnishings, creating a refined and nostalgic atmosphere. It's an excellent representation of the grand cafés that were popular in the 19th century.

Caffè degli Specchi: Caffè degli Specchi is another iconic and historic café in Trieste. It was established in the early 19th century and is located in the stunning Piazza Unità d'Italia, which is the largest seafront square in Europe. The café is renowned for its ornate and sophisticated decor, featuring large mirrors (hence the name "Specchi") and classic Belle Époque architecture. It offers a refined and opulent atmosphere.

Sacher Café: recently a "Sacher Café" was opened in Trieste. The name "Sacher Café" is commonly associated with the famous Hotel Sacher in Vienna, Austria, which is renowned for its *Sachertorte*, a famous Austrian chocolate cake.

Trieste and its history

Trieste as the cradle of Italian literature of the 20th century

Trieste is often regarded as a significant hub for Italian literature in the 20th century, although it might not be the first city that comes to mind when discussing Italian literary traditions. Trieste's unique cultural and historical context played a crucial role in fostering the development of Italian literature during this period. Here are some key points about Trieste's significance as the cradle of Italian literature in the 20th century:

1. **Multicultural Environment:** Trieste's location on the northeastern edge of Italy made it a diverse and multicultural city. Throughout its history, it was part of different empires and had a population composed of various ethnic and linguistic groups, including Italians, Slovenes, Croats, and Austrians. This multicultural environment influenced the literary scene, exposing writers to different cultural influences and perspectives.
2. **James Joyce:** One of the most prominent figures associated with Trieste's literary history is the Irish author James Joyce. He lived in Trieste for over a decade, from 1904 to 1915, and taught English at the Berlitz Language School. While in Trieste, Joyce wrote significant portions of his groundbreaking novel "Ulysses." His presence in the city had a lasting impact on the local literary community and contributed to its cosmopolitan character.



Figure 12 - James Joyce

3. **Italo Svevo,** whose real name was Ettore Schmitz, was an Italian writer from Trieste and is another significant figure in the city's literary history. Svevo is particularly notable for his contributions to Italian literature in the early 20th century. Italo Svevo is best known for his novels, with the most famous one being "La Coscienza di Zeno" (**The Consciousness of Zeno**), published in 1923. This novel is considered one of the masterpieces of Italian literature and is often cited as an early example of psychoanalytic fiction. It tells the story of Zeno Cosini, a neurotic and introspective character, through a series of diary entries and memoirs. The novel explores themes of addiction, self-deception, and the complexities of human psychology.



Figure 13 - Italo Svevo

4. **Umberto Saba:** Another important literary figure associated with Trieste is Umberto Saba, an Italian poet and writer. Saba was born in Trieste in 1883 and spent most of his life there. His works are deeply influenced by the city's multicultural atmosphere, and he is known for his introspective and autobiographical poetry. Saba's poetry is considered a bridge between the 19th-century Italian tradition and the modernist movements of the 20th century.
5. **Rainer Maria Rilke:** The Austrian poet Rainer Maria Rilke also spent time in Trieste and maintained a significant correspondence with other writers and intellectuals in the city. His presence contributed to the cultural exchange between Italian and German-speaking writers in the region.
6. **Literary Journals and Cafés:** Trieste was home to several literary journals and cafés where writers, poets, and intellectuals would gather to discuss literature and art. These venues, such as the Café San Marco, played a vital role in fostering literary creativity and exchange of ideas.

In summary, Trieste's multicultural environment and its role as a meeting point for various literary figures from different backgrounds made it a cradle of Italian literature in the 20th century. Writers like James Joyce, Italo Svevo and Umberto Saba, among others, found inspiration in the city's unique atmosphere, contributing to the development of modern Italian literature.

Trieste as the city of science

Trieste is often referred to as the "City of Science" due to its significant contributions to scientific research and its role as a hub for international scientific collaboration. Several factors have contributed to Trieste's reputation as a center for scientific excellence:

- 1. International Organizations:** Trieste hosts several prominent international scientific organizations and institutions. The most notable of these is the **International Centre for Theoretical Physics (ICTP)**, established in 1964 by Nobel laureate Abdus Salam. The ICTP is dedicated to advancing research in physics and mathematics, with a focus on supporting scientists from developing countries. It has played a crucial role in promoting global scientific cooperation.
- 2. Synchrotron Light Source:** Trieste is home to Elettra Sincrotrone Trieste, a research center that operates a synchrotron light source. Synchrotron radiation is a valuable tool for a wide range of scientific disciplines, including physics, chemistry, and biology. Elettra Sincrotrone Trieste provides access to advanced research facilities and supports cutting-edge research projects.
- 3. Marine Biology:** The city's location on the Adriatic Sea has made it a center for marine biology research. The Marine Biology Station in Trieste is a renowned institution that conducts research on marine ecosystems, biodiversity, and conservation. Scientists from around the world come to Trieste to study its unique marine environment.
- 4. Collaboration and Conferences:** Trieste hosts numerous scientific conferences, workshops, and seminars throughout the year. These events bring together researchers and scientists from diverse fields to exchange ideas and collaborate on various scientific projects. The city's international atmosphere and well-equipped conference facilities make it an ideal location for such gatherings.
- 5. Research and Educational Institutions:** Trieste is home to prestigious educational and research institutions, including the **University of Trieste** and the **International School for Advanced Studies (SISSA)**. These institutions contribute to the city's intellectual and scientific vibrancy by providing education and conducting cutting-edge research in various fields (including in Psychology and Neuroscience).
- 6. Historical Significance:** Trieste has a long history of scientific achievement dating back to the 18th century when it was part of the Habsburg Empire. The city's tradition of fostering intellectual and scientific inquiry has continued into the modern era.

In summary, Trieste's reputation as the "City of Science" is well-deserved due to its hosting of international scientific organizations, state-of-the-art research facilities, and a rich tradition of scientific inquiry. The city's commitment to scientific collaboration and education has made it a global center for advancing knowledge across various disciplines.

Parco di San Giovanni

Park (map; www.parcodisangiovanni.it, lower entrance Via Giovanni Sai, higher entrance Via Edoardo Weiss) Home to Trieste's psychiatric hospital since 1908, in the 1970s Franco Basaglia transformed the hospital into a space where 'the sick are free to leave and the citizens are free to

enter'. In addition to the former psychiatric hospital, the park now also houses numerous faculties of the University of Trieste, as well as various associations and social cooperatives that make it a pleasant and lively place. Look for the plasterboard horse symbolizing the patients' exit from the hospital; the sculpture was made by the patients themselves.

Trieste and the democratic psychiatry movement of Franco Basaglia

The Basaglia Movement, also known as the Italian Psychiatric Reform Movement, was a significant social and medical movement that aimed to reform mental health care in Italy and challenge the traditional practices of psychiatric hospitals. Trieste played a pivotal role in this movement, and the city's experience with psychiatric reform is often cited as a model for modern mental health care.

The movement is named after **Franco Basaglia**, an Italian psychiatrist who was a leading figure in advocating for psychiatric reform in Italy. Basaglia became the director of the psychiatric hospital in Trieste, known as the San Giovanni Psychiatric Hospital, in 1961. Under his leadership, the hospital became a focal point for reform efforts. A central tenet of the Basaglia Movement was the deinstitutionalization of psychiatric patients. Basaglia and his team advocated for the closure of traditional psychiatric hospitals, arguing that they perpetuated inhumane conditions and stigmatized mental illness. Instead, they promoted community-based care and support for individuals with mental health conditions. In 1978, Italy passed Law 180, also known as the "Basaglia Law," which marked a significant turning point in mental health care in the country. The law called for the closure of psychiatric hospitals and the establishment of community-based mental health services. It was influenced by the ideas and practices pioneered in Trieste.



Figure 14 - Franco

Risiera di San Sabba National Monument (and the holocaust in Italy)

Explaining the horror and tragedy of the Holocaust to children can be challenging. The site of Risiera di San Sabba, a concentration camp on Trieste's outskirts, provides thoughtful, sensitive insight into this dark chapter of human history through its didactic museum exhibitions and informative audio guide. Built in 1898 as a large rice husking plant, the Risiera di San Sabba was used by the Nazis as a temporary prison camp for Italian soldiers captured after 8 September 1943. It was later used as a detention camp, for the sorting of deportees and the storage of looted goods, as well as for the imprisonment and extermination of partisans, political prisoners and Jews. In Piazza Unità d'Italia you may have noticed the stone that marks the spot from which, in 1938, Mussolini proclaimed Italy's Racial Laws. To understand just how crucial that moment was in shaping Italy's darkest chapter, a trip to this former concentration camp is a must.



Figure 15 - The Risiera ("rice factory") of Triest

[Info: +39 040 82 62 02; www.risierasansabba.it; Via Giovanni Palatucci 5; audioguide €2; open h 9am-7pm].

La Foiba of Basovizza (Sinkhole of Basovizza)

The very name of Basovizza – a Slovenian-speaking village in the northeast of the Carso – is linked to the foibe (sinkholes) which mark the Carso plateau. In the final stages of WWII, and in the period that immediately followed, these cavities were mostly used by the Yugoslav troops to dispose of the bodies, in some cases still alive, of its Nazi-Fascist enemies. The town's national monument and documentation center recount this gruesome chapter in history, in which thousands lost their lives.



Figure 16 - Foiba (sinkhole) of Basovizza

Kleine Berlin

Air-raid Tunnels (339 253 97 12; www.cat.ts.it; Via Fabio Severo; adult €3; hby reservation) During WWII, a huge complex of air-raid tunnels was excavated into the hills of the city. Guides from the Club Alpinistico Triestino (which manages the site) lead walking tours through the intricate network, recounting the stories of those who sought shelter here. The tunnels are divided into two sectors, one built by the Italians and intended for civilians, the other by the Germans and used mainly as a storage area. Snooping around the tunnels is a thrill and stepping out of the last one to find yourself in the heart of the city is utterly surreal. Tours (which should be booked in advance) start at the tunnels' entrance (Via Fabio Severo 11). It's a damp, occasionally wet place, so wear waterproof shoes and, if you have one, bring a flashlight.

One can take a daily trip to...

Aquileia (50 km from Trieste)

Aquileia is a historic town located close to Monfalcone (Gorizia). Aquileia was originally founded by the Romans in 181 BC and became a significant city in the Roman Empire. The town was a crucial center for trade and commerce and served as a hub for Roman road networks. The historic center of Aquileia is designated as a UNESCO World Heritage Site, recognizing its archaeological and historical importance. The Basilica of Aquileia, in particular, is renowned for its early Christian art and is a major attraction and one of the most important Christian monuments in Italy. It features impressive mosaics, including the famous floor mosaic with scenes from the Old and New Testaments. Aquileia boasts extensive archaeological ruins, including the remains of Roman roads, the Roman Forum, and various residential buildings.



Figure 17 - The Basilica of Aquileia

Redipuglia (First World War Monument- 50 Km from Trieste)

Redipuglia is known for the Redipuglia War Memorial, a significant historical and cultural site. The main attraction in Redipuglia is the Sacrario Militare di Redipuglia, or Redipuglia War Memorial. It is one of the largest military cemeteries in Italy and is dedicated to the memory of Italian soldiers who fought and died in the area during World War I. The memorial is characterized by its monumental architecture, including large stone steps leading to a massive shrine at the top. The shrine contains the remains of over 100,000 Italian soldiers, many of whom are unidentified.



Figure 18 - WWI sacrarium

Venice (115 km from Trieste)

Venice, often referred to as the "Floating City," is renowned for its unique urban layout. Situated across a series of 118 small islands in the Venetian Lagoon, the city is connected by a vast network of canals and more than 400 bridges. What's fascinating is that Venice is built on wooden pilings driven into the marshy ground, which has allowed the city to stay afloat for centuries. This innovative engineering feat, dating back to the Middle Ages, has not only supported the city but also preserved its architectural treasures. The city's iconic gondolas, which serve as traditional water taxis, add to the enchanting allure of Venice's water-based transportation system.



Figure 19 - Rialto Bridge - Venice



Figure 20 - Map of Venice

Venice is also famous for its centuries-old tradition of glassblowing, and the island of Murano is particularly renowned for its glass artistry. The Murano glassmakers have been perfecting their craft for generations, producing intricate glass sculptures, chandeliers, and exquisite glass jewelry. The techniques they use are closely guarded and have been passed down through families for centuries. Visitors to Venice can explore these glassblowing workshops and witness skilled artisans shaping molten glass into breathtaking creations, providing insight into a rich and unique artistic heritage that has global recognition.

Ljubljana (90 km from Trieste)

Ljubljana, the charming capital of Slovenia, is a city that has embraced sustainable and eco-friendly practices in a truly remarkable way. In 2016, it was designated as the European Green Capital, a recognition of its commitment to environmental responsibility and sustainability. The city has implemented a variety of eco-friendly measures, including an extensive network of pedestrian zones and cycling paths, well-preserved green spaces, and efficient waste management systems. Ljubljana's transformation into a pedestrian and cyclist-friendly city has made it a delightful and environmentally conscious place to explore, with the emphasis on reducing pollution and improving the overall quality of life.



Figure 21 - Centre of Ljubljana

One of the city's unique features is the Ljubljana Dragon, which is prominently featured in its emblem and often referred to as the city's guardian. Legend has it that Jason and the Argonauts slew a dragon on the site where Ljubljana now stands, and this mythical creature has since become an integral part of the city's identity. You can find dragon statues, sculptures, and imagery scattered throughout Ljubljana, celebrating its folklore and adding a touch of enchantment to the city's character.

<https://www.visitljubljana.com/en/visitors/>
<https://www.slovenia.info/en>

Postojna Cave (50 km from Trieste)

The most visited touristic karst cave in Europe is the place where human fish babies hatch! The cave railway has been going there for more than a century. Postojna Cave is the only karst cave with a cave railway, which was built more than 140 years ago. A unique cave train takes visitor to the tangle of underground karst tunnels, galleries and halls. The tour of the cave lasts an hour and a half, where we learn about the most important karst features: the largest, 16-meter high stalactite Skyscraper, the crystal white symbol of the Postojna Cave - Brilliant, the oldest underground post office in the world and the most famous underground animal - the human fish. They once believed that a dragon lived in the Postojna Cave, and that the human fish were its young. The only European subterranean vertebrate and the largest underground predator can live 100 years and survive without food for more than 8 years. More than 150 animal species live in



Figure 22 - Postojna Cave

the karst caves of Slovenia, the largest of which is the human fish (*Proteus anguinus*). The Postojna Cave is the richest cave in the world in terms of biodiversity, and in one of its tunnels there is a Vivarium, where you can learn about incredible cave animals and their stories. More than 38 million visitors from all over the world have seen the Postojna Cave so far.

Predjama Castle (53 km from Trieste)

Near Postojna Cave is Predjama Castle, the largest cave castle in the world. For more than 800 years, it has been standing in a rock wall, 123 meters high. It is connected to the cave below by mysterious underground tunnels. In the 15th century, the castle, which was also a film location on several occasions, offered refuge to the legendary owner Erazem Predjamski. In a castle with an extraordinary



Figure 23 – Predjama castle

image and location, the robber knight resisted the besiegers for a year. The constant interweaving of the natural and the artificial, the work of human hands and the creativity of nature forms a gem of medieval ingenuity. The largest cave castle in the world, entered in the Guinness Book of Records, vividly tells the story of a time when comfort had to give way to safety and when the clang of weapons more than once drowned out the troubadour song. So special and unique that it ranks among the ten most fascinating castles in the world. So romantic that many choose it as their wedding ceremony.

Lipica (13 km from Trieste)

Noble white Lipizzaner horses are native to Slovenia. Lipizzaner, one of the oldest cultural horse breeds in Europe and the world. Today, we know the Lipizzaner primarily as a white horse. However, the horses we call white horses are actually mostly gray. Lipizzaner are born dark. Due to a mutated gene, they soon turn gray. Lipica, the largest Lipizzaner stud farm in the world, is an important cradle of Lipizzaners in Europe. Their original stud farm has been in Lipica, in the Karst since 1580, and is considered the oldest stud farm of Lipizzaners in the world. The tradition of breeding elegant white horses, named after Lipica, is included in the UNESCO list of intangible heritage. You can admire the elegance of the Lipizzaner during tours of classical horse riding shows and training sessions, or you can experience the Karst with a carriage or go on a field trip.



Figure 24 - Lipica - Horse-breeding

The Škocjan caves (23 km from Trieste)

In the karst cave with the largest underground canyon in Europe, up to 146 meters high, today there are several kilometers of sightseeing trails with as many as 500 steps. On the path, which also leads over extraordinary bridges, it is possible to see underground waterfalls (there are as many as 26 of them in the cave system), large halls, giant stalactites up to 15 meters high, and other creations of the underground karst river. Around the Škocjan Caves is a regional park – an area of protected natural and cultural heritage. Educational and cycling trails run through the park.



Figure 25 - Skocjan Caves

FOR LONGER TRIPS...

Croatia - Plitvice Lakes National Park:

Plitvice Lakes, a UNESCO World Heritage site, is a mesmerizing natural wonder. The park boasts a series of interconnected lakes and waterfalls set against lush greenery. Visitors can wander along wooden pathways that crisscross the lakes, providing breathtaking views of the cascading waterfalls. The park's unique blend of flora and fauna makes it a must-visit for nature enthusiasts and photographers alike.



Figure 26 - Plitvice

Croatia - Dubrovnik:



Figure 27 - Dubrovnik

Dubrovnik: Known as the "Pearl of the Adriatic," Dubrovnik is a city steeped in history and charm. Its well-preserved medieval architecture, including the iconic city walls, transports visitors to a bygone era. The Old Town, a UNESCO World Heritage site, is a labyrinth of narrow streets and squares adorned with historic buildings. Don't miss walking along the city walls for panoramic views of the Adriatic Sea and the red-tiled roofs of Dubrovnik.

Croatia - Šibenik:

Šibenik, often overlooked, is a picturesque town with a rich cultural heritage. The highlight is the Cathedral of St. James, a UNESCO World Heritage site, and a masterpiece of Renaissance architecture. The network of narrow streets in the Old Town leads to charming squares and historical landmarks. Šibenik's coastal location adds to its allure, making it a peaceful and culturally rich destination.

Croatia - The Islands:



Figure 28 - Brijuni

Croatia's islands, including Hvar, Brač, Vis, and Korčula, offer diverse experiences. Hvar is renowned for its vibrant nightlife and lavender fields, Brač for the famous Zlatni Rat beach, Vis for its untouched beauty and historical sites, and Korčula for its medieval atmosphere and Marco Polo heritage. Each island has its unique charm, providing a perfect escape into the Adriatic's tranquility.

More on Croatia: <https://croatia.hr/>

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