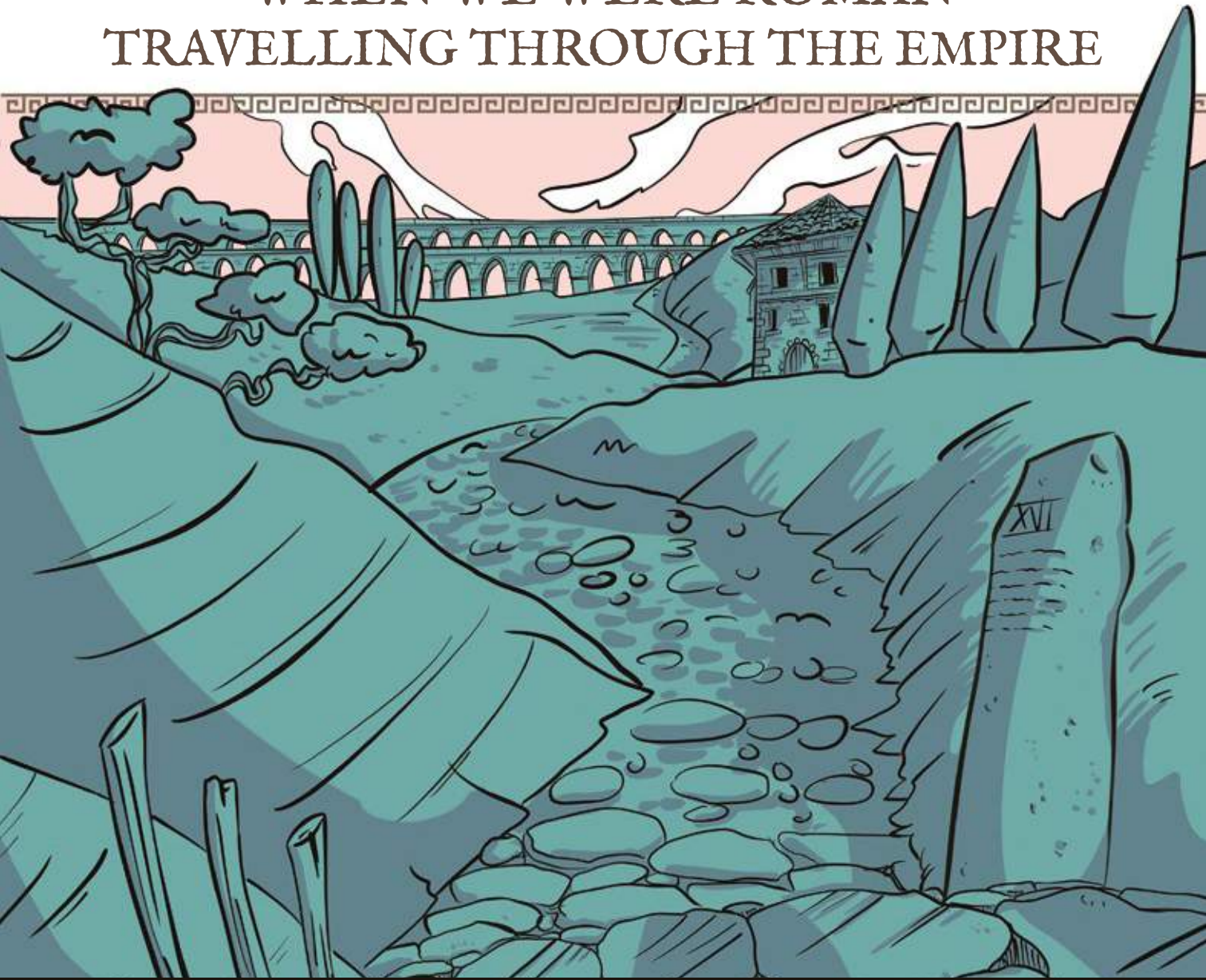


WHEN WE WERE ROMAN TRAVELLING THROUGH THE EMPIRE



Aimed at the First Stage of Primary Education

Text author: Carlos Caballero Casado
Illustrations for cover, back cover and pages
9-10-32-34: Alejandro Castrillo
Mapping: David Cuenca
English translation: Lynn-Ann Warner
Graphic Designer: www.janocomunicacion.es

Publisher: Roman Roads Heritage Cooperation
Network– ITER ROMANUM
Headquarters: Casa Paquet – Fermín García Bernardo s/n
33201 Gijón (Asturias) - SPAIN
www.iter-romanum.eu

Publication date: June 2023
Collection: Educational Workbook

Members of Iter Romanum



Arlon: musee.archeologique@arlon.be



Ruta Vía de la Plata: www.rutadelaplata.com

ALESIA

MuséoParq Alésia: <https://www.alesia.com/>



FONDAZIONE AQUILEIA

Fondazione Aquileia: <https://www.fondazioneaquileia.it/>



Braga: <https://www.cm-braga.pt/es>



Sremska Mitrovica: <http://www.carskapalata.rs/imperialpalace.html>

2

Introduction



Did you know that a long time ago in all of Europe only Latin was mostly spoken and, until 330, when Constantinople was established, there was only one capital, which was Rome?

Today this is hard for us to imagine, as we live in one of the 27 countries of the European Union, where we speak many different languages. But, to see what life was like in Rome, we invite you to come with us to visit different parts of the Roman Empire.



We'll travel through five cities that used to be part of the Empire and today are in different countries. In addition, we'll travel a route that crossed the entire Iberian Peninsula, from Gijón to Seville. You just need to want to experience the adventure of traveling back in time.

On this trip we'll learn about our Roman past, how to take care of it and share it, because it links us with people from all over Europe. Join us in discovering part of the history of the Roman Empire!

3

On the outskirts of the Roman Empire

• You'll be able to find out about five Roman cities, all of them far from Rome, but just as Roman as Rome itself. On this tour we'll see what these five cities were like:

Bracara Augusta, Aquileia, Alesia, Orolanum, and Sirmium.

They were very far from each other, but you'll see how they resembled each other in many ways. In addition, they had other local characteristics that made them different from each other.

• And a road to connect them. By looking at it together, we'll learn what Roman roads were like, how they were built and what they were made for. We'll also see a route in Spain, a very long and ancient one:

The Ruta Vía de la Plata.

4

What connects us: Roman roads

What the roads were built for

It is said that all roads lead to Rome, but the Romans also reached everywhere by their roads. Roman roads formed a network of many kilometers. They ran throughout the entire Empire and served to connect some cities with others so the people could trade products from all over the Empire. They also allowed the army to move easily and linked together all those people who did not live in cities, but in villages or farms usually set up near the roads.



How they were built



Roman roads had to be useful and built to last a long time. That's why, depending on the area where they were built, they were made in one way or another. When we think of a Roman road, we imagine an army marching on large, smooth stones. But that only happened near the cities; in the rest of the Empire, it was not usually like that.

To make a Roman road, it was necessary to first send the technicians who knew the territory so that they could say where the best place for the road to pass was. Then a trench was dug and filled with stones to serve as the base for the road so it would not have to be repaired every so often. Finally it was covered with sand. Horses, chariots and armies traveled on that soft sand for centuries.



STATUMEN



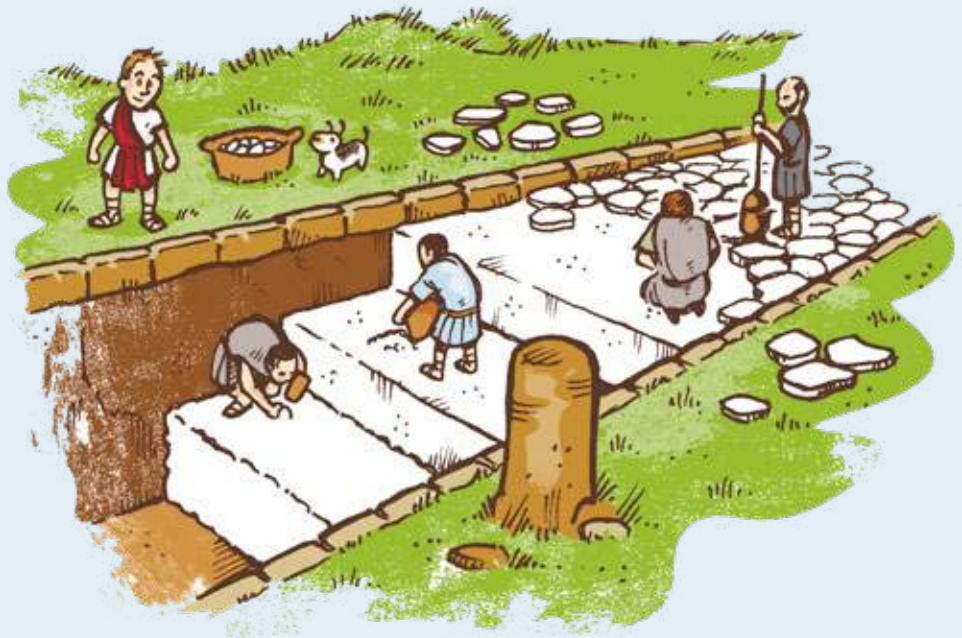
RUDUS



NUCLEUS



SUMMA CRUSTA



Process of Roman road construction according to *Vitruvius*.

How distances were counted: milestones

So that travelers always knew where they were, Roman roads were marked with stone columns called "milestones", which counted the distance from one important city on the road to the next. But the Romans did not count in kilometers, like us, but rather in miles, which was the distance covered by walking a thousand steps, a little less than 1,500 meters.

What remains of them?

The Romans built their buildings and roads to last a long time. This is why we still have roadways built over ancient roads and, above all, we still have bridges built by the Romans. Even today, in many places in Europe, cars continue to pass over them. And we also have many milestones, quite a few of them along the Ruta Vía de la Plata and along what the Romans called the *Vía Nova*, near Braga (Portugal).



milestones

Roman bridge of Trajan, part of the Via Romana XVII of Antonino's itinerary (Bracara - Asturica) located in the city of Chaves (*Aquae Flaviae*).



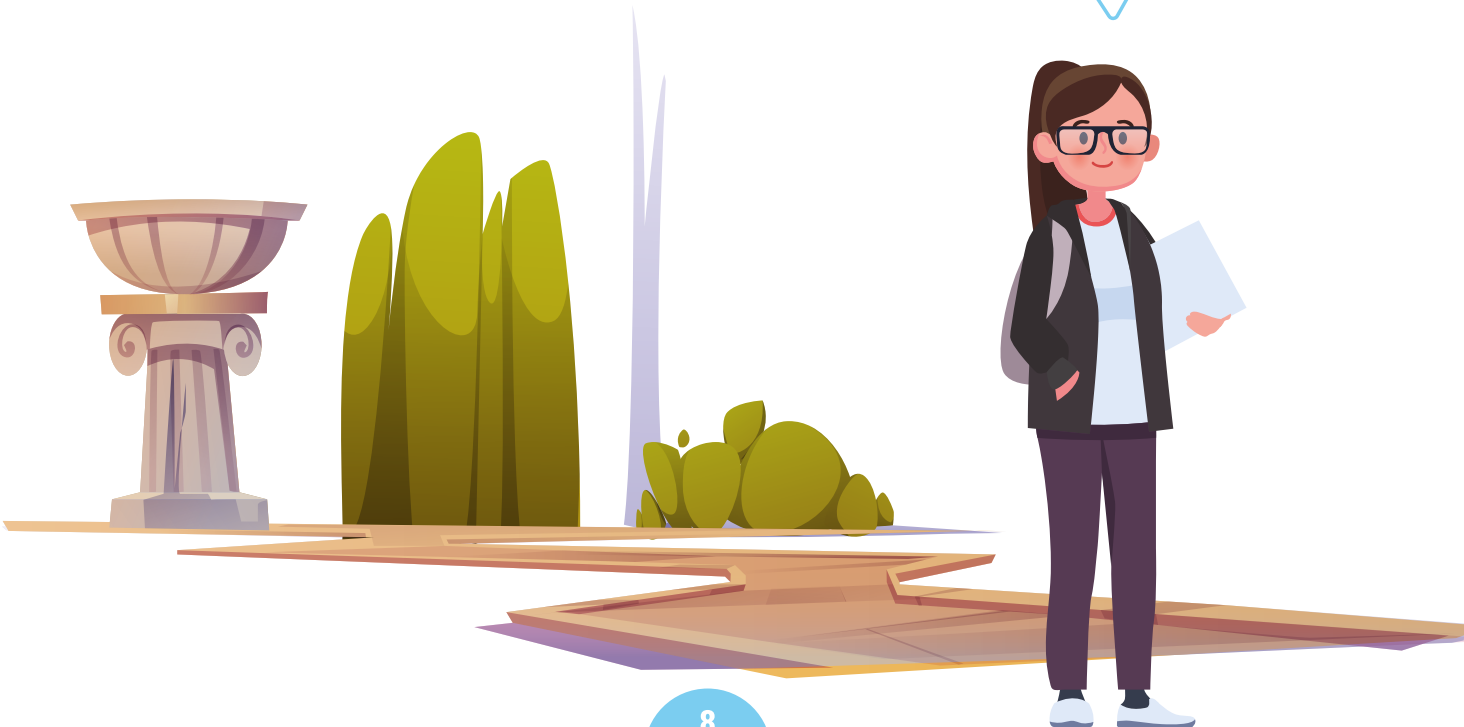
5

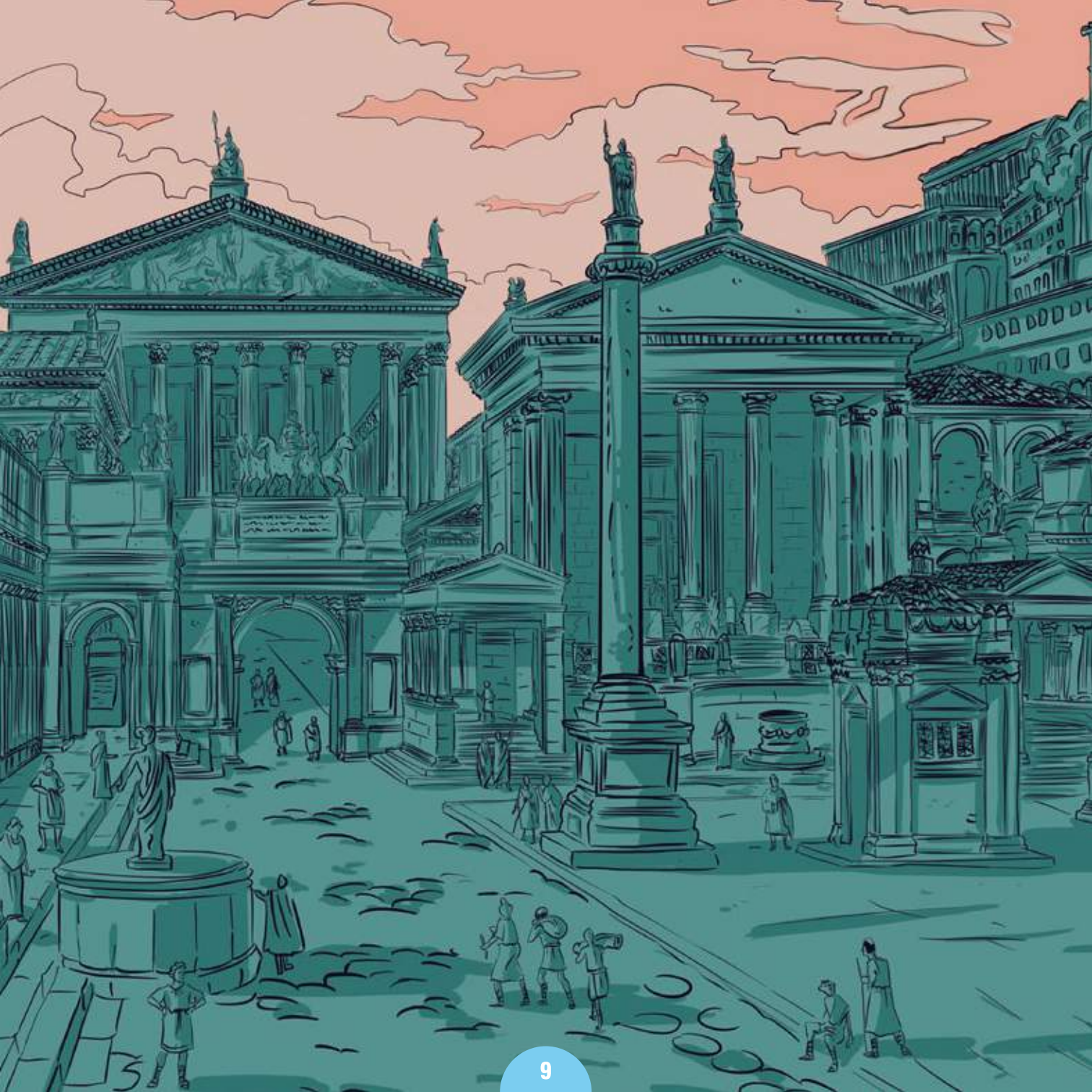
How are we alike?

Although today these five cities are very far from each other, in Roman times we were very similar and had many things in common. Let's have a look.

5.1 What the roads were built for

- A** In the center, there used to be a *forum*, which was what the main square of the city was called. This was where the most important temple was located and where the judges met.







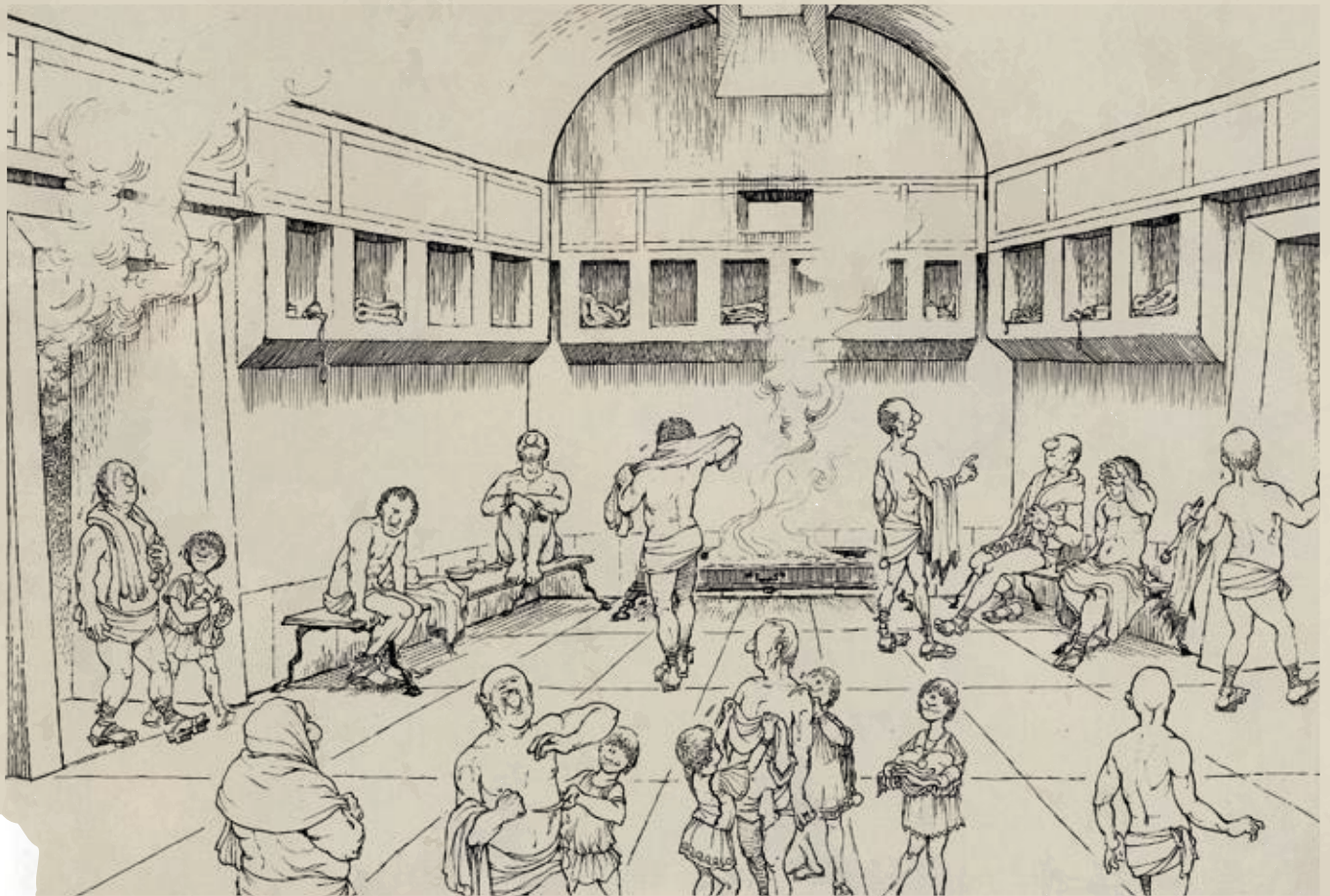
B Near the *forum*, there was also a market, where all kinds of things were sold. Throughout the city, there were smaller shops which sold food and which the Romans called **Taverns**, as we still call our pubs in many places nowadays. Next to these taverns, in many cities there were *thermopoliae*, real pubs that sold hot food.



C The Romans loved to have fun and, that's why many cities had a theater, where works by the most famous authors of the Empire were performed. They also had a circus, in which they held quadriga races, which were races between chariots pulled by four horses. There was also an amphitheater, where gladiators fought each other or against animals such as tigers and lions.



- D** All the cities also had *termae*, which were public baths where people gathered. There were pools of cold, warm and hot water. Above all, these were places to meet with friends.



E And, to bring the water, aqueducts were used. These were long canals that sometimes came from very far away. We still have very important remains of them, such as those found in Segovia, Mérida and Tarragona, in Spain, in Nimes in France, in Sremska Mitrovica in Serbia, and several more in the city of Rome.



Los Milagros Aqueduct in Mérida - Ruta Vía de la Plata
© David SC



5.2

People are still living in all these cities twenty centuries later. Although the Romans are no longer here, we still live in these cities because they continue to be important. Although we are modern cities, we preserve many buildings that have been left to us by those who have passed through here throughout history, from Roman monuments to cathedrals and other buildings.





5.3

We all have many well-preserved Roman remains

Today, in all these places, the Roman monuments coexist with the present-day city, enjoyed by its inhabitants and visited by tourists.

We know about our Roman past thanks to archaeology, which is the science that studies ancient societies from the remains we find of them. By studying the remains of the past, we can also learn what the people who built these cities were like and what happened to the cities after the Romans left. When you see archaeologists digging on TV, or when you go to visit a site and see them at work, you should understand that they are working so that you can learn more about your past.





Pasqualis area. Aquileia

6

Who we are and what you can learn about our Roman past: five cities and a route

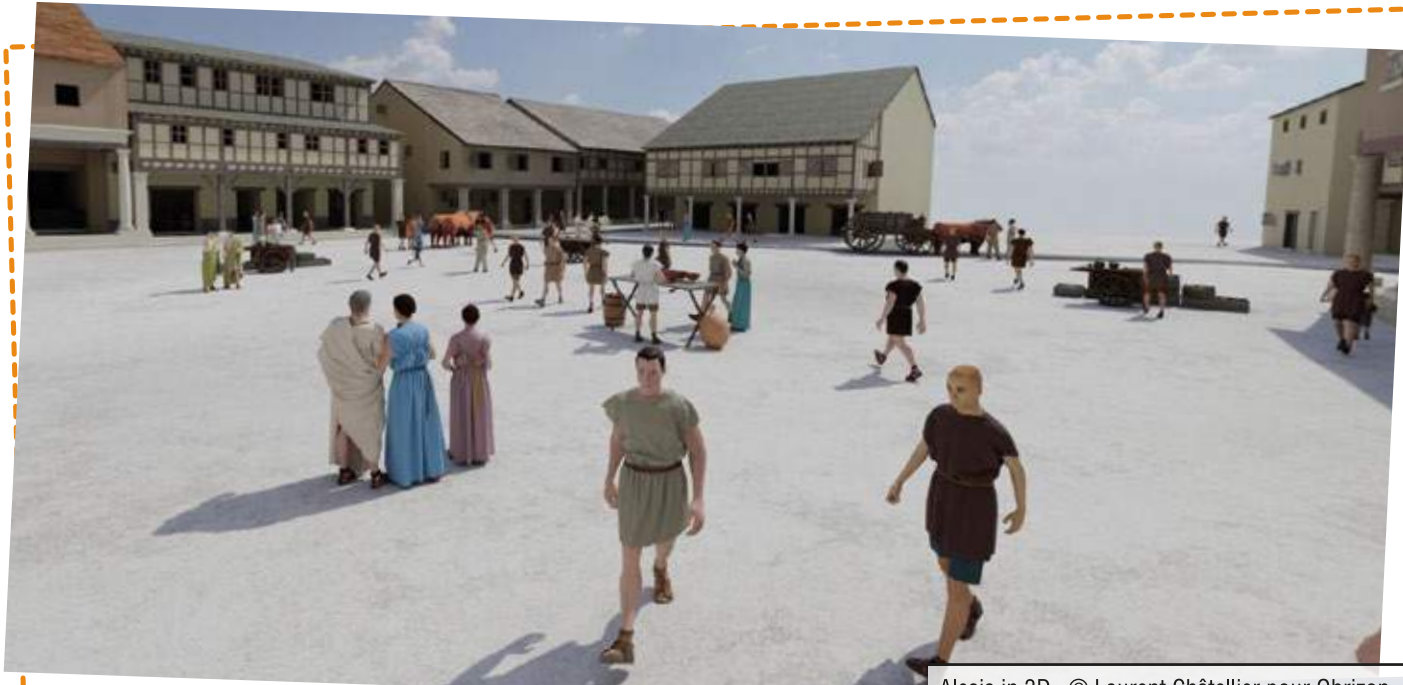


Alesia: the resistance of the Gauls

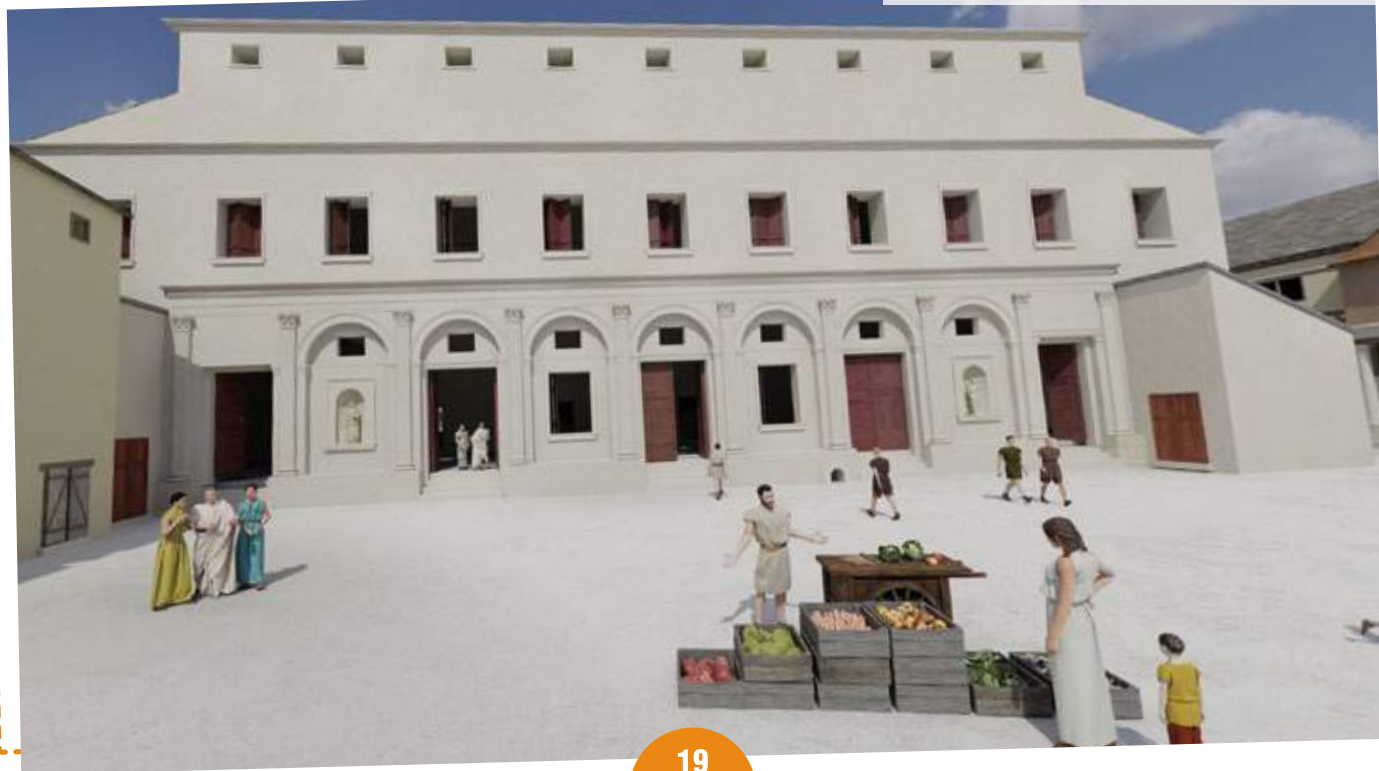
Hi, I'm Alesia. I'm a Roman city, but I'm located in what today you call France. Like all my sister cities, who will also tell you things in this handbook, I've seen many historical events, but none of the other cities can boast, like me, of having seen Julius Caesar himself pass through. Before the Romans arrived, a warrior tribe called the Gauls lived here. The Gauls had a chief named Vercingetorix who, together with his people, fought against the Romans in a very long battle. After winning that long battle, it became easier for the Romans to conquer the entire land of the Gauls.

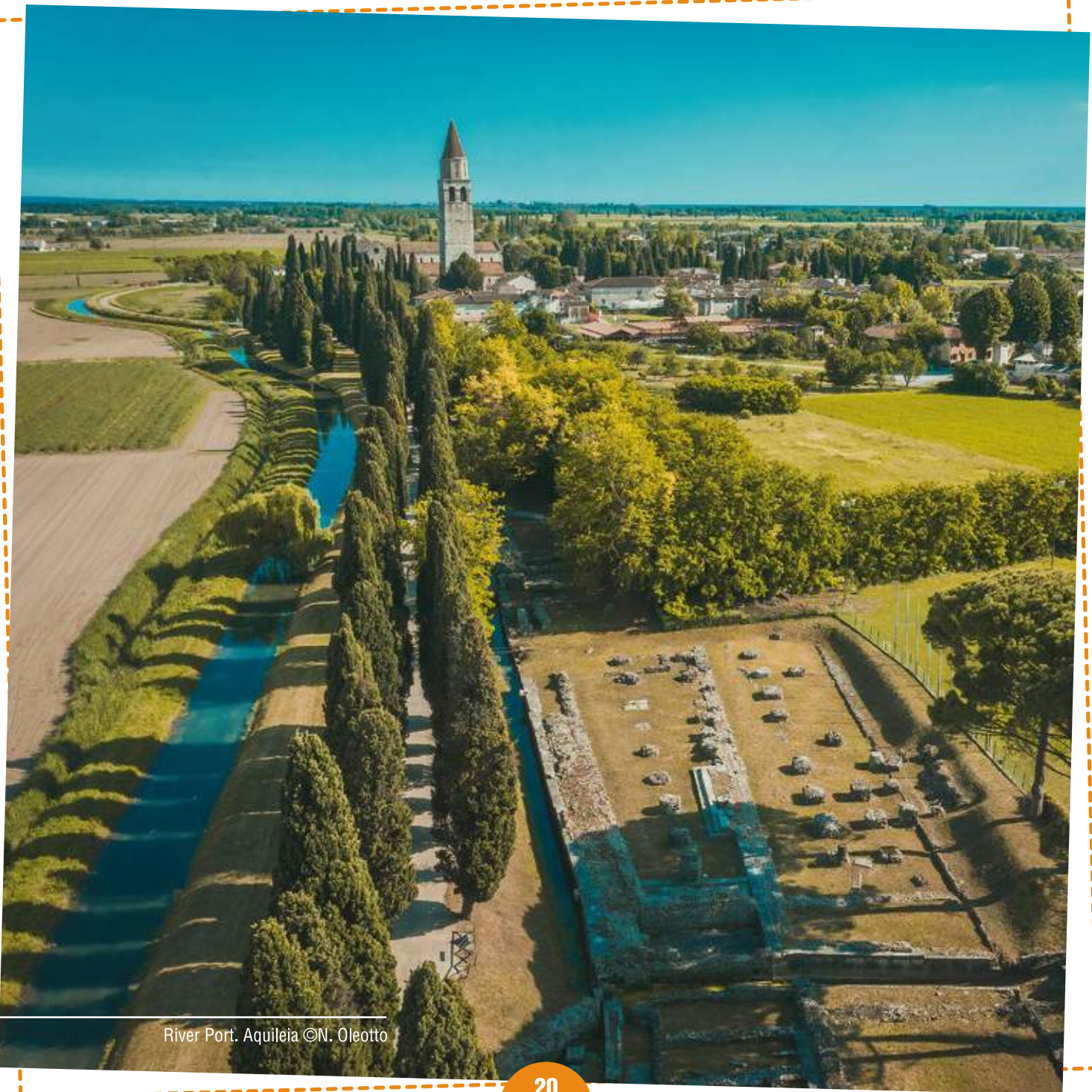
I then slowly became a city that was more and more Roman, but the Gallic traditions were still very much alive! Even if I hosted Roman shows in a brand new Roman theatre, some people were still speaking the Gallic language in my streets or praying to Gallic gods. Some Gallic gods were even adopted in the entire Roman empire. Here there was a place of prayer to a Gallic god: Moritasgus. But when the Romans arrived, they installed a temple for the Roman god Apollo in the same place. In time, people forgot they were two different gods and started to pray to Apollo Moritasgus, creating a sort of half-Gallic half-Roman god!

Today, there are no Romans or Gauls left, but you can still visit me and learn a lot about all this in the museum and in the Roman city! We can't wait for you to visit!



Alesia in 3D. © Laurent Châtellier pour Ohrizon





River Port. Aquileia ©N. Oleotto



Aquileia: a trade city on the Amber Route

Hello! I'm Aquileia. Today I'm an Italian city, but for some time I belonged to other countries. And, long ago, I was a Roman city. Almost 2,200 years ago, the Romans came here. To protect their friends, the Veneti, who lived where the famous city of Venice is today, they built a new city for many soldiers to live in.

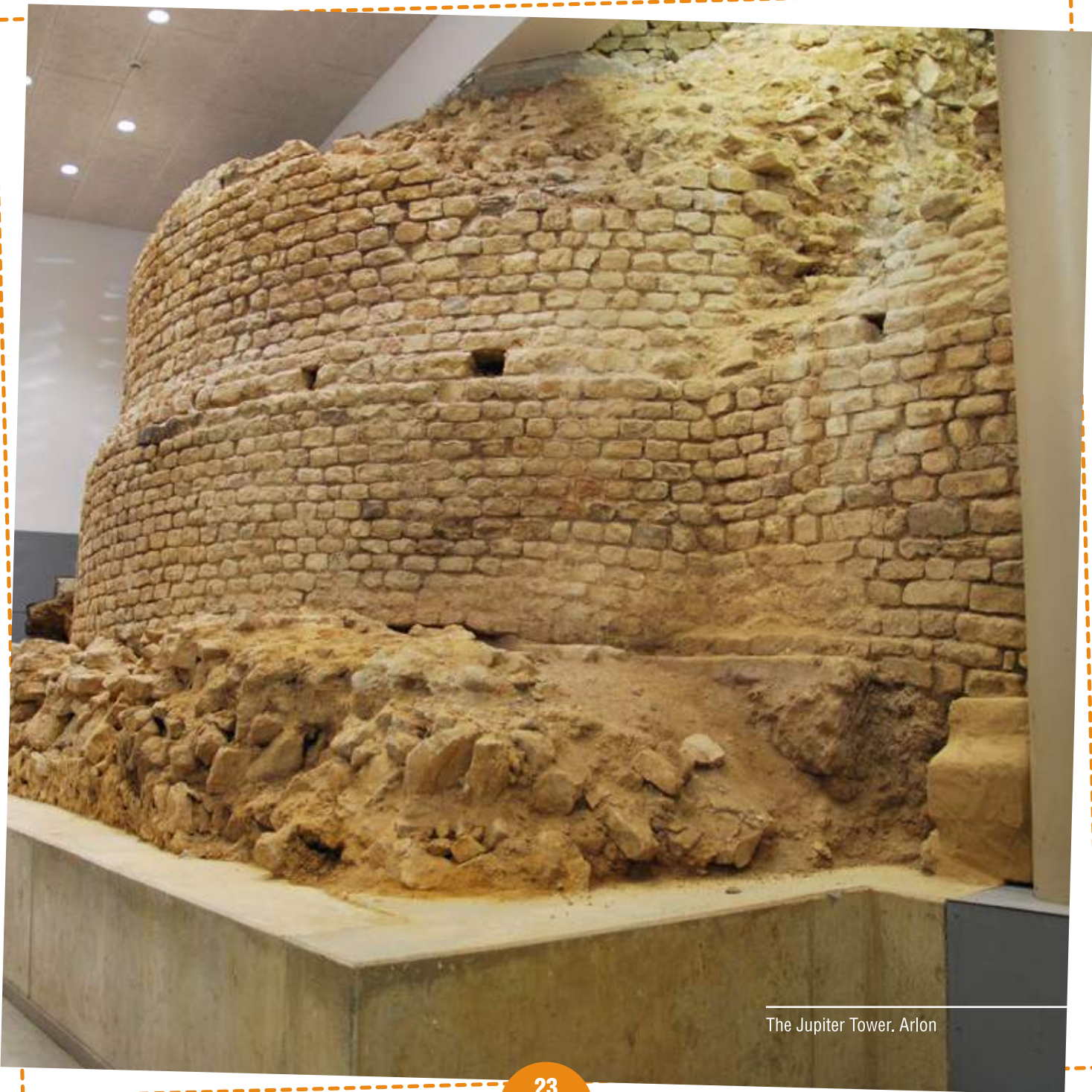
But very soon this city also became an important port, whose archaeological remains you can see. The "Amber Route" began here, named after a very popular product in ancient times, which was sold in Venice. In addition, Aquileia was along a very important road in the Roman Empire, the road to Pannonia, which was what the Romans called the place where Serbia and Hungary are today. If you come here, I'll show you my Roman roads and, above all, many Roman mosaics, which are so famous that people come from all over the world to see them. You just have to see them too!



Arlon: defensive walls

Hi! I'm the city of Arlon and I'm in Belgium, but in the old days I was called Orolanum. They say I'm the oldest city in Belgium! I still have many things from when the Romans were here: some baths, many sculptures and part of the city walls, which you can see in my Archaeological Museum. Also, if you visit the museum, you can learn many things about how the Romans lived.

For a long time, I had a big market, and people from all over Gaul, as this land was called in Roman times, came here to buy and sell things. From that time there are also two big towers from the Roman wall, which you can see in the largest square in Arlon. You should know that we call them Jupiter and Neptune, after two of the Roman gods. In Arlon we'll always welcome you, but if you come the first weekend in September, you can participate in the Gallo-Roman Weekend and spend two days living as the Romans did... You can't miss it!



The Jupiter Tower, Arlon



Fountain of the Idol. Braga



Braga: a great crossroads

Hello! I'm Braga, the former *Bracara Augusta*, and I'm in Portugal. Because I've always liked people coming to visit me, I have tried to get many roads to come here ever since Roman times. Archaeologists have found many things from when the Romans were here in Braga and we've collected them in a very big Archaeological Museum that you can't miss seeing.

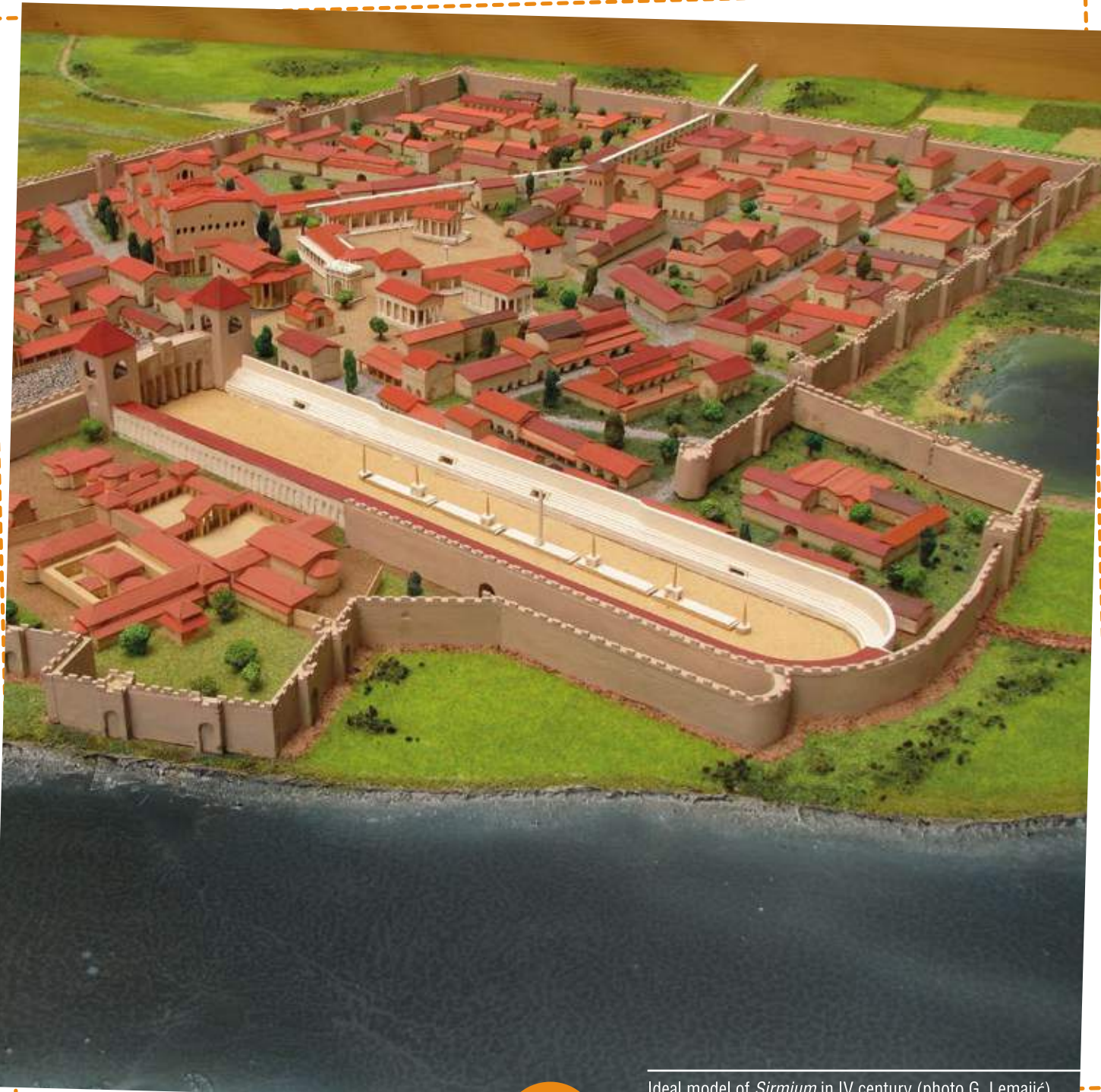
Also, when you're in Braga, you can visit the baths that were located here in the Roman Theater. And you'll be able to see several Roman houses that we still have... we even have a very famous Roman fountain that we call the Idol Fountain! We can't wait for you to come!



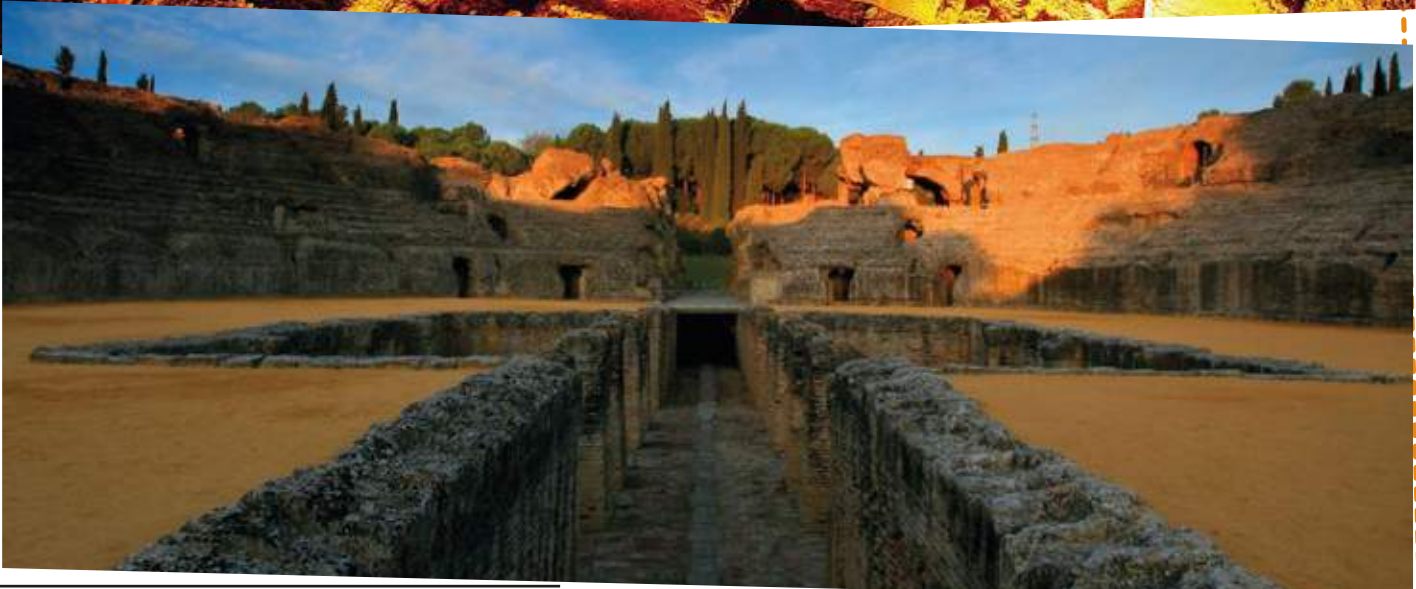
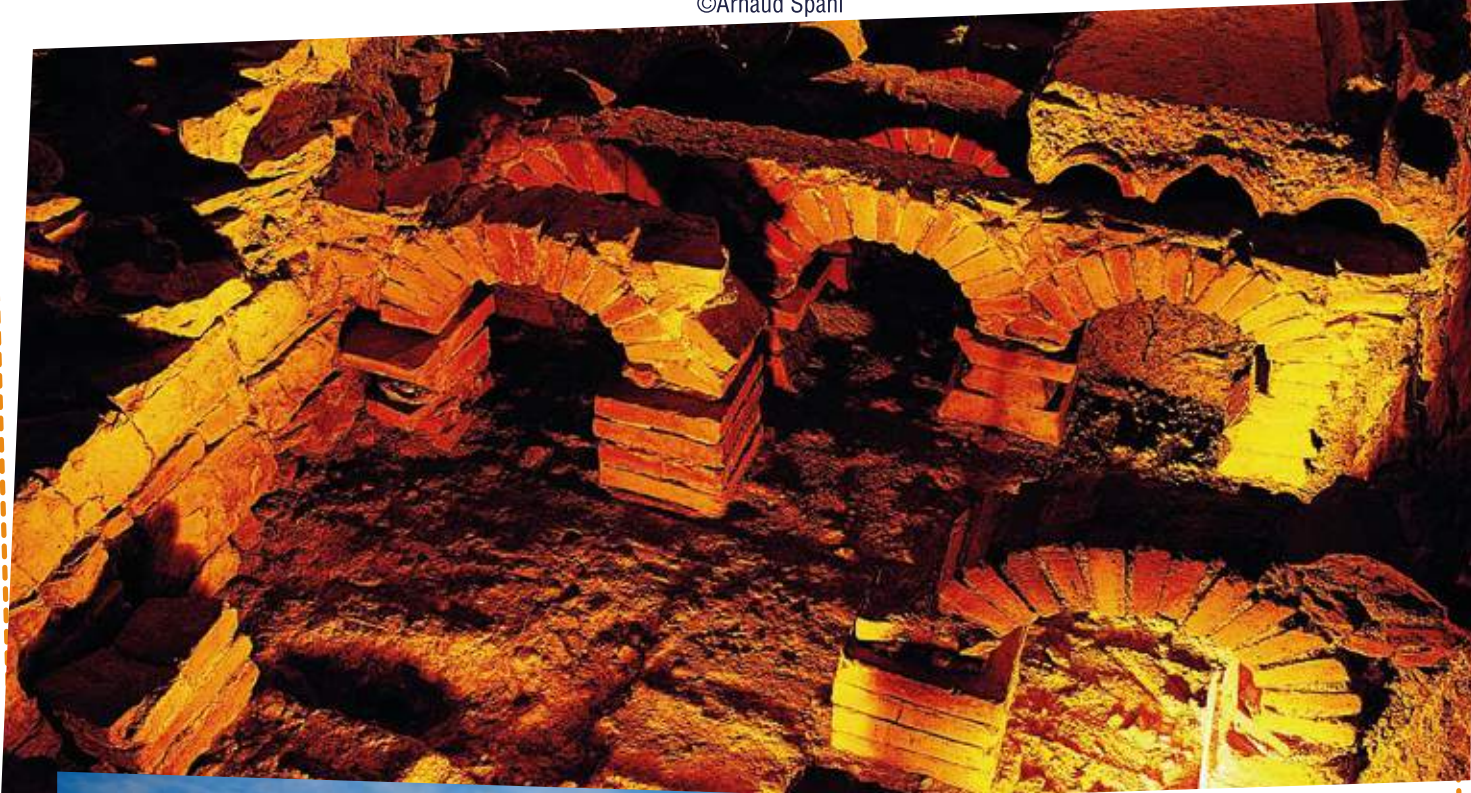
Sremska Mitrovica: on the border of the empire

Hi, I'm *Sirmium*. Although I'm here to tell you about when the Romans were here, I have to tell you that I'm one of the oldest cities in Europe, almost 7,000 years old! Now I'm in Serbia, and my name is Sremska Mitrovica, but when the Romans were here, I was in a province they called Pannonia, which also included what is now Hungary and parts of Croatia and Slovenia. I remember that, even later, at the end of the third century when the emperor at that time noticed me and decided to put a part of his government here, I became the capital of one of the parts of the Empire. So I became one of the most important cities in the world!

That's why I still have the remains of an Imperial Palace built by the Romans, as well as an entire neighborhood where merchants lived and even the remains of an aqueduct. So I invite you to come see them whenever you can!



Ideal model of *Sirmium* in IV century (photo G. Lemajić).



Amphitheatre of Itálica in Santiponce. Ruta Vía de la Plata



Ruta Vía de la Plata:

Hispania from north to south

I'm a very long and very old road, which already existed before the Romans arrived. I cross Spain from south to north (or from north to south), from Asturias to Andalusia, and pass through several cities where the Romans were. If you go from one end to the other, you can visit Gijón, León, Zamora, Cáceres, Mérida and Seville; all these cities were important to the Romans and continue to be so today.

But, in addition, you will be able to see the ruins of other cities where no one lives today, but where archaeologists work, such as Cáparra, in the province of Cáceres, or Itálica, near Seville.

If you follow my route, you will be able to see bridges, aqueducts and milestones and travel where armies and all kinds of goods circulated. I am known as the Ruta Vía de la Plata because the Arabs, who passed through here after the Romans, called me *Balata* which, in their language, means “stone road”, and from that I got the nickname of “la Plata”, which is what everyone calls me now.

You should know that when the Romans left, I remained a well-used road. I was used by ranchers to move their herds, and over time I became a paved road and later even a highway. But I haven't forgotten everything I've seen happen over all this time: armies, merchants, travelers, now, tourists, and, always, many, many people. I invite you to visit me. You certainly won't regret it!

Activities

1

The Roman Empire: Mark the cities you'll be able to visit following this handbook on the map and write a letter to the city council of a present-day European city built by the Romans asking about the most important archaeological remains which have been preserved of the Roman city and which can be studied and visited.



Roman name	Modern name	Present-day Country
<i>Alesia</i>	Alise-Sainte-Reine	France
<i>Aquileia</i>	Aquileia	Italy
<i>Orolaunum</i>	Arlon	Belgium
<i>Bracara Augusta</i>	Braga	Portugal
<i>Sirmium</i>	Sremska Mitrovica	Serbia
<i>Emerita Augusta</i>	Mérida	Spain

2

What do you know about the Roman Empire and the Romans? What things do you think the Romans have left us? Try guessing from these two lists:

From the following list, mark the present-day countries that were part of the Roman Empire:

- China
- Morocco
- Spain
- France
- United Kingdom
- Hungary
- Russia
- Tunisia
- Andorra
- Romania
- Canada

From the list below, mark the things we have now that you think the Romans were already using:

- Sewers
- Roads
- Carts
- A common language
- The calendar
- Dice games
- Toys
- The radio



3

Did you know that in an archaeological excavation what is found deepest underground is older than what is found closer to the surface? Help Andrea the Archaeologist to order these pieces of pottery that she's found in the excavation, putting the oldest first and the most modern, last.



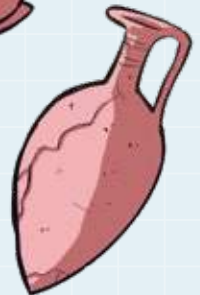
modern











ancient

4

Roman cuisine: Of course you've heard of Mediterranean cuisine. Actually, it refers to the way the ancient Greeks and, later, Romans used to cook. For this activity, you're going to cook a typical dish from the Roman Empire.

One of the most famous dishes to come from Roman times is a cheese bread called *libum*. The original recipe is preserved in the book *De agri cultura* by Cato the Elder. The following is the original recipe for *libum*:

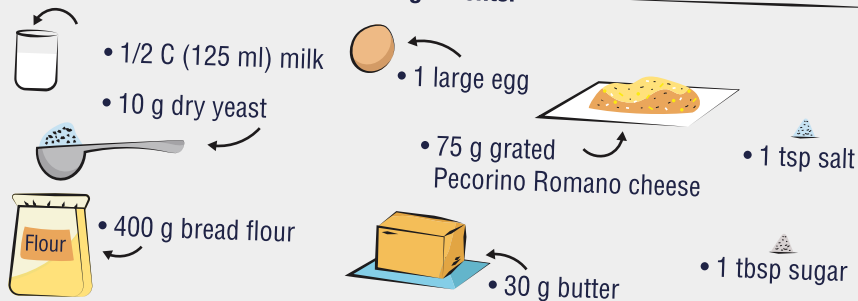
ROMAN CHEESE BREAD



Break up 2 pounds (2x328.9 g/ Roman pound) of cheese thoroughly in a mortarium (big bowl); when it is thoroughly mashed, add 1 pound of wheat flour, or, if you wish the cake to be more delicate, ½ pound of fine flour, and mix it thoroughly with the cheese. Add 1 egg, and mix well. Pat out a loaf, place on the leaves (bay leaves), and bake slowly on a warm hearth under a crock (an earthenware pot).

To make the cooking process easier considering modern measures, we've adjusted the ingredients and utensils in the following recipe.

Ingredients:

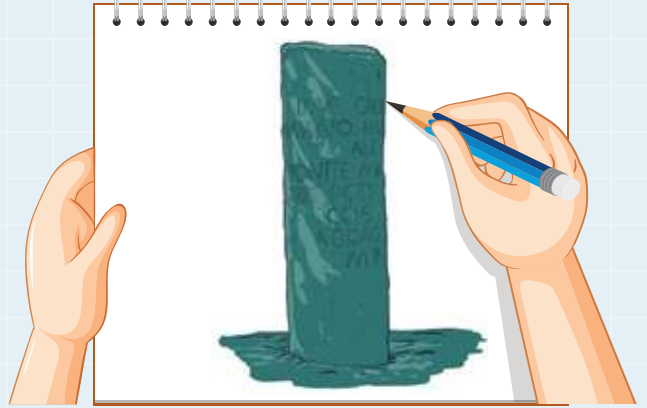


Warm the milk and pour it into a bowl. Add the yeast and let it dissolve and become frothy (about 10 minutes). Mix the remaining ingredients into the yeast mixture and beat for 5 minutes (this is best done with a stand mixer). Scoop the sticky batter into a greased loaf tin. Cover the tin with a damp tea towel and allow the batter to rise for 1 hour. Pre-heat the oven to 180 °C. Place the tin into the oven and bake for 1 hour until the bread is golden and sounds hollow when tapped. Cool slightly before serving with lots of butter.

Bon appetit!

5

Your own milestone When ordering roads to be repaired, the emperors had their name put on the milestones so that everyone would know they had been the ones who had fixed the road. Draw your own milestone, so your neighbors know that you are the emperor who has fixed your street, which is six miles from the city that is closest to your house.



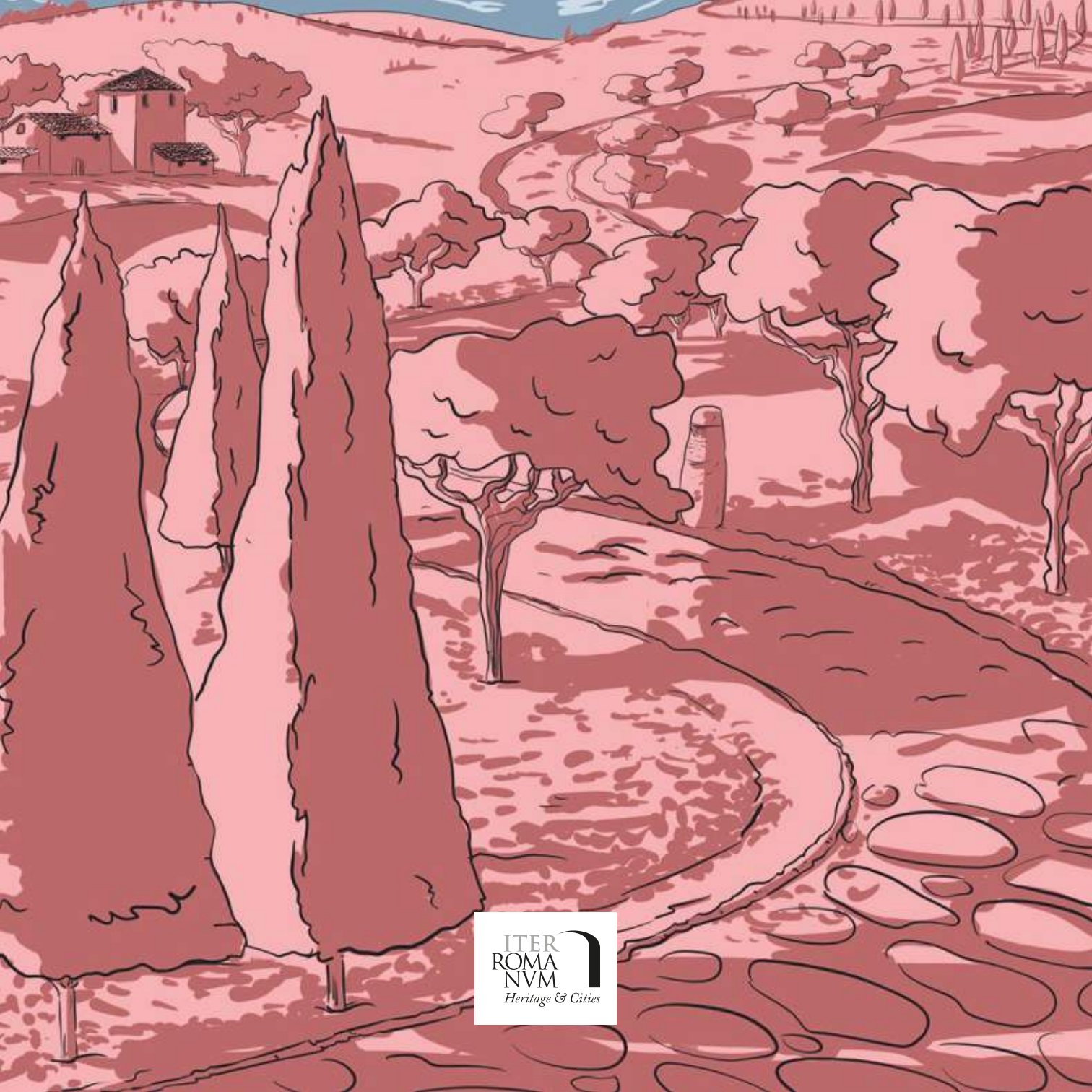
here your drawing



Instructions for teachers :

- This guide is aimed at students in the first stage of primary school, preferably in the second year of this stage.
- The students must have acquired some notions and concepts that are listed below:
 - Concepts of measuring time in history (centuries, relative chronology –great historical ages-).
 - Identification of basic notions of time: synchrony and diachrony.
 - General notions of European geography.
 - Basic notions of the Roman legacy in our culture: roads, cities, language.
 - Notions about the importance of cultural heritage and its relationship to our history and who we are.
 - Notions about the things that European citizens have in common thanks to our common Roman past.
- The following are among our objectives:
 - Study the idea of European diversity based on a common past in more detail. While our history makes us different, it is our common past that unites us and makes us so similar.
 - Disseminate the idea that archeology recovers a heritage that belongs to all citizens.
 - Learn to value a common European heritage, beyond the borders of each country.





ITER
ROMA
NVM
Heritage & Cities