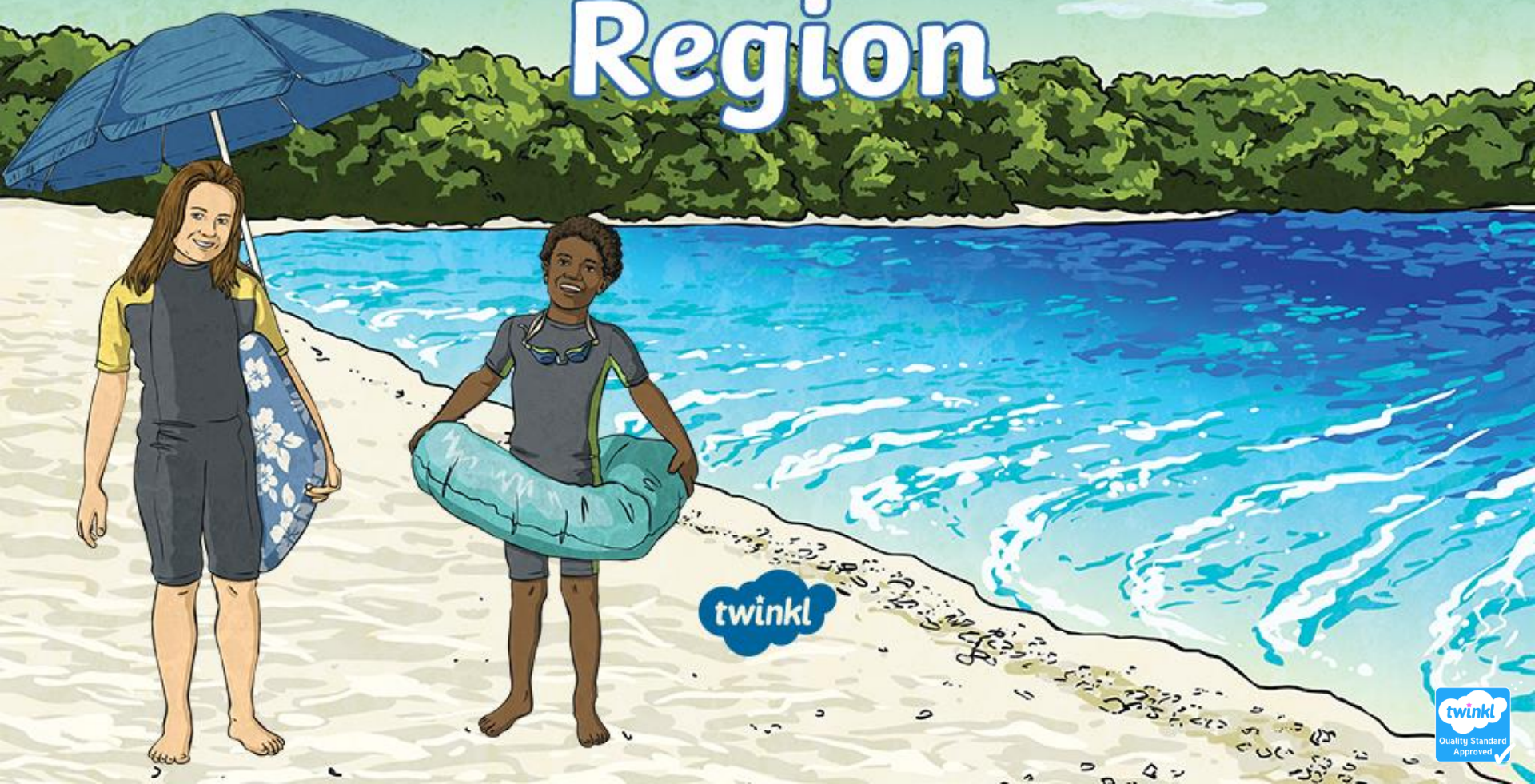
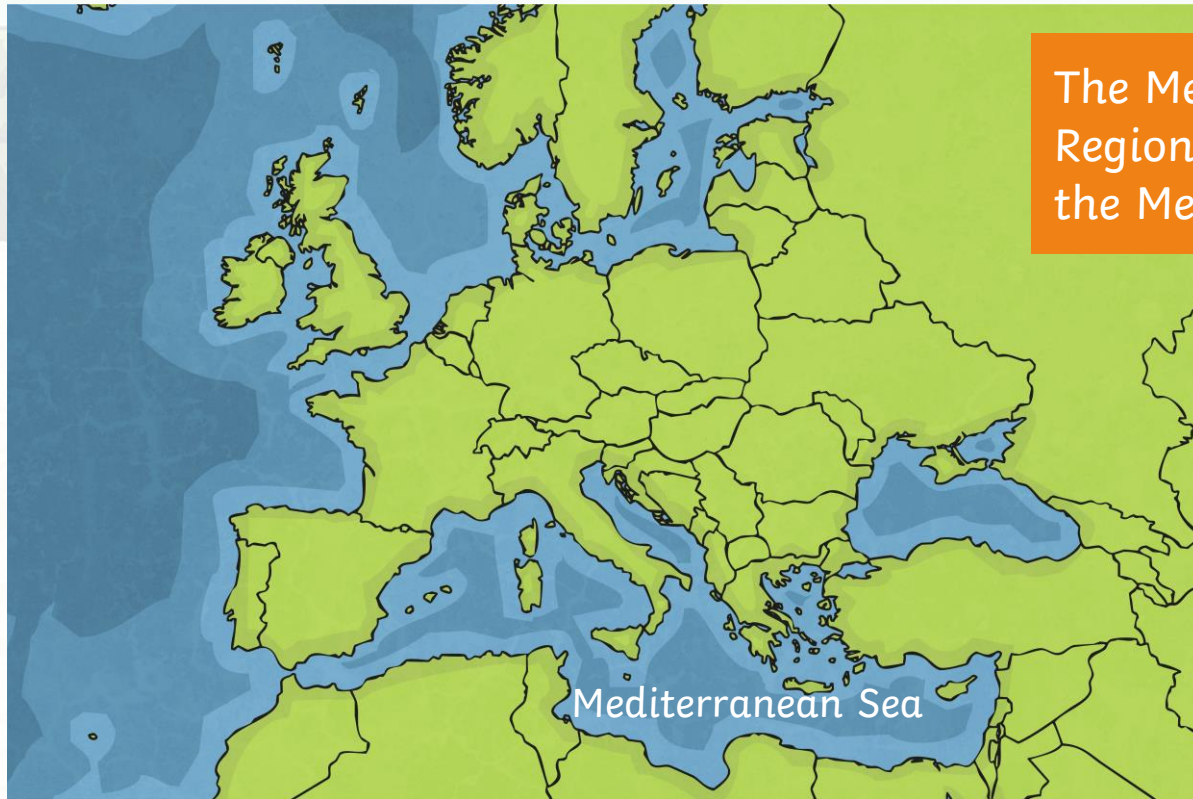


# The Mediterranean Region



# Where in the World is the Mediterranean Region?

There are 21 countries that surround the Mediterranean Sea and they are known as the Mediterranean countries.



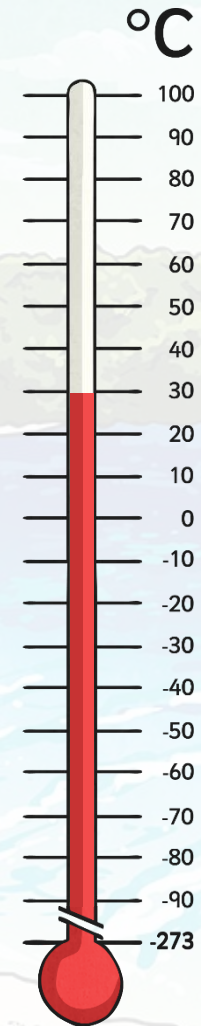
The Mediterranean Region is also known as the Mediterranean Basin.

# The Mediterranean Climate

Typically, the Mediterranean experiences hot, dry summers and mild, cool winters.

On average, temperatures in the summer reach above 30°C, helping to make it the world's number one tourist destination.

The climate is directly related to the Mediterranean currents and the water that was warmed up over the summer keeps the land warm in the winter and causes more rainfall.



# The Mediterranean Landscape

Although it takes its name from the sea that it surrounds, the Mediterranean region is surprisingly hilly. The landscape changes considerably from one area to another and varies from high mountains to rocky shores, semi-arid steppes and sandy beaches. The landscape of Italy and France for example, is very different from that of Egypt and Algeria.



# The Mediterranean Landscape

Compare the Amalfi Coast, a 50km stretch of sheer cliffs and rugged shoreline dotted with small beaches, in the south of Italy to the Western Desert of Egypt which is part of the Sahara that lies south of the Mediterranean Sea. The two landscapes are completely different and diverse.



Amalfi Coast, Italy



Sahara Desert, Egypt

# Mediterranean Fruits and Vegetables

The Mediterranean region grows certain fruits and vegetables that have adapted to the climate.



Olive, fig and date trees have long-widespread roots which are ideal plants to be grown in the Mediterranean as are trees that grow citrus fruits including lemons, oranges and grapefruits.

Grapes grow particularly well in the region, especially in countries such as Italy, France and Spain.

# Mediterranean Fruits and Vegetables

Fresh vegetables such as chilli peppers, tomatoes, broccoli and courgettes are all grown throughout the Mediterranean region and make up a large part of the Mediterranean diet.



Another widespread crop grown in the region are cereals, such as wheat, barley and couscous.

# Mediterranean Fish and Meat

The Mediterranean region does not have many grazing animals in the area because they need plants with shallow roots, such as grass, to eat. Typically, these sorts of plants do not do very well in the Mediterranean.



Rather than eating large amounts of meat, fish is a popular source of protein in the Mediterranean region.

Fish is readily available in the Mediterranean Sea.

# Mediterranean Fish and Meat

Overall, the Mediterranean diet is considered to be one of the healthiest in the world and is particularly good for controlling blood pressure and cholesterol levels.



# Mediterranean Culture

As well as the attractive climate, there are a number of other reasons why the Mediterranean is the number one tourist destination in the world. One of these reasons is the wealth of famous and renowned artists that have come from, and have had a huge influence on, countries within the region.

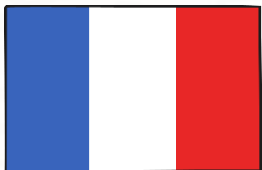
## Famous French Artists

Claude Monet

Paul Cézanne

Henri Matisse

Paul Gauguin



Claude Monet



# Mediterranean Culture

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## Famous Italian Artists

Michelangelo

Leonardo da Vinci

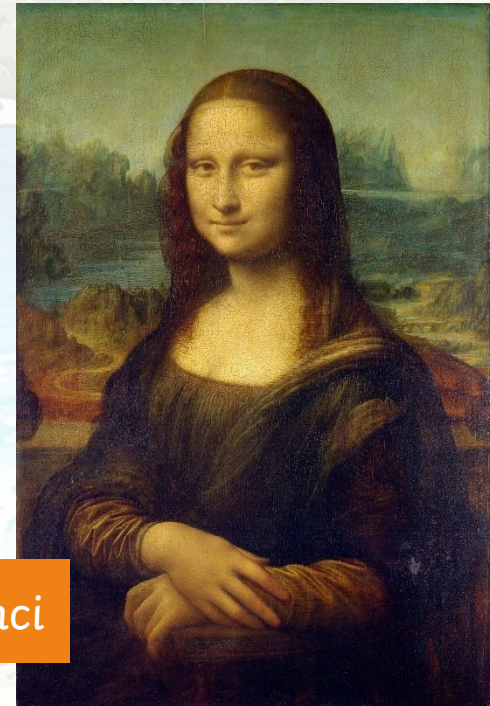
Raphael

Donatello

Sandro Botticelli



Leonardo da Vinci



# Mediterranean Culture

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## Famous Spanish Artists

Pablo Picasso

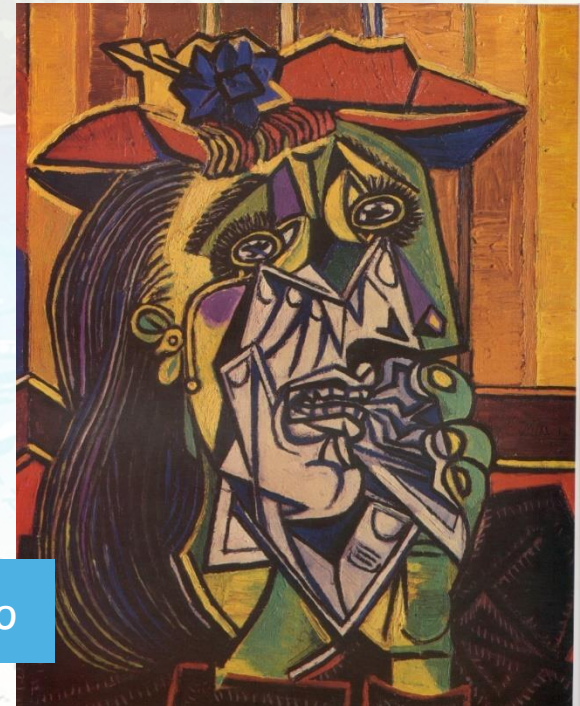
Antoni Gaudi

Salvador Dali

Diego Velázquez



Pablo Picasso



"Picasso - Cubism 1937" by [Ian Burt] is licensed under [CC BY 2.0](https://creativecommons.org/licenses/by/2.0/)

# Mediterranean Culture

Some of the world's best musical composers come from Mediterranean countries and were heavily influenced by the culture in which they lived.

**Do you know the nationality of these famous composers?**

Antonio Vivaldi	Italian
Camille Saint-Saëns	French
Alberto Iglesias	Spanish
Claude Debussy	French
Giuseppe Verdi	Italian
Georges Bizet	French
Mikis Theodorakis	Greek
Maurice Ravel	French



# Mediterranean Languages

There are approximately 13 languages spoken by countries that border the Mediterranean Sea. These are:

Albanian, Arabic, Croatian, English, French, Greek, Hebrew, Italian, Maltese, Serbian, Slovenian, Spanish and Turkish.

The diversity in language is due to the location of the Mediterranean Sea and the fact that it borders three continents; Europe, Asia and Africa.



Answers

# Mediterranean Languages

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## Europe

Spain  
France  
Monaco  
Italy  
Slovenia  
Croatia  
Montenegro

Albania  
Greece  
Malta  
Cyprus  
Bosnia and Herzegovina

## Asia

Turkey (also in Europe)  
Syria  
Lebanon  
Israel

## Africa

Egypt  
Libya  
Tunisia  
Algeria  
Morocco

# Mediterranean Landmarks

The Mediterranean is full of famous landmarks that attract millions of tourists every year. From breath-taking mountains and ancient villages to glorious beaches and historical buildings, the Mediterranean has a vast array of stunning places to visit.

The Parthenon in Greece is a temple dedicated to the ancient Greek goddess Athena, who is said to be the patron of Athens.



The Egyptian pyramids are ancient structures that were built as tombs for the country's pharaohs in the time of ancient Egypt.



# Mediterranean Landmarks

Pamukkale is a town in western Turkey which is famous for the stunning thermal waters that flow down a nearby hillside and are rich in minerals.



The ancient city walls of Dubrovnik in Croatia are considered to be the most magnificent fortification in Europe and stretch around the city for over 2km.



**Research Opportunity**

What other famous landmarks can you discover in the Mediterranean?

# Your Task

The Mediterranean is a beautiful and varied part of the world that incorporates many different countries and cultures. Therefore, there are numerous reasons as to why people should, and do, visit it every year.

**Task** – create a brochure to inform people about the Mediterranean region and to encourage them to visit.

Remember to refer to geographical and cultural features in your work, including:

the climate

the landscape

food and diet

famous composers and artists

significant landmarks

