

History and culture of the region

Sicily

Sicily is the largest of the 20 regions of Italy (area of almost 26,000 km²) and one of the most densely populated (5,043,480 people). It is also the largest island in the Mediterranean Sea and with surrounding minor islands, it constitutes an autonomous region of Italy, the “Regione Sicilia”. Host to the Mount Etna (3,320 mt) – the tallest active volcano in Europe, it has been hosting numerous dominations throughout its history. [Learn more about Sicily.](#)



Palermo

Palermo originally means “all-open-harbour”. It is the capital of Sicily and with its metropolitan area it is the fifth most populated city in Italy with around 1.2 million people. Palermo is Sicily’s cultural, economic and touristic capital. It is a city rich in history, culture and art, which can be defined as a mosaic of cultures (Phoenician, Norman, Arab, Greek, French, Spanish historic and architectural traditions).

[Learn more about Palermo](#)

Do you want to visit any monuments in Palermo? Here are some suggestions!



Training venue

PRISM office c/o Xinerjie co-working: [Piazza Sant'Anna 3, 90133 Palermo, Italy](#)

[Training Venue: Via Giovanni Grasso 13 A 90134 Palermo](#)

