



# ITALIAN & COOKING ROME, ITALY PROGRAMS START WEEKLY



## **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**

Of all Italy's historic cities, it's Rome which exerts the most compelling fascination. There's arguably more to see here than in any other city in the world, with the relics of more than 2,000 years of continuous occupation packed into its sprawling urban area; and as a contemporary European capital, it has a feel which is quite unique.

Rome is, in many ways, the ideal capital of Italy, perfectly placed between Italy's warring north and south factions and heartily despised by both. For the traveler, it is the sheer weight of history in the city that is most evident, its various eras crowding in on each other to an almost breathtaking degree. There are the classical features – the Colosseum, the rubble Forum and Palatine Hill – and relics from the early Christian period in ancient basilicas; while the fountains and churches of the Baroque period go a long way to determining the look of the city center. But these are just part of the picture, which is an almost continuous one right up to the present day, taking in Romanesque churches, Renaissance palazzi, Rococo fountains and the ponderous buildings of post-Unification, often all found within a few paces of each other.

## **HIGHLIGHTS OF PROGRAM**

After participating in this Italian & Cooking Program in Rome, 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:** One 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**

Our cooking course will enable you to prepare typical Italian meals and to learn recipes from the various regions of Italy. The course is based one meeting of approx. 3 hours a week and shaped for all potential participants, also for the novice who is interested in learning about cooking.

During each lesson the students prepare and cook a different complete menu which consists of typical dishes of Italian cuisine in the tradition of genuine simplicity. At the beginning of each lesson the teacher explains the menu of the day and distributes the work. During the preparation and the cooking of the food, the teacher demonstrates, explains and gives valuable hints and tips. The students prepare the table and dine together. Each student or pair of students presents and serves to the others the dish they have prepared.

This course is organized in such a way that the students can experience with their own hands the way of cooking in the Italian style. Participants receive a recipe book including a vocabulary in several languages.

## **LODGING OPTIONS**

### **HOMESTAY**

Single or double room, with breakfast, or half board. Most of the host families have worked with us for many years. The families know from experience what the role of a host is. 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).

### **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.

## **PRICE RANGE**

Cost of 1 week of classes, 3 hours of cooking lessons, and 1 week of housing ranges from:

**\$838 → \$1,036 \*\***

\*\*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**

The school offers leisure activities on a regular basis such as:

- Dinners, which enable teachers and students to get to know each other better
- Guided visits in History of Art
- Film evenings at school
- Day and half-day excursions
- Visit to wine cellars

## **HOW TO REGISTER**

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

<http://www.nrcsa.com/reg/online/regform.html>

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