

People and life in the Roman world

Start date 10 February 2023 **End date** 12 February 2023

Venue Madingley Hall
Madingley
Cambridge
CB23 8AQ

Tutor Professor Stephen Upex **Course code** 2223NRX019

Director of ISP and LL Sarah Ormrod

For further information contact inteng@ice.cam.ac.uk

Tutor biography

Professor Stephen Upex has written on a wide variety of topics related to British landscape history and archaeology and his interests range from Roman and Saxon landscapes and archaeology to medieval open fields systems. He has directed archaeological excavations on Roman and Saxon sites in the East Midlands and contributed to several Time Team programmes for Channel 4. Recently Stephen has written a series of landscape and archaeological reports and books on sites within the East Midlands and he is currently working on a volume for the Society of Antiquaries on Roman and Saxon landscape in northern Cambridgeshire. His most recent book on the *'Romans in the Nene valley'* was published in 2022. Stephen lectures at the University of Cambridge and also works a freelance archaeologist, author and consultant. He is a member of the Chartered Institute for Field Archaeologists (ClfA) and is a Fellow of the Society of Antiquaries (FSA).

Course programme

Friday

Please plan to arrive between 16:30 and 18:30. You can meet other course members in the Terrace Bar which opens at 18:15. Tea and coffee making facilities are available in the study bedrooms.

19:00 Dinner

20:30 – 22:00 The People, faces, names, clothes, shoes - society

22:00 Terrace Bar open for informal discussion

Saturday

07:30 Breakfast (for residents only)

09:00 – 10:30 Houses, streets, town life, life on the street.

10:30 Coffee

11:00 – 12:30 Food, cooking, household items, furniture

13:00 Lunch

14:00 – 16:00 Free time

16:00 Tea

16:30 – 18:00 Interior design, mosaics, wall paintings

18:00 – 18:30 Free time

18:30 Dinner

20:00 – 21:30 Object handling session - A chance to handle and chat about objects from recent excavations related to Roman archaeology. Coins, pottery, jewellery etc.

21:30 Terrace Bar open for informal discussion

Sunday

07:30 Breakfast (for residents only)

09:00 – 10:30 Leisure and pastimes: The games - The theatre - The baths - Hunting

10:30 Coffee

11:00 – 12:30 Villas, gardens, health, medicine

12:45 Lunch

The course will disperse after lunch

Course syllabus

Aims:

The course will allow you to:

1. To understand Society within the Roman world and how people lived, worked, ate, and had leisure time.
2. To understand the layout of Roman houses and appreciate the types of furniture that existed in the Roman world.
3. To have a firm knowledge about many aspects of ordinary life such as medicines, health, gardens and how people lived.
4. Handle objects from the Roman world and appreciate their uses, functions, manufacture and what objects tell us about Roman populations.

Content:

This course will focus on many aspects of Roman life across the Empire but especially in the northwestern provinces and Britain. What happened in the streets and street life, the houses, house interiors and Roman gardens? Food, drink, cooking, kitchens, pottery, furniture, fittings, heating, lighting, household gods and beliefs, entertainment, baths, brothels, theatre and the circus along with how the toilets and drains worked, water supply and medicine. All will be revealed by fully illustrated talks along with a session of handling original Roman objects such as pottery, coins, personal items and other objects from the Roman world.

Presentation of the course:

The course will be largely Tutor led with a series of PowerPoint presentations but there will be plenty of time for discussions in all sessions. One session will be devoted to handling objects from the Roman world such as coins, pottery, jewellery and other objects from recent excavation and museum collections.

As a result of the course, within the constraints of the time available, students should be able to:

1. To understand the names, of people from the Roman world and the stratification within society – freemen, slaves citizens.
2. To understand the layout of Roman houses and some of the functions of the rooms- bedrooms, dining areas etc.
3. To understand the sorts of diet, cooking arrangements, and dining habits of Roman people.
4. To appreciate the types of furniture that existed in the Roman world and how we know about them.
5. To have a firm knowledge about the sorts of entertainments that existed in the Roman world, from formal games to board games such as dice.
6. To understand about the arrangement of baths and bathing, gardens and other aspects of Roman life.

Reading and resources list

Allason-Jones, L. 2005, *Women in Roman Britain*, Council for British Archaeology

Beard, M. 2009, *Pompeii: The life of a Roman Town*, Profile Books

Croom A.T. 2002, *Roman clothing and fashion*, Tempus

De la Bedoyere, G. 1989, *The finds of Roman Britain*, Batsford.

Goodman, P. 2007, *The Roman city and its periphery- From Rome to Gaul*, Routledge

Knapp, R.C. 2013 *Invisible Romans: Prostitutes, outlaws, slaves, gladiators, ordinary men and women ... the Romans that history forgot*, Profile Books

Roberts, P. 2013. *Life and death in Pompeii and Herculaneu*, British Museum

Upex, S. G. 2022. *The Romans in the Nene valley*, NVAT. (Available from the NVAT website)

Online resources:

<https://www.pbs.org/empires/romans/empire/life.html>

<https://www.worldhistory.org/article/637/roman-daily-life/>

<https://antigonejournal.com/2021/08/seeing-ordinary-romans/>

<https://historicengland.org.uk/images-books/publications/iha-roman-settlements/>