



Culture of the French Riviera and Provence



Co-funded by
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01

HISTORY AND CULTURAL HERITAGE



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Cultural heritage - a place that hides almost 100 years of beautiful history and tradition is the Fragonard perfumery in Grasse.

The city of Frejus is also important, where we can find an ancient Roman amphitheater and an aqueduct, which had a length of 26 kilometers in the beginning .





HISTORY AND CULTURAL HERITAGE

Name of the region - the name Cote d'Azur was first used by the writer Stéphen Liégeard in his book "La côte d'azur". The name used by the English is Riviera or French Riviera, which also includes the Italian part of the coast .



Old Town in Nice - once belonged to Italy, it was attached to France in 1860. Italy also influenced the cuisine of this region. Italian Elements in Nice: Colorful buildings, narrow streets and Italian cuisine

02

**NICE - THE
HEART OF THE
CÔTE D'AZUR**



NICE - THE HEART OF THE CÔTE D'AZUR

Nice is often called the heart of the Côte d'Azur due to its location, rich history, tourist attractions and role as an important tourist and cultural center in the region.





NICE - THE HEART OF THE CÔTE D'AZUR

The Old Town of Nice, with its narrow streets, bright houses and picturesque squares, is the real heart of the city.



Here you can feel the spirit of the Mediterranean as you walk by boutiques, restaurants and cafes. The Old Town impresses primarily with its architecture, which intertwines baroque, classicism and modernity.

03

**MONACO
CITY STATE**





MONACO CITY STATE

Monaco is synonymous with wealth and a high-class lifestyle. Known for: Monte Carlo Casino, Yachts and ports (especially Port Hercule), F1 Grand Prix de Monaco, Luxury real estate, the Princely House and the aristocratic Grimaldi family.



Monaco is not just about show; luxury is an everyday occurrence: from cars to gastronomy (Michelin-starred restaurants).

MONACO CITY STATE

The importance of Monaco as
a symbol of elegance and innovation

- **Culture and art:** Monte Carlo Opera, ballet, film festivals
- **Diplomatic elegance:** despite the lack of an army, the state pursues an active foreign policy and is a member of many international organizations
- **Elegance of the monarchy** – Prince Albert II maintains the image of a stable, ecological and prestigious state
- **Innovation** – a pioneer in green technologies and intelligent urban planning



04

FESTIVALS AND EVENTS





FESTIVALS AND EVENTS

Nice Carnival (Carnaval de Nice): one of the largest and oldest events of its kind in France and worldwide.



It takes place every year in February and lasts for two weeks. The streets of Nice fill with colorful parades, floats with giant puppets, flower battles, music, and dance. The culmination is the burning of the Carnival King figure.

FESTIVALS AND EVENTS

Cannes Film Festival (Festival de Cannes): A prestigious international film festival that takes place every year in May.

It attracts global film stars, directors, producers, and critics. During the festival, the latest films from around the world are presented, and the Palme d'Or is one of the most highly regarded awards in the film industry.





FESTIVALS AND EVENTS

Monaco Regattas (Monaco Yacht Show & other regattas): Monaco, although a separate principality, is closely linked to the French Riviera and is an important sailing center.

Numerous yacht regattas of various scales take place here, including the prestigious Monaco Yacht Show in September, which showcases luxury yachts. The history of regattas in Monaco dates back to the 19th century, and the tradition is deeply rooted.

05

**ARCHITECTURE
OF THE REGION**



ARCHITECTURE OF THE REGION

The period that shaped the **Côte d'Azur** as we know it today is the **Belle époque architecture**.

Eclectic, elegant and sometimes a little exaggerated, it allowed architects to compete in creativity at the end of the 19th century.

A precious legacy of a unique history, the **Belle Époque** can be experienced every day in the open air, from the streets of Nice to those of Beaulieu-sur-Mer.



ARCHITECTURE OF THE REGION

The importance of ornamentation was paramount: facades were enriched, stucco was applied to plasterwork, gables, colonnades and bas-reliefs were designed to impress passers-by.

Some great names were involved in this effervescence, such as the architect **Charles Garnier**, the star of the age, who designed the *Paris Opera*, the *Nice Observatory* and the *Monte Carlo Casino*.



ARCHITECTURE OF THE REGION

Iconic seaside towns such as ***Nice***, ***Cannes***, and ***Saint-Tropez*** boast a mix of Italianate façades, ***art deco masterpieces***, and ***colorful Provencal homes*** with ***terracotta roofs***.

Inland, ancient stone houses with ***lavender-filled gardens*** and ***narrow cobblestone streets*** evoke a sense of timeless tranquility.



06

**MUSEUMS AND
GALLERIES**



MUSEUMS AND GALLERIES

Art is very important part of the France. There are many artist like **Matisse and Chagall**. The museum **Fondation Maeght** is very interesting museum . We can find there a lot **sculptures and paintings**. In the streets we can also notice some **local artist** with beautiful art.



07

**TRADITIONAL
CRAFTS**





TRADITIONAL CRAFTS

Perfumery. Grasse is known as the world capital of perfume. The city is where the so-called Noses, the people responsible for composing perfumes, are trained. Flowers, used for this production, grow nearby.



FRENCH RIVIERA CUISINE:

Wines. Provence is also known for producing excellent wines:

- **pink wine** - especially popular, delicate with a fruity aftertaste.
- **white wine** - often served with fish and seafood.
- **red wine** - full of character, often with a hint of spice.



08

CUISINE AND CULINARY TRADITIONS



...ini cream, yellow cherries, anchovies
(Neapolitan

FRENCH RIVIERA CUISINE:

French cuisine is one of the most respected and influential culinary traditions in the world. It is characterized by **high-quality ingredients, precise preparation, and regional diversity.**



QUALITIES OF FRENCH CUISINE:

elegance and finesse

Dishes are often elaborately prepared and aesthetically presented.

technique

French cuisine is based on classic culinary techniques.

seasonality

The French attach great importance to the freshness and seasonality of products.

wine and cheese

They are an integral part of the meal. France is famous for its huge number of regional wines and over 400 types of cheese.

eating ritual

Meals are time spent with family and friends, often multi-course and celebrated.





croissant, pain au chocolat, baguette with butter and jam, coffee with milk

BREAKFAST (LE PETIT DÉJEUNER)



foie gras
goose liver pate



escargots
snails with garlic butter



quiche lorraine
bacon and cheese pie

APPETIZERS (LES ENTRÉES)



coq au vin

chicken stewed in wine



bouillabaisse

fish soup from Marseille



boeuf bourguignon

beef stewed in red wine

MAIN COURSES (LES PLATS PRINCIPAUX)



crème brûlée



tarte Tatin



macarons

DESSERTS (les desserts)

THE INFLUENCE OF MEDITERRANEAN FLAVORS ON THE CULTURE OF THE REGION:

The azure coast is dominated by ingredients typical of
Mediterranean cuisine:

olive oil
is the basis of most
dishes

**garlic, onion, fresh
herbs**
(basil, thyme,
rosemary)

seasonal vegetablese
tomatoes, zucchini,
eggplant, pepper

fish and seafood
sardines, squid, mussels,
octopuses

citrus fruits and wine
typical of the
Mediterranean climate

THE INFLUENCE OF MEDITERRANEAN FLAVORS ON THE CULTURE OF THE REGION:

Mediterranean lifestyle:

- **tranquility, simplicity, and joy of life** (joie de vivre) – typical of southern France,
- **a strong connection with nature and the rhythm of the seasons,**
- **care for health** – the Mediterranean diet is considered one of the healthiest in the world.

International influence and tourism:

- The cuisine and lifestyle of the French Riviera attract millions of tourists and artists.
- Mediterranean flavors promote:
- local Michelin restaurants and bistros
 - cooking classes for tourists
 - inspiration for art, film, fashion, and music.

Lifestyle and food culture:

The Mediterranean influence is also reflected in the social nature of meals:

- **meals are long, celebrated, consumed together** - often on terraces, in gardens, with wine and conversations.
- **Local markets and products** - residents often stock up on fresh products from local farmers and fishermen.
- **Culinary festivals and harvest celebrations** - e.g. Olive Festival, Lemon Festival in Menton.

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The project is financed by the European Union. The opinions and views expressed are solely the personal views of the authors and do not necessarily reflect the position of the European Union or the entity granting support. The European Union and the grantor are not responsible for them.