



«LA DOLCE VITA» 50+ COURSE

ONE OR TWO WEEKS PROGRAMS

Short description	This course is specifically designed for mature students of any age. Students will learn Italian in a pleasant and relaxing environment, accompanied by a wide variety of cultural activities. Participants can choose among the most beautiful Italian cities: Florence, Milan, Rome, Turin or Viareggio.
Afternoon Program¹   	➤ Florence - One week: Orientation tour of the city; Half-day excursion to the vineyards of the 'Chianti' area: winery visit including 'merenda' (typical Tuscan afternoon snack); Guided History of Art visit; Tour of Artisan Workshop (Ceramics and Mosaics); Extra Vergine Olive Oil tasting; Traditional Italian dinner in a typical 'Trattoria'. ➤ Florence - Two weeks (Weekend day trip for those who have booked 2 weeks): The program of the One-Week-Course is followed by: Weekend excursion in Tuscany (Siena or Pisa or Lucca); Visit of Fiesole and the Roman Theatre or Visit of Renaissance Villas and Gardens; Tour of Fashion Workshops or Shopping at an Outlet; Lesson of Tuscan cuisine; Visit of a Museum or 'Palazzo'; 'Apericena' (rich buffet with typical snacks). ➤ Milan - One week: General meeting, orientation tour of the neighbourhood and welcome lunch; Guided tour of the city center and visit to the Duomo Cathedral; Italian cooking class and dinner; Visit to Leonardo da Vinci's 'Last Supper' and Santa Maria delle Grazie; Visit to the Monumental Cemetery of Milan. ➤ Milan - Two weeks (Weekend day trip for those who have booked 2 weeks): The program of the One-Week-Course is followed by: Weekend excursion to Como or Wine degustation in a cellar; Walking through the district of the Liberty and visit to Museo 'Villa Necchi'; Classical music concert at La Scala (depending on tickets availability); Walking through the district of the 'Navigli' (Art studios and Antique shops); Guided visit to the Modern Art Gallery; Typical Milanese lunch and farewell.

¹⁾ Please note: Programs are subject to change.



Afternoon Program¹



➤ **Rome - One week:**

Guided tour 'Ancient Rome' (*Pantheon, Capitol Hill, Markets of Trajan*); Vatican Museum visit; Street Food Tour in the city centre of Rome; Wine tasting; Typical Roman dinner.

➤ **Rome - Two weeks**

(Weekend day trip for those who have booked 2 weeks):

The program of the One-Week-Course is followed by: Day trip to Tivoli's centre and visit of one of the Emperor's villas and gardens; Guided visit of some of the most important Roman monuments (*Colosseum, The Roman Forum, Palatine Hill*); Guided visit to Galleria Borghese; Cooking class; Walk in the Jewish Ghetto enjoying the sunset and farewell dinner.

➤ **Turin - One week:**

Guided city tour; visit to the Cinema Museum and to the Egyptian Museum; Wine or Chocolate tasting; Traditional '*Bagna Caoda*' dinner.

➤ **Turin - Two weeks**

(Weekend day trip for those who have booked 2 weeks):

The program of the One-Week-Course is followed by: Weekend excursion to Reggia di Venaria or to Alba (Fiera del Tartufo) or to Asti (Sagre festival); Lesson about Risorgimento and visit to Risorgimento Museum, Royal Palace or Madama Palace; Cooking lesson; "Torino Magica" guided tour; Visit to Automobile Museum; Historical Cafés Tour and '*Apericena*' in the "Quadrilatero" area.

➤ **Viareggio - Two weeks**

(Program only for 2 weeks):

Orientation Tour in Viareggio with an introduction to the '*Liberty*' architecture; Wine Tasting together with a selection of cheese, crostini, and Tuscan bread; Excursion to the Medieval Town of Lucca; Italian Cooking Lesson with dinner; Excursion to Florence (Saturday); Excursion to Torre del Lago Puccini; Excursion to the Marble Quarries of Carrara; Excursion to Pietrasanta with the famous Workshops of international artists.



¹⁾ Please note: Programs are subject to change.