



# ITALIAN & COOKING

## PISA, ITALY

### PROGRAMS START EVERY MONDAY



#### **PROGRAM DESCRIPTION**

This Italian & Cooking program enables you to combine an Italian course with cooking lessons. This unique program offers exciting hands-on cooking classes, meaningful cultural immersion, and an enriching language program.

#### **CITY AND COUNTRY INFO**

A university town of great historical and cultural interest, famous for its Leaning Tower and ancient sea republic, Pisa is distinguished by the youth of the population, its proximity to the sea, which can be reached by bus or bicycle, and excellent links with the whole of Italy and the world, given that the largest airport in Tuscany and a rail link of primary importance is there.

In addition to the sea, there is also the nature reserve of Migliarino-Massaciuccoli-San Rossore, one of the largest and most interesting national parks in Italy. Pisa has an intense cultural life throughout the year, but the month of June is particularly rich in folkloristic events: the famous Luminara is also held then. torre pendente.

Besides the Leaning Tower and the Piazza del Duomo, Pisa is famous for many other masterpieces of art. It's university, founded in the 13th century, is one of the oldest in Europe and the "Scuola Normale Superiore" is frequented by students from all over the world. The city of over 87,500 residents contains more than 20 other historic churches, several palaces and various bridges across the River Arno.

#### **HIGHLIGHTS OF PROGRAM**

After participating in this Italian & Cooking Program in Pisa, students will gain experience in foreign culinary styles and programs, greatly improve foreign language abilities, gain personal growth and confidence both nationally and internationally, and combine travel, academics, and passion for food and cooking into one incredible life-changing experience.



### *What's Included*

- **Tuition and Class Materials:** 1 week minimum-group 20 Italian 45 minute lessons per week in group of 5- 12 students per class.
- **Cooking Lessons:** Two 3 hour lesson per week
- **Lodging:** In a Student Residence or Homestay
- **Placement Testing**
- **1-2 Organized Activities Weekly\***  
\* Entrance fees, transportation, etc. may be at additional cost.
- **Access to E-mail**
- **Access to Multimedia Learning Center**
- **Certificate of Completion**
- **Pre-Departure Information**
- **Planning Guide**
- **Medical, Accident and Sickness Coverage \*\***  
\*\* See policy for definitions and exclusions.
- **Medivac Coverage**
- **Other Travel Coverage:** repatriation, baggage, personal effects, accidental death and dismemberment , etc.
- **24 Hour Emergency Multilingual Hotline:** call collect from anywhere in the world

## **FULL PROGRAM DESCRIPTION**

### **STUDY PROGRAM**

The study portion of the program includes 20 hours per week of Group Italian classes with a 1 week minimum. Maximum number of students per class is 5, with the average being 2 students. Groups are organized in a way that each will always consist of students possessing the same level of Italian.

All of our teachers are native speakers with university educations and are very experienced teaching Italian to foreigners. Most have learned a second language themselves and understand the student's perspective.

The method is based on the 4 language skills: listening, grammar, oral and written comprehension. No English will be used in class. Classes are 45 minutes in length.

### **COOKING LESSONS**

The course in home cooking does not have a professional character and is intended to familiarize students with the way an Italian family typically dines.

During the course the participants will learn in a practical manner the basic principles of Italian cooking, such as pasta, stews, bread and pizza and the typical dishes of Italian regional cuisine, such as saffron rice from Lombardy and pasta alla norma from Sicily.

The course is held in a typical Italian kitchen with an Italian family.

This course is also a pleasant moment to socialize and terminates with a dinner consisting of what has been cooked, together with wine. Also, the course consists of two 3-hour lessons per week

## **LODGING OPTIONS**

### **HOMESTAY**

Single or double room, with breakfast, or half board. Most of the host families have worked with us for many years. Living with a host family offers you the opportunity to become quickly into the Italian society. Nowhere else will you so directly experience real Italian life. The word 'family' should not be taken too literally, because your family could also be a single parent or a childless couple who take in students because they enjoy the company. You can choose between a room with breakfast or half-board (breakfast and dinner). You will be given hospitality by families or single ladies who will introduce you to genuine Italian cooking as well as our way of life.

### **SHARED APARTMENT**

Single or double room, shared use of kitchen, bathroom and shower, living room and other common areas. You share a flat or floor of a house either with other students from our school, with other Italian students or with the owner. In selecting the apartments, we do not look for luxury and comfort in material sense, but the apartments are furnished with all essential utilities (bed, table, chair, wardrobe). Kitchen and bathroom are of common use.

In the fully equipped kitchen you can prepare your meals separately or together with your flatmates and fellow students. Normally there is no telephone in the apartment. In any case, our schools can provide you with cell phone rental services. Very often in Pisa, though not always, there is an Italian in these flats who is responsible for the running of the flat

## **PRICE RANGE**

Cost of 1 week of classes, two 3 hour sessions of cooking lessons a week, and 1 weeks of housing ranges from:

**\$1,090 → \$1,318\*\***

\*\*Prices range according to housing and board options.

## **ELIGIBILITY AND GUIDELINES**

U.S. citizens traveling with regular passports for tourism or business do not need a visa for a stay of 90 days or less. Those planning a longer visit must obtain a visa in advance of arrival.

Minimum age of 18 unless accompanied by an adult.

## **ACTIVITIES**

Excursions are locally organized and include visits to the most interesting towns in Tuscany. Additionally, there are many cultural and sporting activities that can be enjoyed during leisure time. In June, Pisa offers some interesting folklore and art festivals.

From June to September students are offered special rates on renting deck chairs, umbrellas, changing huts and tennis courts at a pleasant, well-equipped beach at Tirrenia, a bathing resort only 15 minutes by bus from Pisa.

All students receive a special student card that is valid for the duration of the course. It entitles the students to discounts at sports centers in/around Pisa.

## **HOW TO REGISTER**

To register for the ITALIAN & COOKING program in Pisa, either follow the link below or call 1-888-678-6211.

<http://www.nrcsa.com/reg/on-line/regform.html>

When you register, \$140 USD is due to secure your place in the program.