

1-week and 2-week programme


DAY 1 - SUNDAY

Arrival

DAY 2 - MONDAY

Morning

8,30 - 9,00 Placement test
9,00 - 11,00 Italian language lesson
11,00 - 11,30 Welcoming buffet
11,30 - 13,15 Italian language lesson


Afternoon (15.00 – 19.30) 

Guided walk around San Giovanni Valdarno and surroundings. *If possible, given good weather conditions, the students will visit the bare walls of yellow earth which rise and finish in peaks, steeples, towers and chimneys. These are the balze, unmistakable and actual geological characters which attract numerous scholars and inspire the most unprepared spectator. They even attracted the attention of **Leonardo da Vinci**, who studied this area and its morphology and described and reproduced it in dated and signed designs. In the background of some of his paintings, such as the **Mona Lisa**, some art critics recognise the countryside of the balze of Valdarno.*

Evening

Dinner with other students of the school il Sillabo.

DAY 3 - TUESDAY

Morning 

9,00 - 11,00 Brief lecture on regional traditions in cooking, particularly referring to Central Tuscany.
11,00 - 11,30 break
11,30 - 13,00 Lecture to introduce the students to the first 10 rules on tasting wine and how to combine it with food.

Afternoon 

18,00 – 22.00 hands on cooking lesson

As said, Tuscans are famous for their top-quality ingredients (the olive oil and wine, for instance, are second to none) and masterful cooking techniques. In this class, you will learn about the basis of Tuscan flavour, then create a Tuscan Sunday lunch that can easily be replicated for friends and family at home.


Recipes include: Spinach and Ricotta Ravioli in Sage Butter; Braised beef with Chianti over Steaming Polenta; Deep-Fried Sage Leaves, zucchini flowers and onions; Sweet Focaccia Topped with Caramelized Grapes.

DAY 4 - WEDNESDAY

Morning

9,00 - 11,00 Italian language lesson

11,15 - 13,15 Italian language lesson

Afternoon (14,15 - 20.00) 

Guided visit to Florence, walking tour in the centre (Duomo, Mercato di San Lorenzo, Ponte Vecchio).



Optional: Dinner at one of the best known restaurant/osterias in Florence, il Cibreo, where dishes from an ancient, medieval tradition, are offered with excellent ingredients and wines.

TRANSFER: by train - included

DINNER: not included

PRICE: from 80,00 to 150,00 euros each (depending on wine and food selection)

DAY 5 - THURSDAY

Morning  

on-site lesson at an olive press (10 km from San Giovanni Valdarno): elements on production of olive oil (cold stone press, harvest, types of olives etc); olive oil tasting and combination with aromatic essences.

Participants will receive some free samples of olive oil (plain and aromatic).

TRANSFER: by min bus or car - included

TASTING: included

Afternoon 

18,00 – 22.00 hands on cooking lesson

This time you will start tasting the real sapore toscano, for the bravest: crostini topped with a pâté made of chicken liver, then the quintessential country dish of **Tuscany**, the famous soup *pappa al pomodoro*, followed by stuffed rabbit in the Mugello valley manner with round small roasted potatoes in rosemary, and to end, the most typical Tuscan dessert **Zuccotto** a delicious small "crown" of sliced sponge cake stuffed with whipped cream and chocolate flakes.



DAY 6 - FRIDAY

Morning

9,00 - 11,00 Italian language lesson

11,15 - 13,15 Italian language lesson

Afternoon

15,00 – 19.00  

Visit and wine tasting on a Chianti farm in the area of Chianti Classico.

The farmer will give a lecture on wine production, grape selection, elements of "sommelier" art, and will teach you how to taste a wine in combination with local produce which best stress flavours and fragrances.

TRANSFER: by min bus or car - included


TASTING: included

DAY 7 - SATURDAY

For 1-week participants it is time to say good bye (by 12.00 am) and for the 2-week participants their adventure continues...

08.00 – 10.30

If you like you can have a look at the street market: each Saturday morning many people from surrounding towns flock to San Giovanni for the colourful and characteristic street market which offers wonderful opportunities to buy **fresh fruit and vegetables, on-site roasted chickens, pork, traditional tripe-filled rolls, as well as cheap clothes, shoes, utensils, dress material, plants...**

Whole day (10.30 – 19.00) 

Montalcino - Abbazia di Sant'Antimo - Pienza

*Surrounded by the undulating landscape of the Crete Senesi, this itinerary aims to explore one of the best-known towns in the world for its famous wine : **Montalcino** and its Brunello.*

*Morning departure by mini-bus from San Giovanni Valdarno, travelling over the magnificent countryside of the **Crete Senesi** to the village of Montalcino (before lunch), noted for its beauty and its famous "Brunello" wine. Lunch in a typical trattoria.*


*After lunch we continue to the **Abbey of Sant'Antim**, founded, as legend has it, by **Charlemagne** (sec.VIII). This is a magical place, full of mediaeval atmosphere. If we are lucky we will be able to listen to the monks of the Abbey singing their celebrated **Gregorian Chants**.*

*In the afternoon we'll stop to visit the wonderful town of **Pienza**, noted for its famous **pecorino** (sheep's milk) cheese.*

TRANSFER: by mini bus or car - included

LUNCH: not included – price depending on type of trattoria.

DAY 8 - SUNDAY

Mattina- Pomeriggio 

09.00 – 17.00

Optional: visit to Pisa and Lucca

TRANSFER: by mini bus or car

LUNCH: not included

PRICE: 50,00 euros

DAY 9 - MONDAY

Morning

9,00 - 11,00 Italian language lesson

11,15 - 13,15 Italian language lesson

ore 17,30  


Demonstrative lesson on fresh bread (dough) and pizza. At the end: snacks and appetizers for the students.

DAY 10 - TUESDAY

Morning  

Ore 10,30 -12,30 Lecture on wine with "Super Tuscan Wine" combined with appetizers and stuzzichini. You will "discover" Brunello di Montalcino, Tignanello and more.

TASTING: included

Afternoon 

18,00 – 22.00 hands on cooking lesson

This time you will try the well known *ribollita*, (literally it means "reboiled") a dish made of leftovers of Tuscan minestrone reheated and layered over stale bread (add olive oil "a crudo" when you are about to eat it), a must for a Tuscany meal, the *Pepposo* (beef in cubes, cooked for 4 hours in a terracotta pot with wine and peppercorns) served with Cannellini Beans all'olio d'oliva; and you will end with *Cantuccini di Prato*, almond cookies made just like they make them in Prato.

DAY 11 - WEDNESDAY

Morning

9,00 - 11,00 Italian language lesson


11,15 - 13,15 Italian language lesson

Afternoon

15,00 – 19.00  

Visit to an organic farm where they make wine, olive oil, honey, cheese and other typical, genuine produce which you could buy as souvenirs.

TRANSFER: by min bus or car - included

20,30 – 22.30 


Optional: Dinner at a typical Tuscan osteria run by an authentic Tuscan family from the area of San Giovanni Valdarno *Osteria Costachiana* – here, in a real old farm, you can taste the best *pici* (thick home made spaghetti) with finocchietto or poultry together with the widest choice of entrées you can find in the area.

TRANSFER: by minibus or car - included

DINNER: not included


PRICE: from 50,00 to 80,00 euros each (depending on wine and food selection)

DAY 12 - THURSDAY

Morning-afternoon 

Visit to the beautiful city of **Arezzo**, *the suggestive* backdrop for the Oscar Winning Film "La Vita è Bella" (Life is Beautiful), and its old historical centre and, early in the afternoon, back to San Giovanni Valdarno.

TRANSFER: by train - included

18,00 – 22.00 hands on cooking lesson 

Grilled aromatic vegetables to start with the *risotto with porcini mushrooms* and this time you will learn the basic procedure with "soffritto" (a sautéed onion base), toasted rice and, you'll also learn to perfection the so-called "mantecatura" when the risotto "takes a rest" for a few minutes, covered with butter and parmigiano. Your meal will become stronger with the classic "trippa alla fiorentina" before ending with the most common Tuscan desserts in parties and ceremony buffets, le pesche dolci.

DAY 13 - FRIDAY

Morning

9,00 - 11,00 Italian language lesson

11,15 - 13,15 Italian language lesson

Afternoon

16,00 – 18.00

Showing of pictures taken during your 2 weeks and il Sillabo offers a nice *Prosecco* aperitivo to say good bye.

DAY 14 - SATURDAY

Departure by 12.00 am

Term and conditions

1-week programme includes:

- first day buffet
- 12-hour Italian Language lessons
- all the transfers for trips and excursions apart from the optional tours (minibus, car or train)
- 2 "hands on" cooking lesson (4 hrs each)
- 2 lectures at school (2 hrs each)
- 2 guided visits and tastings in farms
- 2 afternoon guided visits (San Giovanni Valdarno, Florence)
- accommodation in a studio apartment for two (extra charge for single use studio apartment: 400 euros)
- dinner (day 2)

not included

- transfers from/to airport (available on request)
- OPTIONAL (NOT INCLUDED IN THE PRICE): dinner at the restaurant *il Cibreo*

2-week programme includes:

- first day buffet
- 24-hour Italian Language lessons
- all the transfers for trips and excursions apart from the optional tours (minibus, car or train)
- 4 "hands on" cooking lesson (4 hrs each)
- 3 lectures at school (2 hrs each)
- 3 guided visits and tastings in farm
- 3 afternoon guided visit (San Giovanni Valdarno, Florence, Arezzo)
- 1 whole day guided visit (Montalcino, Sant'Antimo, Pienza)
- 1 demonstrative lesson on bread/pizza with snacks
- 1 farewell buffet
- accommodation in a studio apartment for two (extra charge for single use studio apartment: 220 euros)

not included

- transfers from/to airport (available on request)
- OPTIONAL (NOT INCLUDED IN THE PRICE): dinner at the restaurant *il Cibreo*, dinner at *Osteria Costachiana*, tour to Pisa&Lucca

Price for 1-week programme: 1.020,00 euros

Price for 2-week programme: 1.960,00 euros

Extra charge for single use studio apartment: 250,00 euros for 1 week, 400,00 euros for 2 weeks

Extra charge for deluxe apartments: from 450,00 euros

2007 Dates

May		14 May	28 May
June	11 June	25 June	
July	02 July	16 July	
September	10 Sept.	24 Sept.	

Accommodation in standard studio apartments in the city centre (1 twin bedroom, 1 living room-kitchen, 1 bathroom - shower or bath); fully furnished and equipped; bed linens and towels provided; cleaning before and after the stay included. For any special requests, please contact us.