

ITALIAN COURSE & COOKING LESSONS

The gastronomy is one of the fundamental aspects of the uses and the civilization of a culture. To travel and to visit new countries means also get in contact with national tastes and flavours of a country.

The Italian gastronomy is based on the Mediterranean diet. Poor of animal fat, to advantage of those vegetable, the Mediterranean kitchen is rich of vegetables, legumes and fruits. The meats do not lack however, above all those red ones, and the fish, used both for the preparation of "sugo" and special "pasta", or for savoury dishes.

Why wouldn't you take advantage of your visit of our beautiful city to join a cooking course? Why wouldn't you improve your knowledge of our interesting country by learning the secrets of Italian cooking?

Our cooking courses both for groups and individual are available to anybody, even no practised persons.

To participate to the cooking lessons it is requested a minimum knowledge of Italian language at A2/B1 level (Elementary)

Cooking course at teacher's home

The kitchen course is carried out at teacher's home. Groups are composed of minimum 2 - maximum 4 students. The course is available individually. The students prepare the dishes themselves, guided and helped by our teachers.

All the course is held 1, 2 or max 3 times weekly. Each lessons last 3 hours and at the end of the lessons the prepared menu is offered as dinner.

Didactical material is produced and given by the teachers

This is also considered a great experience and an unforgettable moment of socialization.

INTENSIVE - cooking		GROUP - cooking	
20 h /week group lessons + 9 individual cooking lessons/week		20 h /week language group lessons + 9 group cooking lessons/week	
1 week	390	1 week	345
2 weeks	720	2 weeks	630
3 weeks	1045	3 weeks	910
Extra week	325	Extra week	280

Cooking course at school

Our courses are practical, provided for nine students at the most. The students prepare the dishes themselves, guided and helped by our teachers.

We offer as well, for larger groups of 30 at the most, cooking demonstrations: the teacher prepares the dishes step by step in front of the participants.

We offer a choice of either Italian classic or local typical cooking courses and lessons.

We offer lessons in French or in English, to be planned case by case. To people wishing to practise their Italian during the lessons, we recommend to join a regular group course. All the participants will receive the recipes' texts – in Italian, English or French - to take away.

Every lesson is about three hours long. Afterwards the students and the teachers eat and comment on the different dishes they have made. Specific local wines are served as well.

The students having joined the practical courses will be presented with an apron with our school's logo.

We will be happy to draw up a personal estimate. For this, we only need to know the exact number of lessons you want, their dates and schedule, your choice of Italian or local cooking and if you want to join a group course or take individual lessons.

Calendar updated to 31 March 2007:

COURSE	START DATE	No. lessons	Time	Price
CHOCOLATE	Tuesday 06th Mar. 2007	1	15.00 or 20.00	€ 60,00
	Tuesday 13th Mar. 2007			
BASIC COURSE ABOUT FISH PLATES	Wednesday 14th Mar. 2007	3	11.00 or 20.00	€ 220,00
	Friday 13 th Apr. 2007		20.00	
EASTER LUNCH	Tuesday 20th Mar. 2007	1	20.00	€ 60,00
	Thursday 22nd Mar. 2007			
	Tuesday 27 Mar. 2007			
BASIC PASTRY	Tuesday 3rd Apr. 2007	4	15.00 o 20.00	€ 240,00
SPRINGTIME RECIPES	Wednesday 4th Apr. 2006	2	20.00	€ 130,00
BASIC COOKING	Thursday 5 th Apr. 2007	7	20.00	€ 350,00
HOME MADE PASTA	Monday 7th May 2007	3	20.00	€ 180,00
LIGURIAN COOK	Wednesday 2nd May 2007	5	20.00	€ 280,00
SUMMER COOKING	Wednesday 6th Jun. 2007	2	20.00	€ 130,00
	Friday 8 th Jun. 2007	2		
To participate to these courses at the school it is necessary to pay an extra insurance coverage of 10,- euro. Each participant will receive a special present.				
Each lessons is 3 hours long and if a course is composed by more lessons, than these lessons are held once weekly.				
If the minimum number of participant is not present, it is possible to postpone the start date or to cancel the course. In both cases we will give communication in advance.				
To enrol it is requested a deposit. The balance, in one instalment, will be asked once at school the first day. It is possible to cancel the course if communicated 48 hours before starting of the course. The deposit will be returned.				
Please remind to advice for possible allergies or health problems related to the diet..				