



Frenkiel & Ponti were an odd duo emerging from post war U.S and Italy. They met in the swinging Amalfi Coast of the early 70s. Both were deeply involved in the music and art scene. Frenkiel was the manager and co-founder of Napoli Centrale (the group that started the Neapoltian jazz-rock explosion in 1974). They then moved to Montenero Val Cocchiara in the mountains of Molise where they enteretained numerous members of the arts, living in "a secluded life full of visitors."

The residencies at The Frenkiel & Ponti Foundation are the continuation of that life.

Leaving the dream

(abandoning the parody of living the dream)

We have some hopes rather than requirements:

We have nothing to achieve.

No hidden agenda.

No cultural washing.

The people paying for the foundation will have no tax deduction from this enterprise, (i.e. they will not gravate on the public in general depriving the coffer of the state: the minimum of decency).

They will also remain publicly anonymous.

In other words we have no sponsors, (we have real friends).

The aim is not to promote some hidden commercial benefit or wearing greed on our sleeves as a sign of recognition and acceptance of the dominant tribe, we are not the sandwich-artists of the Pharaoh.

The possibility practiced in Montenero is to exit the megamincer in style, pulling the felon artist out of the Pavlovian maze, working outside the mega-machine, rubbing rocks together searching for the sparkle that will ignite the rest, deeply immersed in an illusion that others call aesthetic, living the good life, arriving maybe a bit late at the Symposium.



The Residency

Once you arrive at the Foundation, everything is covered for your stay: accommodation, work/project area, local transportation, food, drink etc. We only ask that you purchase your flights and organise transfers from the airport in Naples yourself. Please follow the fact sheets, all the questions you have can be answered there. We often have a mix of up to 4 creatives at once (artists, writers, sculptors, photographers, musicians etc.)

The Frenkiel and Ponti Foundation is a self-led residency programme, simply offering you the time, an inspiring environment, facilities, conversation and community that enables you to create something you chose. We don't expect payment and we don't expect anything in return.

Microphones

Sm58 X1 Sm57 X1 AKG C214 vocal mic X1

Mic recording booth (portable)
Microphone stand x2 (1x solid base)
Tambourine
2 x pairs drum sticks

Speakers/ Monitors

Yamaha HS5's x 2 white monitors Orange Bass Amp, Drum Monitors

Soundcard

Focusrite Scarlet 2i2 3rd Gen X1

Midi Keyboard

Arturia Keylab Essentials 88

All necessary Xlr cables are supplied in the studio

Fender

Pedal Board x1 Precision Bass x1 Telecaster Guitar x1 Malibu Vintage Acoustic Guitar x1

Roland

TD-17KVX2 // DP-10 PM-100 LX-708 Charcoal Black Piano JC-120 amp // DAP-3X RDH-120A // TDM-20

Available Equipment

Art

Easel

Brushes: small, medium, large

Water Colours

Acrylics

Gouache

Mixing Buckets

Clingfilm

Pallet mixing colours

Plaster

Sillicone

Masking Tape

Assorted Canvas

Paper

Pencils

Pens

Mediums

Local Supply Stores

Art Store: https://www.lineaquadro.it

There are DIY stores and building supply shops

Digital

Camera: LUMIX

SD Cards

Tripod: Manfrotto

Projector

Communal Macbook Pro 2011

Key Information

Travel

There are no taxis in Montenero or Castel Di Sangro

There are no trains to the destination. The only way to get to Castel Di Sangro is by bus or private car. More details on our "How to get here" page.

You need to fly into Naples early in the day. The last bus to get you to Castel Di Sangro is 18:00.

If you drive, you may want to consider hiring a car from Naples and driving. If you intend on doing this please tell us in advance as we have limited parking spaces.

Health & Safety

Unfortunately we cannot extend the residency to partners and children.

Non EU visitors will need to get appropriate Health Insurance. UK visitors will need to ensure they have their appropriate healthcard.

In winter there is the chance that weather conditions may make it impossible to access the area. We highly recommend getting travel insurance to cover any accommodation or flight rebookings you may need as a result of this. We cannot cover accommodation in Naples or missed flights due to weather conditions.

As a part of the residency you will be required to sign a liability waiver. Please inform us of any pre-existing health conditions or

What to bring

Essentials

Pack items for mixed weather conditions: a good waterproof jacket and hat are recommended.

Bring a swimsuit and also hiking/ walking boots. We do do a long walk or two during the residency. You will not need to bring a towel.

Summer

It's hot with a nice cool breeze but we can also get occasional rain and it can get cold in the evenings.

Autumn & Spring

Temperatures can fluctuate from 29c down to 10c in the evenings, bring layers to allow yourself to be flexible.

Winter

In the winter months we have snow and temperatures can dip into sub zero. Bring appropriate thermal wear, coats, shoes, shoes, scarves and hats. There may be months where we are snowed in for a few days.

Because of the unpredictability of the weather we recommend checking Il Meteo:

https://www.ilmeteo.it/meteo/Montenero%20Val%20Cocchiara

You will need to bring your own personal hygiene products.

Getting Here

The residency is based in Montenero Val Cocchiara, a few hours from Naples in the central region of Abruzzo. The closest airport is Naples (Napoli Capodichino) Airport. The closest major train stations are Naples Garibaldi and Isernia. **Transport arrangements are self directed**.

Driving

There are many options for car rentals at Napoli Airport. The pricing depends entirely on the season and can (in quiet times) be affordable, especially if shared as a group. The drive is approx 1hr 55 min.

Bus (there are no trains)

There are no taxi's in Montenero or Castel Di Sangro. If you arrive via plane, you can take a 15 bus for €4 called Alibus from outside the airport to Naples Train Station (Piazza Garibaldi).

Buses can be caught from Piazza Garibaldi in Naples headed towards Castel Di Sangro, the closest town to Montenero Val Cocchiara, where we will pick you up. The trip takes about 1hr 55 min each way and tickets can be purchased on https://www.satambus.it/ for approx. €29 return. The last bus is at 6PM so make sure your flight allows plenty of time to catch it.







Montenero Val Cocchiara

The Village

Montenero Val Cocchiara is a small town of under 300 residents. There is a single bar in the square of the town, and a small church. This sleepy town provides the perfect backdrop to explore your current practice, or something entirely new.

Getting Around

Castle Di Sangro is the closest town to Montenero (approx. 10 minute drive) and it provides us with access to art supply shops, pharmacies and grocery shopping. It is where you will be picked up if you arrive via public transport.

To access Castel Di Sangro or other rural areas, we provide a car. If you cannot drive then you will need to co ordinate with other residents or our residency manager. There are no taxi's in Montenero or Castel Di Sangro.

There is a good bus infrastructure from Castel Di Sangro to other towns, however there are no buses that run from Montenero Val Cocchiara directly.

Nature

At the foot of the village in the valley is the "Pantano", one of europes largest and oldest peat bogs. Water accumulates here over winter and dries out over summer. Wild horses live here, and often other wildlife can be seen here.

There are lakes within 30 minutes drive of Montenero, as well as lots of hiking trails and access to an incredible national park. If these are of interest to you we can give you recommendations on how to access these.



Application

Application Dates

Applications open 2 months in advance of the residency and close 1 month prior to the start date. Once we have received your application we will be in touch by email with details if you have been chosen.

You can find the dates of our residencies and the application form on www.frenkielandponti.com

Applications can be sent to frenkielponti@gmail.com.

Key Application Form Requirements (please download separately)

Email subject line: *month of residency* (e.g February) Application

• 150 Word Paragraph on how FPF will benefit your Practice: This is a brief outline of your practice, discipline and the interests you explore within your work. Please include a few sentences of how you would use your time during the two week residency and what vision you have. • A CV

• A short description of yourself

• 150-250 Word Artist Statement

• Either:

A) 4 Pictures of Artwork

B) PDF Of Writing

C) Video Work

D) 1 Minute Of Music

The Nest (for residency managers) Photos TBA

-2 Floor

The Music Studio

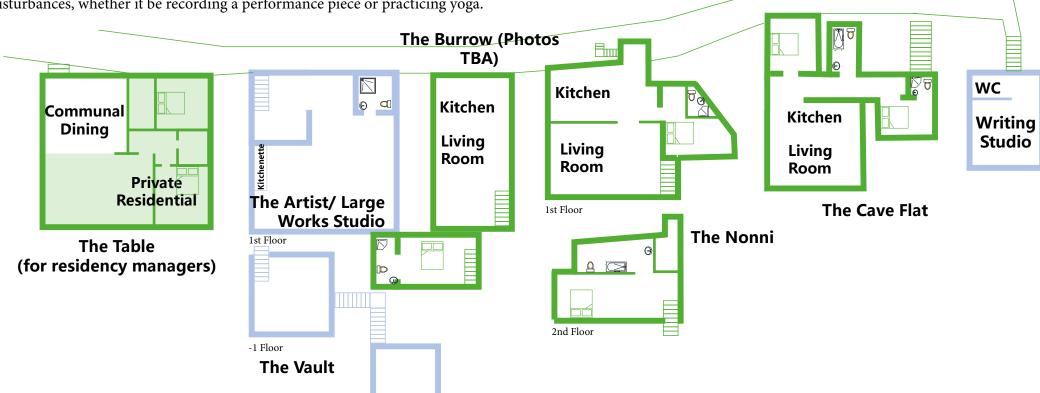
Floor Plan

Accomodation

There are 2 flats, each with two bedrooms, a kitchen and a living room. We have communal dinners in The New Flat, but the accommodation here is for those of us running the residency.

Workspaces

There is a writing Studio, an Artist/ Large works Studio and the Cave Music Studio. The Vault is a non designated space, giving you somewhere that the artists can use flexibly without visual disturbances, whether it be recording a performance piece or practicing yoga.



Laura Residency Housekeeper

Writing Studio











The Nonni



Kitchen



Living Room



Ground Floor Bedroom





The Nonni



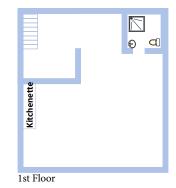






Upstairs Bedroom

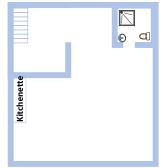
The Artist/ Large Works Studio







The Artist/ Large Works Studio



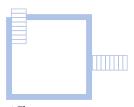
1st Floor





The Vault

The play room is a non designated space, giving you somewhere that the artists can use flexibly without visual disturbances, whether it be recording a performance piece or practicing yoga.



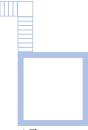
-1 Floor







The Music Studio



-2 Floor

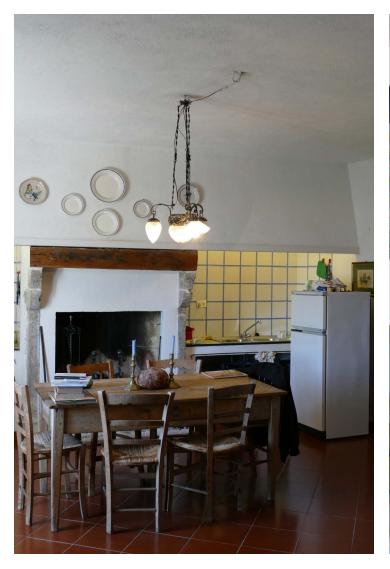




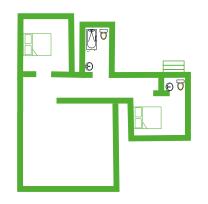




The Cave Flat





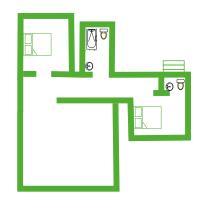


The Cave Flat









Food

Cooking

Dinner is provided by a local cook 6 nights a week, who uses traditional recipes and locally sourced ingredients.

There are opportunities to eat in surrounding towns to try a variety of dishes and we can provide you with suggestions of local shops for produce as well.

We provide easy local lunch snacks for residents to eat during the day. During these working hours eating is more informal in nature, but it's normal for us to meet for an occasional coffee and biscuit. You may want to supplement your lunch supplies.

We all come together for dinner around 8PM, to discuss our work and thoughts, with an exception on Sunday night.

Dietary Restrictions

Given the limitation of the products available and the skill of our local cook we can cater for vegetarians but we cannot cater for further restrictions. We are in a mountain location and our cook uses local ingredients which lean heavily towards grain, meat and dairy.

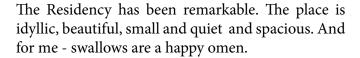
If you do have dietary restrictions please get in touch to discuss these in advance and we can see if they are something we can accomodate.



Testimonials



Solange Leon @solangeleoniriarte Multidisciplinary Artist (RESIDENT 15TH MAY- 31ST MAY 2023)



Without many distractions it helps you focus and inspires you both. The landscapes, the soundscapes, the walks, the conversations and the feasts. I enjoyed the evenings of sharing creative visions and more importantly, I feel there has been cross pollination with a balance of challenging views and ideas as well inspiring our own work during our time here.

It's been intellectually and emotionally rich. I have found a lot of windows. I am leaving with very happy memories and a significant body of artwork, research, and writing.



Kimi Recor @kimifromtheinternet Musician (RESIDENT 15TH MAY- 31ST MAY 2023)

I had an incredible experience at the Frenkiel Ponti Foundation Artist residency. The beautiful and quiet location provided the perfect space, time, and inspiration for me to work on my music. The generous workspace allowed me to freely explore and experiment, while the uninterrupted days dedicated solely to my art allowed for deep creative immersion.

The food provided during the residency was absolutely amazing, further enhancing the overall experience. Moreover, the creative exchange among the artists at the residency was truly inspiring and had a profound impact on my work. Interacting with fellow artists, sharing ideas, and receiving feedback fostered a vibrant and stimulating atmosphere that fueled my creativity and pushed me to new artistic heights.

I am proud to share that I ended the residency with a fully demoed album, a testament to the productive and fruitful environment. This residency was a transformative and enriching experience that I am immensely grateful for.



Paul Kindersley @paulkindersley Multidisciplinary Artist (RESIDENT 15TH MAY- 31ST MAY 2023)

It's been an incredible few weeks- wish I could've stayed longer!

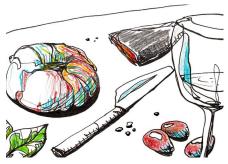
The residency was a magic and useful experience that gave me precious time to think, draw, read, experiment and play without the stress of needing to produce. This fruitful time gave me a chance to focus on drawing and helped sew the seeds to many future projects. The food, rooms and company was incredible and I especially enjoyed the times at meals and after when we had time to share ideas and talk about art, politics, nature and of course food! It's a truly beautiful place that nourishes both the soul and the mind, allowing an important break to recalibrate and focus.

See more on our website

Previous Residents Visual Work













Recommendations

Nature







We can help you organise day trips and put you in contact with local experiences such as:

- Horse Riding

- Local hiking guide

- Foraging with Vincenzo

- Skiing

- Cheesemaking with Albino

- Lake Swimming

- Gastronomical tours

Reccomendations

Naples: Many of you may decide to spend a night here before or after the residency



Museums

Naples National Archaeological Museum https://mann-napoli.it/

Museo Capella Sansevero https://www.museosansevero.it/

Museo Madre https://www.madrenapoli.it/

Lunch & Dinner Spots

Europeo Di Mattozzi A'Cucina e Mamma

Pizza

Pizzeria Da Concettina 50 Kalo L'Antica Pizzeria Da Michele Pizzeria Di Matteo

Cafes

Gran Caffe Gambrinus Luminist Cafe Bistrot Pasticceria Scaturchio

Gelato

Gay-Odin

Bars

L'Antiquario Pepi Vintage Room

Get in Touch

Instagram: @frenkiel.ponti.foundation

Email: frenkielponti@gmail.com