

UNA.CITTÀ
cinque sensi



HEARING

Enzo Abbate

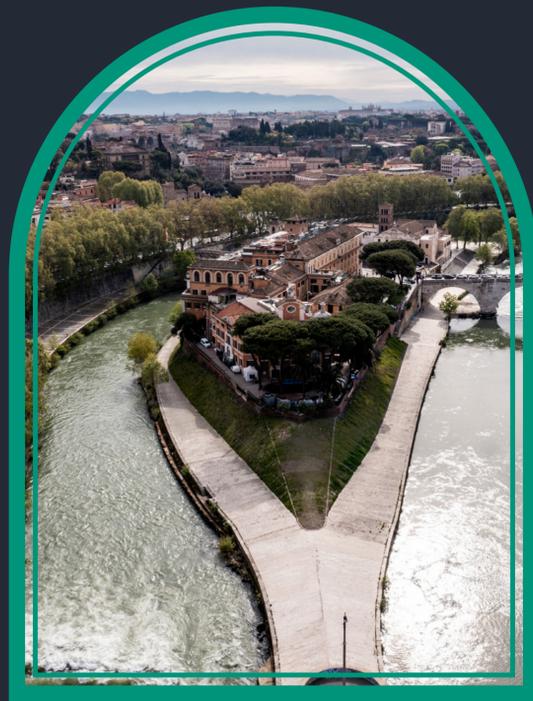
Between silences and noises,
hearing builds atmospheres,
stories, sensations.



*Musician, entrepreneur and founder of
Studio 33*

Who Enzo is:

Marketer, passionate about music and sound, entrepreneur and in love with Rome. Born in Abruzzo, he has lived in Rome for 30 years and in Trastevere for 25. He built his career in the neighborhood, founding a digital start-up in Vicolo della Frusta and subsequently creating Studio 33 in Via della Paglia, a space dedicated to sound and musical culture.



THE RIVER AT TIBER ISLAND

Enzo's vision

The sound of the river in the early morning, when you arrive at Tiber Island. While the city is still dozing, everything feels hushed: sounds lose their sharpness and seem wrapped in a strange, almost magical suspension.

the history

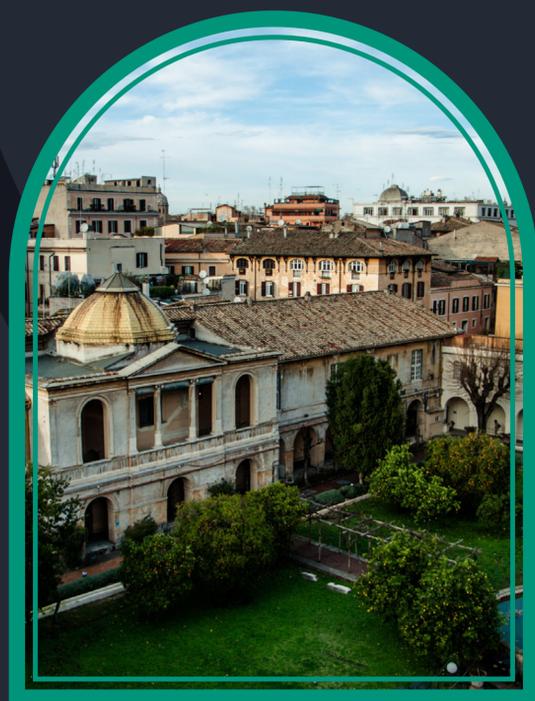
Tiber Island has been inhabited since the 3rd century BC, when the Temple of Aesculapius was built there. The bridges connecting it (Ponte Fabricio from 62 BC and Ponte Cestio) are among the oldest still in use in the world. The river here creates a unique soundscape, made of natural reflexes and reverberations.



SPECIAL TIP



Reach the island in the early hours of the morning (7 a.m.), when the neighborhood is still quiet. You'll hear only the river flowing and the seagulls that fly in from the sea, coming this far inland in search of food. It's Trastevere awakening - not with sight, but with sound.



THE ORATORY - GARDEN OF SANTA FRANCESCA ROMANA

Enzo's vision

The garden behind the church that houses The Oratory and museum of Santa Francesca Romana. It's an incredible paradox because it's one of the places where you can sit and remain in absolute silence, when next to you there are millions of people walking, eating and celebrating.

the history

The complex of Santa Francesca Romana preserves medieval and Renaissance environments. The hidden garden represents one of those "sound voids" that Trastevere jealously guards - spaces where silence itself becomes a sound.

SPECIAL TIP



Silence means space between sounds. Even in music it is very important to be able to make the creative act by delimiting the spaces of musicians and the silences between them. Come here in the early afternoon and simply sit. Close your eyes. Listen to the silence - it's a rare experience in a city like Rome.





STUDIO 33

Enzo's vision

My home is Studio 33, I created it in Trastevere and for me it contains all the secrets and benefits that sound can give me. I like to share it with friends, passersby and tourists when possible, because I like to give an account of this neighborhood declined according to the sounds and ways that I most appreciate.

the history

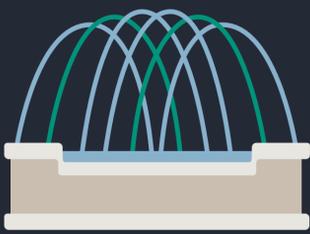
Born in Via della Paglia (adjacent to Vicolo della Frusta where Enzo had his first start-up), Studio 33 is a cultural space dedicated to sound, music and listening. A counter-trend operation in a neighborhood that is becoming increasingly commercial.



SPECIAL TIP



The best time is around lunch when the sun passes three-quarters from the Janiculum. We put the chairs outside and with a glass of wine we listen to music and greet passersby, just like the Trastevere residents you find in vintage photos did, when there were few trattorias and more lunches “set up” by locals in the street. Here sound is sharing.



THE BELL OF THE TOWER OF THE ANGUILLARA

Enzo's vision

The tallest medieval tower in Trastevere hides a sound secret: when the bell rings, it creates an acoustic wave that crosses the entire neighborhood like a heartbeat.

the history

The Anguillara Tower (Dante's House) is one of the best-preserved medieval towers in Rome, dating back to the 13th century. Built by the powerful Anguillara family, it dominates Piazza Sidney Sonnino. The bell at the top of the tower has marked the life of the neighborhood for over 700 years.



SPECIAL TIP



Position yourself in Piazza Sidney Sonnino at 6:00pm, when the Ave Maria rings, and close your eyes. The sound descends from above, reflects off the buildings and bounces on the cobblestones, creating a reverberation that envelops the square like an embrace. In the exact spot, in front of the fountain, the sound arrives from three directions simultaneously: a phenomenon that the elders call “the triangle of time.” It’s like being in an open-air cathedral. Then, in the silence, the other bells respond one after another, like an orchestra tuning up.



ALCAZAR LIVE

Enzo's vision

A former cinema transformed into a theater and 360° cultural center, right in the heart of the neighborhood. A beautiful vibe and people dancing and having fun almost every night of the week.

the history

Alcazar represents a very interesting space for those seeking quality music in Trastevere. In a neighborhood where the tourist character has reduced spaces dedicated to live music, Alcazar resists as an active cultural center.

SPECIAL TIP



Check the programming online: you will surely find a live event. This is one of the few spaces where music is the protagonist, not background. Let yourself be enveloped by the sound. You will also find passionate street musicians who continuously come to these parts to tell their story through notes.





THE JANICULUM CANNON

Enzo's vision

Every day at 12 o'clock you can witness the firing ceremony: two soldiers load and fire the cannon (with blanks obviously) to remind everyone that 12 o'clock has arrived. A sound that marks the time of Trastevere.

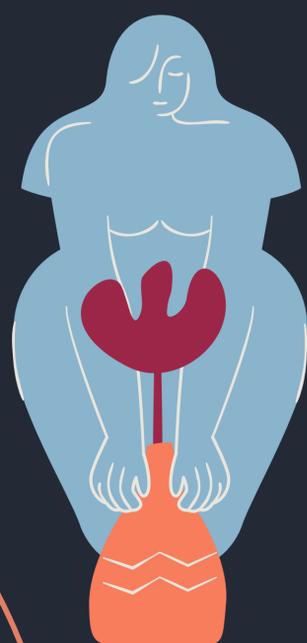
the history

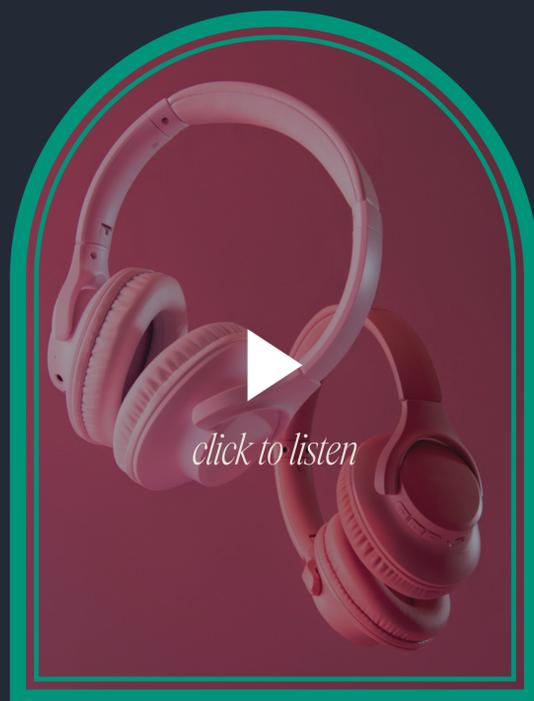
The Janiculum cannon has been firing since 1847 to give the exact time to the city. It's a daily ritual that Romans know well and that tourists discover with wonder. From the top of the Janiculum you have a complete view of Rome.

SPECIAL TIP



Go up to the Janiculum just before noon. Position yourself near the cannon to hear the shot - it's loud, makes the air and chest vibrate. Then, in the silence that follows the explosion, listen to Rome: the distant bells, the muffled traffic, the voices rising from the alleys. Then go down towards the Academy of Spain where there is a museum and a beautiful glass-filled room from which you can see all of Rome and beyond.





RECOMMENDED PLAYLIST

Enzo's vision

Trastevere definitely suits a mix of soundtracks and contemporary electronic music.

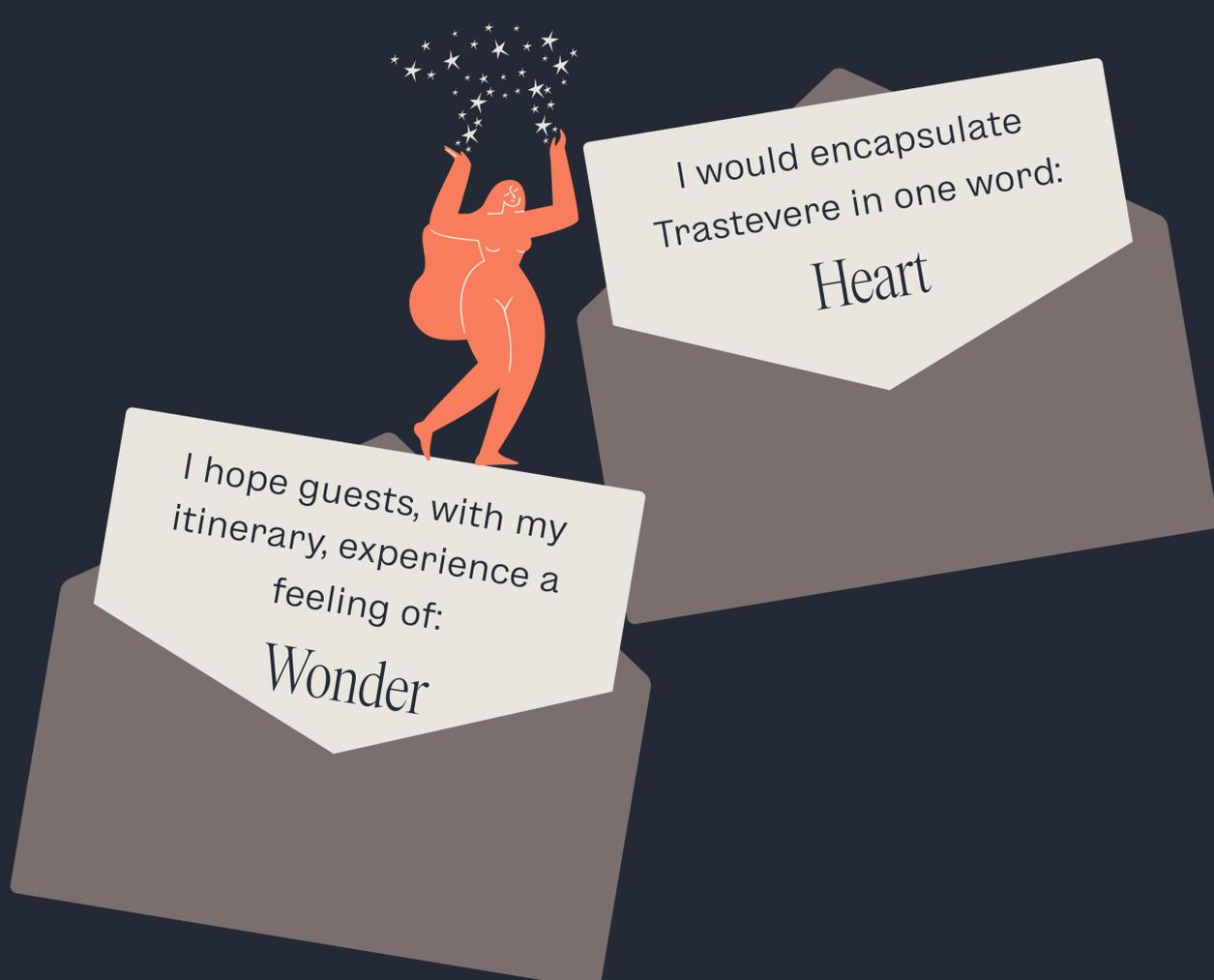


SPECIAL TIP



Put this playlist in your headphones while walking through the neighborhood: Italian Cinema Experience - a collection on Italian cinema, most of which is set in Rome. Let the sound guide you.

The almost impossibility of conceiving a city so incredibly beautiful, eternal, enchanted and disenchanting as Rome, and living it in a place so calm and agitated at the same time as Trastevere.



PERFECT TIMING:

Early morning (7:00am):
River under Tiber Island + seagulls

Around lunch (12:00pm):
Janiculum Cannon + Studio 33

Afternoon (3pm-5pm):
Silent gardens (Oratory)

Late afternoon (6:00pm):
Anguillara Tower (bell)

Evening:
Alcazar Live or street musicians

If you think about it, it's a village without cars with symbolic characters and places, inside a metropolis of over 4 million people. It's a small fortress of the soul inside an immense confusing metropolis.

CLICK HERE AND SHARE YOUR EXPERIENCE.

BECOME PART OF THE VOICES OF TRASTEVERE.