



ITALIAN & COOKING

SORRENTO, ITALY

START DATES YEAR-ROUND



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

Located just to the south of Naples, Sorrento stands on a dramatic line of 150-foot cliffs, looking north across the Bay of Naples. It was originally a Greek village whose name was derived from the mythical song of the mermaids. The very position of the town, built on a high plateau protected by the sea, is typically Greek. According to early Greek legend, it was at Sorrento that Ulysses heard the tempting song of the Sirens, the nymphs who labored long hours to seduce and shipwreck passing sailors.

Sorrento, with its luxuriant vegetation and sun-drenched climate, became a favorite resort of wealthy Romans. A cliff-top setting, an imposing cathedral in the main piazza, a Franciscan church with a distinctive 13th-century cloister, and a charming, flower-filled town draws thousands of modern-day visitors as well.

Sorrento is the gateway to the romantic island of Capri, a magical place where magnificent white cliffs rise to cradle a beautiful, jewel-like town, as well as to the historic city of Pompeii, which offered the world its first glimpse into ancient Roman life.

HIGHLIGHTS OF PROGRAM

After participating in this Italian & Cooking Program in Sorrento, 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:** 3 afternoon culinary lessons per week (2 hours per lesson)
- **Lodging:** In a Student Residence or Homestay
- **Placement Testing**
- **1-2 Organized Activities/Excursions 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

You will learn to prepare old-fashioned traditional Italian recipes and regional dishes that are typical of Campania and Sorrento.

Our chefs will take you on an all-Italian gastronomic tour, revealing the secrets of Mediterranean cuisine (e.g. hand-made pasta, gnocchi, fish-based dishes).

Every lesson revolves around a full meal including 'starter', 'first course', 'second course' and 'dessert'. There are 3 afternoon culinary lessons per week (2 hours per lesson) included in this program.

LODGING

HOMESTAY

There's no better way to immerse yourself in Italian language and culture than to spend time living with an Italian family. For those who want to stay with a host family, we can book single or double (if available) rooms. You can choose from bed and breakfast or half-board (breakfast and evening meal) with carefully chosen families. It will also be an excellent opportunity for you to practice the language on a daily basis and to sample the delights of Italian home cooking. Double rooms are available only for students who are traveling together.

PRICE

Cost of 1 week of classes, 3 cooking lessons a week, and 1 week of housing is about:

\$1,534.00

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 AND EXCURSIONS

Sorrento is full of cultural, artistic and outdoor activities year-round. Participating in these activities is a fun way to learn the language and interact with the locals. Some activities students can get involved with include:

- Cinema
- Theater
- Music
- Religious Festivals
- Water Sports
- Shopping

In addition, for an additional fee, excursions are offered that allow you to get acquainted with Sorrento, its people and its surroundings. Excursions offered includes:

- Capri and Ischia
- Naples
- Pompeii
- Amalfi Coast

HOW TO REGISTER

To register for the ITALIAN & COOKING program in Sorrento, 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.