

# FOOD CULTURE PROGRAMME



FLORENCE • POLLENZO

# The Programme



“Gastronomy” is the study of everything related to food, meant as a cultural and scientific value. Gastronomy has to do with all living things, whether plant, animal or human. It is passion and love for life.

The Food Culture programme has been created as an amazing collaboration between Linguaviva Educational Group and the University of Gastronomical Sciences of Pollenzo.

Gastronomy, as the Italian language, is culture, and our shared mission has always been the promotion abroad of the Italian culture in all its aspects.

The whole idea behind the programme is to offer an amazing and wide experience in the field of Italian gastronomy through a travel across Tuscany and Piedmont, with an innovative approach different from traditional similar programmes.



Beside the study of the Italian language, fundamental to understand properly every aspect of local culture, the course will focus on many different aspects of the Italian food landscape. From cooking to local products, from wine to other Italian excellences, from sensory analysis to sustainability, intercultural food exchange and agricultural innovation.

It is meant to be a fantastic travel across Italy inside the world of food processes, from production to consumption.

Through the programme the students will learn about the Italian gastronomical world, about food, about the people who daily works with it, produce it, and helps to make it internationally renowned. But also about the importance of sustainability and the role that food has as one of the original and most important community-forming links between people, locally and internationally.



# Key Features

Duration	2 weeks
Dates	Spring session: 07.04 - 18.04.2025 Fall session: 29.09 - 10.10.2025
Number of Participants	Minimum 5 students
Location	The Programme will take place between Tuscany and Piedmont
Tuition:	5.200 €

## The tuition fee includes:

- ❖ Italian Lessons in Florence
- ❖ Cooking Classes in Florence
- ❖ Gastronomical Classes at University of Pollenzo
- ❖ Workshops, Visits, Tastings, Tickets and Transportations
- ❖ Lunches in Pollenzo and Surroundings
- ❖ Accommodation in Florence (Homestay Half Board)
- ❖ Accommodation in Pollenzo (Bra) (Hotel Room)
- ❖ Transfer from Florence to Pollenzo (by Private Bus)
- ❖ Transfer Services from/to Airports
- ❖ Italian placement test
- ❖ Textbooks and Learning materials



# WEEK 1

## Linguaviva Educational Group - FLORENCE

The second part, based in Florence, will still offer to the students a focus on the study of Italian language. Besides that, on the gastronomical side, the programme will focus on Italian food excellences, with daily visits to local producers, lessons and tastings of some of the most famous Italian products like wine, oil and saffron.

### Programme:

- ❖ Italian Classes in the Morning or Afternoon Everyday (20 Lessons)
- ❖ 2 Cooking Classes (3 Hours Each) with Focus on Tuscan Cooking
- ❖ Guided Visit of Florence
- ❖ Guided Visit to a Local Oil Producer with Oil Lesson, Oil Tasting and Lunch
- ❖ Guided Visit to a Local Saffron Producer with a Lesson on Saffron Production and a Tasting
- ❖ Full Day Excursion to a Local Wine Producer with Vineyard Tour, Wine Tasting and Lunch

### ITALIAN LESSONS

20 Italian language lessons per week, 45' each, from Monday to Friday from 9.00 to 12.30. On the first school day at Linguaviva participants will take a written and oral placement test following which they will be placed in the appropriate group for their language level. Work covers all aspects of the language with a particular emphasis on developing communicative skills in speaking and writing.



### COOKING CLASSES AND VISITS

During the 6 hours of Italian cooking classes with a focus on traditional Tuscan cooking, students will learn the traditional techniques and secrets of local cooking.

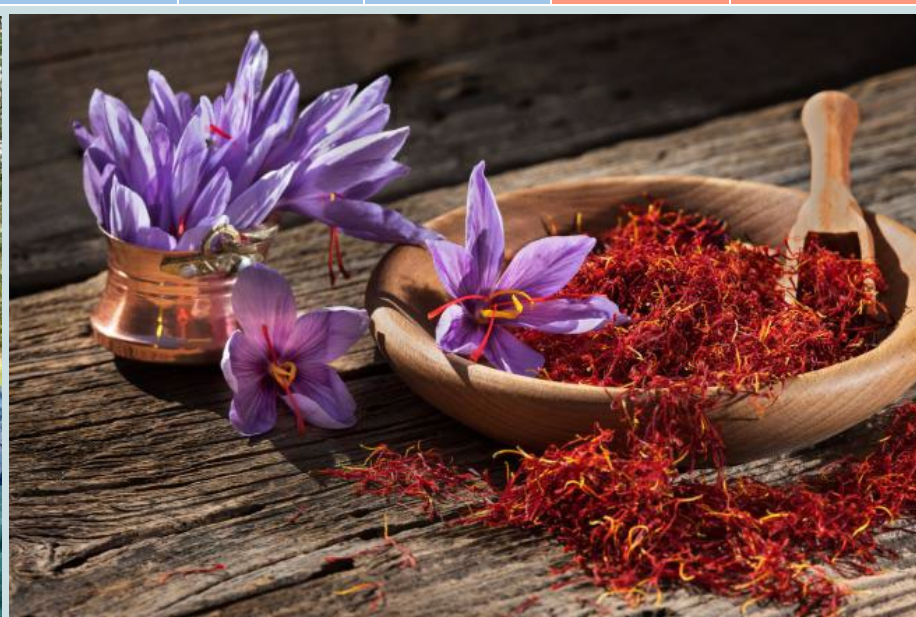
At the beginning of every class they will receive learning materials to use during the lessons.

The visit to different local producers will let the students experience some of the most excellent and



## Sample Weekly Programme - Second Week

		WEEK 1 - FLORENCE						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING		Italian Classes	Visit to an Olive Oil Producer	Italian Classes	Visit to a Saffron Producer	Italian Classes	Full Day Visit to a Wine Producer	Departure To Pollenzo (by private bus)
AFTERNOON		Guided Tour of Florence	Italian Classes	Cooking Classes	Italian Classes	Cooking Classes		



# WEEK 2

## University of Gastronomical Sciences - POLLENZO

For the third part students will move to Pollenzo, in the prestigious area of the Langhe, in Piedmont, home of one of the most famous wine productions in Italy, and they will attend Pollenzo's University of Gastronomical Sciences.

The University of Pollenzo, founded by Carlo Petrini, the founder of Slow Food, represents the excellence in the field of gastronomical sciences, as well as the first institution in Italy to create, 20 years ago, this path of studies.

During their stay at the University they will approach the world of gastronomy on many of its different aspects, through theoretical studies, sensory analysis and first-hand experience.

### Programme:

- ❖ Daily Classes and Seminars about Different Aspects of Food Culture (Sensory Analysis, Food Psychology, Cooking Activities, Workshops)
- ❖ Guided Visit to Bra and Local Producers
- ❖ Foraging Session and Wild Plants Collection + Cooking Session and Convivial Lunch
- ❖ Truffle Hunting + Truffle Tasting
- ❖ Wine Focus + Visit to a Local Wine Producer and Vineyard, Wine tasting
- ❖ Visit to a Local Cheese Producer + Cheese Tasting
- ❖ Visit to a Local farm and Local Cattle + Tasting
- ❖ Visit to a Cured Meat Company + Cold Cuts Tasting
- ❖ Full Day Visit to Torino Including: Visit to a Chocolate and Pastry Producer, Lunch with Gourmet Pizza Tasting, Visit to Lavazza Coffee Museum



## Sample Weekly Programme – Third Week

		WEEK 2 - POLLENZO						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING		Tour of the University + Seminary on Biodiversity and Sustainability	Sensory Analysis + Sensorial Training on Chocolate	Foraging Session + Cooking Lesson on Wild Herbs	Focus on Wine	Visit to a Local Cheese Producer + Visit to a Cattle Farm	Full Day Excursion to Torino	Departure To the airport
AFTERNOON		Visit to Bra and Local Producers	Food Psychology Lesson + Workshop	Truffle Hunting + Truffle Tasting	Visit to a Local Winery + Wine Tasting	Visit to a Cured meat Company + Tasting		





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## CONTACTS

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