

1 week or 2 weeks

TOSCANA A TAVOLA

- **FIRST DAY WELCOME BUFFET**
- **ORIENTATION TOUR OF SAN GIOVANNI**
- **2 COOKING LESSONS (+ 2 lessons for 2-week courses)**
- **WINE AND FOOD TASTING IN A CHIANTI FARM AND A SHORT WALK THROUGH A VINEYARD**
- **DEMONSTRATION OF PIZZA&BREAD MAKING**
- **GUIDED VISIT TO FLORENCE AND DINNER IN A TRADITIONAL TUSCAN RESTAURANT**

**+ GUIDED VISIT AND WINE TASTING IN MONTEPULCIANO/
PIENZA and GUIDED VISIT TO AREZZO (for 2-week courses)**

Price for 1-week single participants: 590€ (with language course: 780€)

Price for 1-week couples : 1060€ (with language course: 1370€)

Price for 2-week single participants: 1000€ (with language course: 1190€)

Price for 2-week couples : 1770€ (with language course: 2080€)



Teaching materials and transfers are included – accommodation is not included. We can arrange a standard or deluxe apartment or hotel accommodation.



**Il Sillabo - Italian Language and Culture – Via Alberti 31 – 52027 – San Giovanni V.no (AR) - Italy
ph. +39 055 9123238 – fax +39 055 942439 – info@sillabo.it – www.sillabo.it**

1 week

HANDS ON COOKERY

- FIRST DAY WELCOME BUFFET
- ORIENTATION TOUR OF SAN GIOVANNI
- 2 COOKING LESSONS
- WINE AND FOOD TASTING IN A CHIANTI FARM AND SHORT HIKING IN A VINEYARD
- DEMONSTRATION OF PIZZA&BREAD MAKING
- LECTURE OF TUSCAN CULINARY TRADITIONS
- 2 WORK EXPERIENCE SESSIONS IN A RESTAURANT UNDER THE GUIDANCE OF CHEF
- DINNER IN A TRADITIONAL RESTAURANT

Price for a single participant : 765€

Price for a couple: 1165€

- TEACHING MATERIALS AND TRANSFERS ARE INCLUDED
- ACCOMMODATION IS NOT INCLUDED – we can arrange a standard or deluxe apartment or hotel accommodation



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1 week

HAPPINESS AND WELLBEING

- **FIRST DAY WELCOME BUFFET**
- **ORIENTATION TOUR OF SAN GIOVANNI**
- **PAMPER YOURSELF WITH A FINNISH SAUNA, SALT-WATER JACUZZI, VASCULAR TREATMENT AND TOTAL BODY MASSAGE.**
- **WINE AND FOOD TASTING IN A CHIANTI FARM AND A SHORT WALK THROUGH A VINEYARD**
- **VISIT TO THE MALL SHOPPING CENTRE**
- **COOKING LESSON**
- **RELAX WITH THE HELP OF A SALT WATER JACUZZI, TURKISH STEAM BATH, FINNISH SAUNA, STONE REFLEXOLOGY, TEMPERATURE CONTROLLED WATER IMMERSION FOR IMPROVING CIRCULATION, HOT AND COLD SHOWERS WITH AROMATIC AND JET SPRAY, BODY REDUCTION MUD MASK, TOTAL BODY MASSAGE.**

Price for a single participant : 545€ (with language course : 735€)

Price for a couple : 860€ (with language course : 1170€)

- **TRANSFERS ARE INCLUDED**
- **ACCOMMODATION IS NOT INCLUDED – we can arrange a standard or deluxe apartment or hotel accommodation**



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