

An aerial, high-angle photograph of a village at night. The scene is dimly lit, with a few lights visible on the buildings and along a winding road that cuts through the center of the village. A large, prominent tree stands in the middle of the road. The foreground shows the tiled roof of a building, and the background is a hazy, dark landscape. The overall mood is quiet and atmospheric.

FRENKIEL&PONTI
FONDAZIONE



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 Neapolitan jazz-rock explosion in 1974). They then moved to Montenero Val Cocchiara in the mountains of Molise where they entertained 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 gravitate 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, almost everything is covered for your stay: accommodation, supplies work/project area, local transportation, basic food and drink, and some dinners. We only ask that you purchase your flights and organise transfers to and 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 5 creatives at once (artists, writers, sculptors, photographers, digital artists, 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 or completed project in return.

Frenkiel And Ponti 2025 Residencies

In 2025 We Will Be Hosting Two Residencies.

May 6th To June 6th 2025.

This Residency Is Perfect For Those Who Want To Get Lost In A Project For 1 Month.

We Will Do Traditionally Cooked Molise Style Dinners For Our Guests 3 Times A Week And A Day Trip Once A Week. The Spring Time Will Allow For Lunches In The Garden With Your Fellow Residents And Walks In The Pantano Or Forrest To Break Away From The Studios.

There Are Two Artist Places, One Musician , One Writer & One Photographer/ Digital Artist

Application Open Date 6th January 2025

Application Deadline 6th February 2025

November 3rd To 16th 2025

This Residency Will Be An Intimate Two Week Long Residency.

So That The Creatives Can Make The Most Out Of Their Two Weeks Here, We Will Cook Traditional Molise Style Dinners For The Guests 6 Nights A Week. This Residency Is Perfect For Creatives With Other Time Constricting Commitments And A Big Appetite For Nightly Discussions.

There Are Two Artist Places, One Musician , One Writer & One Photographer/ Digital Artist

Application Open Date 3rd July 2025

Application Deadline 3rd August 2025

Montenero Val Cochiarra is a special place, so make sure to research into it so that you can tell us why you'd like to come here. The application can be found on our website. We look forward to reading your applications.



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.

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, 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>

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.

If you arrive via plane, you can take a bus for €4 called Alibus from outside the airport to Naples Train Station (Piazza Garibaldi).

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.

Buses can be caught from Piazza Garibaldi in Naples headed towards Castel Di Sangro, the closest town to Montenero Val Cocchiara. 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. There are no taxi's in Montenero or Castel Di Sangro, so we off to pick up our guests from the Castel di Sangro bus stop. We wont be able to pick you up from Isernia.



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 and two electric bikes. We also organise group trips into town for supplies a few times a week. **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 Europe's 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.



The Pantano

Among the largest peat bogs in Italy, the environment is characterised by the presence of poorly decomposed plant remains.

The wild and unspoilt landscape is mainly composed of streams and extensive pastures. The water that accumulates during the winter season is absorbed and drained into the soil by the peat over summer, which plays a key role in this habitat and makes it an ideal place for various wildlife species to thrive.

Wolves and marsican bears, which occasionally pass through from the neighbouring Abruzzo National Park, are certainly the most difficult to spot, while Pentro horses, a breed of horse native to Molise, graze in the wild in large groups.



Food

Cooking

Dinners are provided by a local cook 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 basics foods for the flats, such as eggs, butter, pasta, salad and tomato sauce, any other ingredients you'd like will be purchased by you. During these working hours eating is more informal in nature, but it's normal for us to meet for an

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 accommodate.



Available Equipment

Art supplies

Easel
Brushes: small, medium, large
Water Colours
Acrylics
Gouache
Mixing Buckets
Clingfilm
Pallet mixing colours
Plaster
Silicone
Masking Tape
Assorted Canvas and stretchers
Paper
Pencils
Pens
Mediums
Lumix Camera, SD cards and tripod
Scanner

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

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

Fender

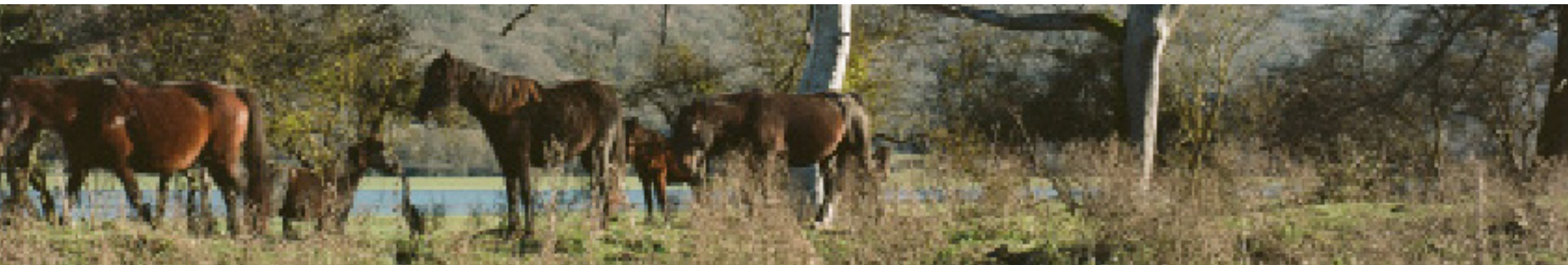
Pedal Board x1
Precision Bass x1
Telecaster Guitar x1
Malibu Vintage Acoustic Guitar x1

We will order your specific mediums and supplies that you'll need for your practice, but there is a small budget per person. Once exceeded, you will be in charge of purchasing your supplies. Amazon and www.bellearti.it/ deliver to our residency.

Local Supply Stores

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

There are DIY stores and building supply shops



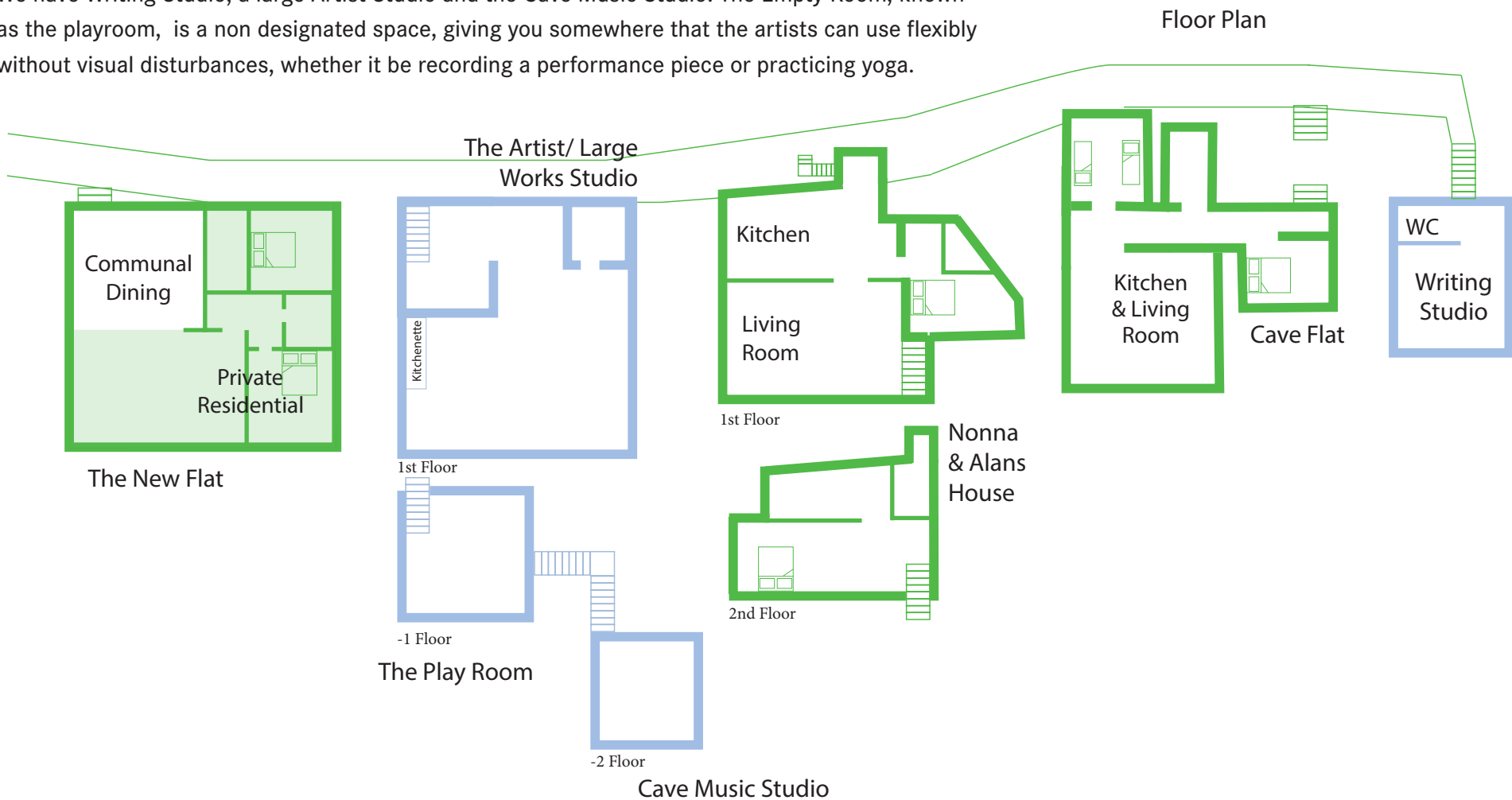
The Spaces

Accommodation

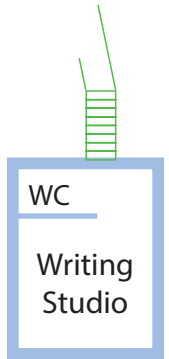
There are 3 flats, each with two bedrooms, two bathrooms, a kitchen and a living room. The person running the residency lives in the 'New Flat'. The artists, musicians and writers live in pairs in the 'Cave flat' or the 'Nonna & Alan Flat'. *Our newer flat, not visible here, is where the digital artist/photographer will stay. It has 1 bedroom, bathroom, kitchen/livingroom. *The photographer/digital artist will not have a studio space, but the private flat to work in.

Workspaces

We have Writing Studio, a large Artist Studio and the Cave Music Studio. The Empty Room, known as the playroom, 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.



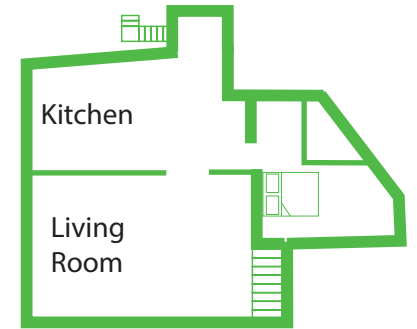
Writing Studio



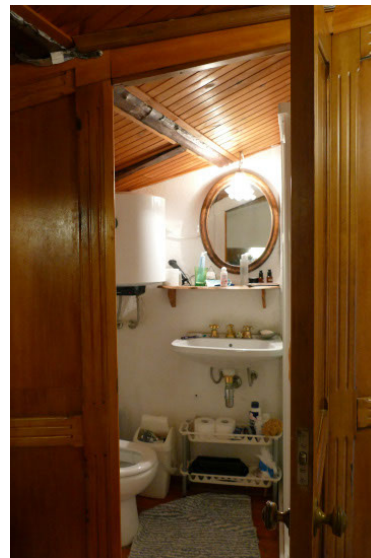
Nonnas And Alans House



Kitchen



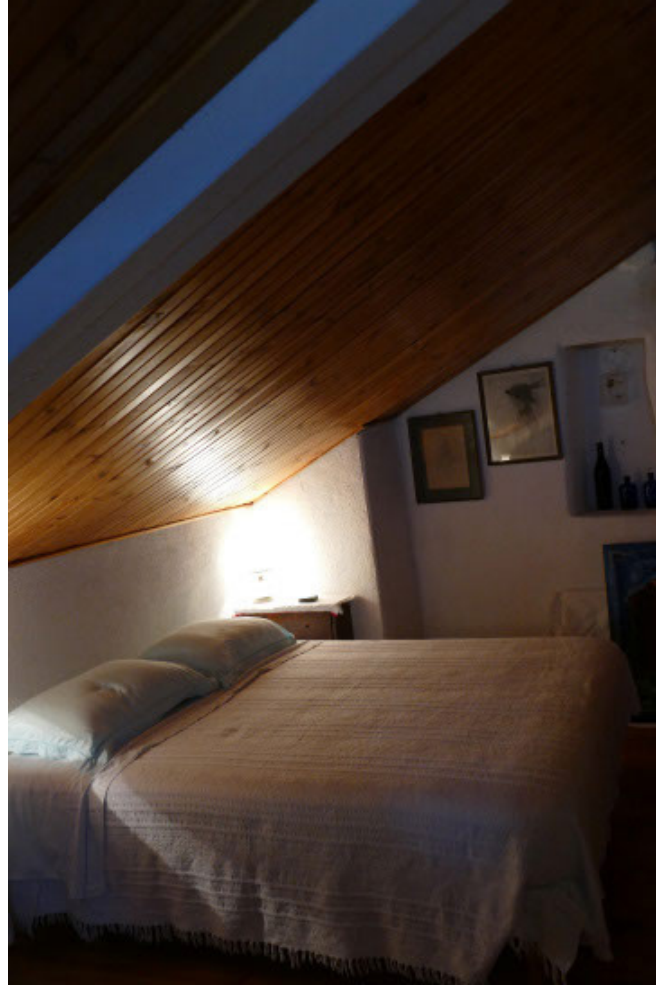
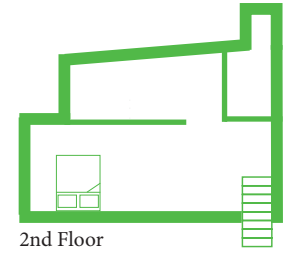
Living Room



Ground Floor Bedroom



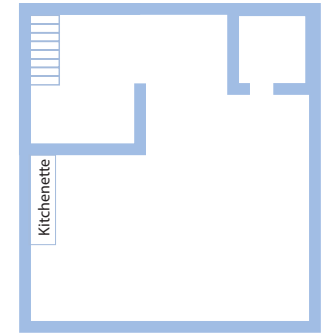
Nonnas And Alans House



Upstairs Bedroom



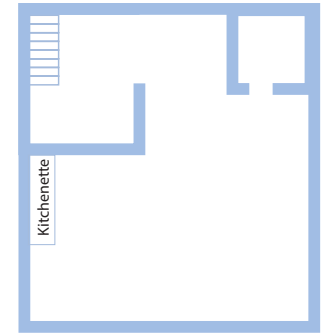
The Artist/ Large Works Studio



1st Floor



The Artist/ Large Works Studio

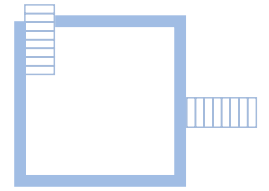


1st Floor

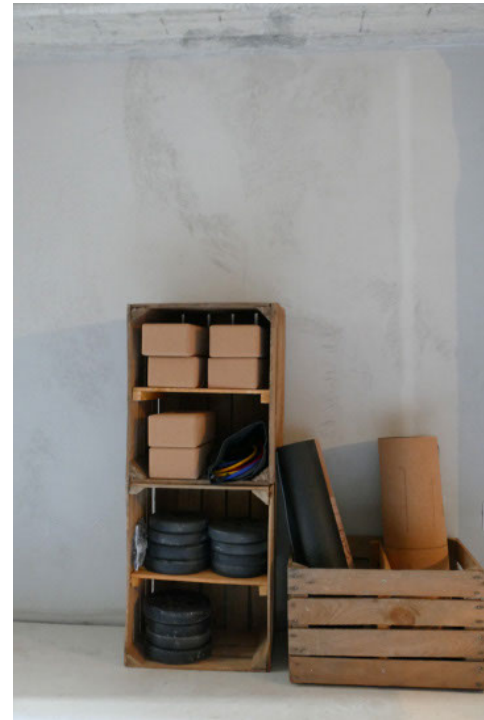


The Play Room

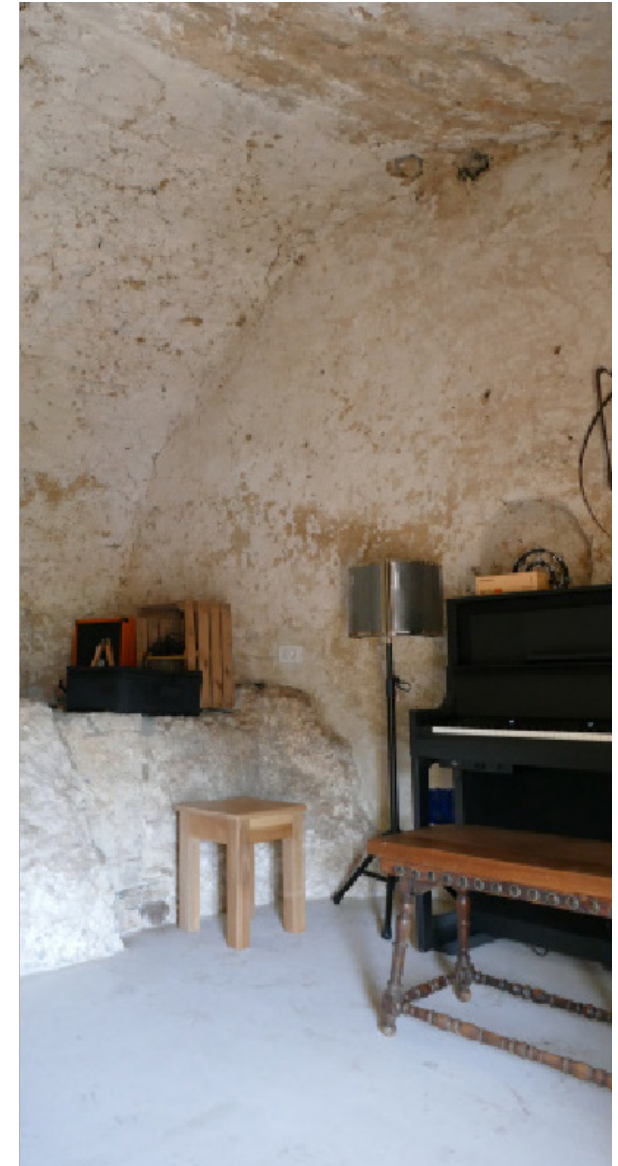
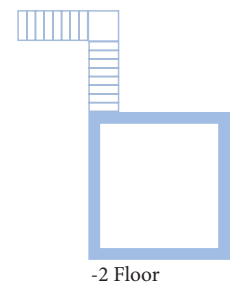
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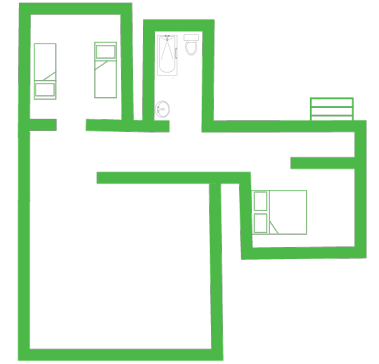
-1 Floor



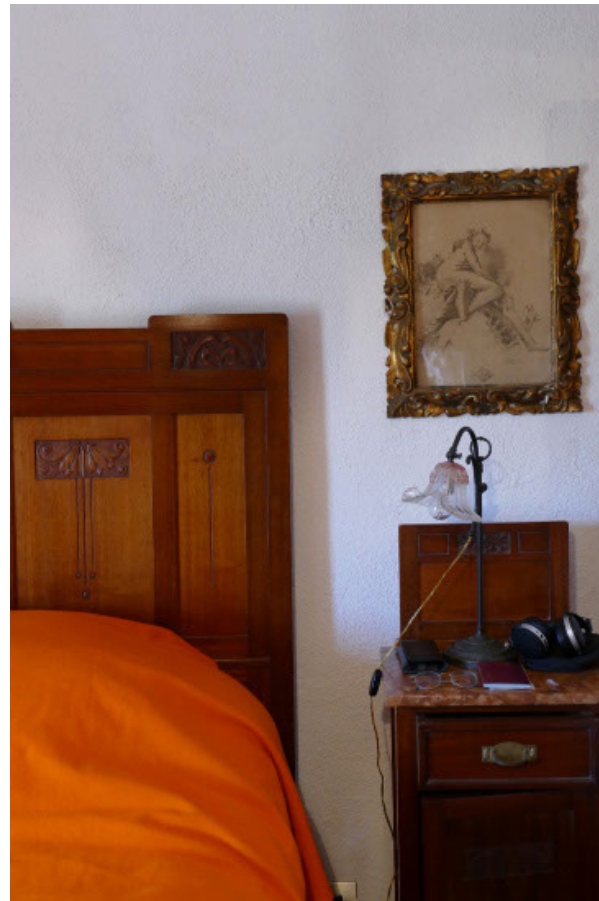
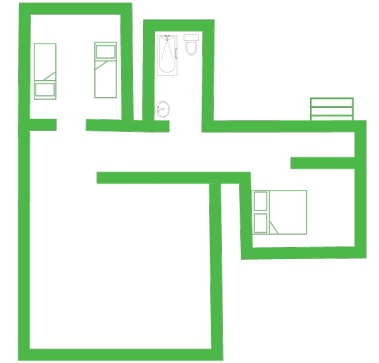
The Music Studio



The Cave Flat



The Cave Flat



The Nellie Flat



Recommendations

Nature



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

- Horse Riding
- Foraging with Vincenzo
- Cheesemaking with Albino
- Gastronomical tours
- Local hiking guide
- Skiing
- Lake Swimming

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 Caffè Gambrinus
Luminist Café Bistrot
Pasticceria Scaturchio

Gelato

Gay-Odin

Bars

L'Antiquario
Pepi Vintage Room

Get in Touch

Instagram: [@frenkiel.ponti.foundation](https://www.instagram.com/frenkiel.ponti.foundation)

Email: frenkielponti@gmail.com

