

## Bread Wine and Language – one week program Lucca

20 hrs/week group course + wine tour, guided wine tastings, olive oil tasting, cooking lesson and dinner. Language lessons (20 hrs/week) are from Monday to Friday, 9.15 to 13.00 with a coffee break (20') around 11.00.

Price of the course: € 670

Special price for one additional week: Italian Language and Culture €180

This program is aimed at those who would like to combine the language Standard Course with other aspects of the Italian way of life: food, wine and, last but not least, the Tuscan countryside while having fun and making new friends. "Bread, Wine and Language" has a duration of one week and is held in Lucca. It can be easily combined, at very advantageous prices, with one or more additional weeks of the Standard Course.

Wine tastings will be held by a professional AIS Sommelier.

### An Example of afternoon program

#### Monday

A brief explanation of our programme of activities followed by... **A Taste of Lucca:** A food and wine lovers' walking tour of the town, introducing not only the historic centre within the city walls but also the traditional ingredients and specialties of the area and the individual specialist food and wine shops that still flourish in the town.



#### Tuesday

**Understanding Extra Virgin Olive Oil.** How to choose olive oil, the cornerstone of the Italian diet and how to taste it properly. Enjoying extra virgin olive oil with food.

#### Wednesday.

**A landscape of vineyards and olive trees.** The hills above Lucca are home to the noted Colline Lucchesi DOC wines. During our visit to this beautiful wine producing area, we follow the fascinating process of how wine is made from vineyard to glass and explore the art and science of grape growing and winemaking. We enjoy a comparative tasting of both red and white wines.

**The pleasures of wine.** Using the senses: Look, smell, taste - enjoy! We look at how to use the information on the label to choose wine, then learn how to maximise enjoyment of the wine using three senses. First we enjoy the colour and texture of the wine in the glass. Next we savour the scent in all its complexity. Finally we taste, enjoying and exploring the unique flavour of each wine. We will be able to use these techniques to the full during our guided wine tasting.

#### Thursday

The enjoyment of food: **Flavours, textures, techniques.** A cooking class based on the rich seasonal variety of Tuscan cuisine. We prepare and taste traditional dishes based on local ingredients. **Dinner.**

**Friday** - Free afternoon to enjoy the city