

UMBRIA EXPERIENCE

FOOD&WINE

A journey to discover Italian food and wine culture and the excellence of the Umbria region



Università
per Stranieri
di Perugia

The course is divided into four weeks: the first two take place in Perugia and serve as an introduction to Italian food culture, discovering Umbria, its history, its landscape, its historical and artistic heritage and its typical products. The remaining weeks in Norcia will be devoted to a presentation of the city (first day) and then focus for the following 8 days on a product of excellence from its territory. The course is held in Italian, but can also be taught, on request, in English, especially in the Spring-Summer months

2 weeks of training at the University for Foreigners of Perugia

Introduction to the Italian language and culture and approach to the world of Made in Italy products



Monday to Thursday

3 hours of lessons in the morning

3 hours of lessons in the afternoon

The lessons will be divided into the following modules:

- Geography and history of typical Umbrian products
- History of Made in Italy and
- Made in Umbria companies
- Art, food and the Umbrian landscape
- Literature and the promotion of the territory
- Cinema and the promotion of Umbria
- Typical productions
- Italian language for food
- Events and food and wine tourism



Friday

Guided tours of Perugia (3 hours)
and/or workshop activities, visits to local companies, tastings (4 hours)



Saturday and Sunday

Bus Excursions discovering Umbria, starting in the morning and return to Perugia during the day.

The four visits will be dedicated to:

- Assisi
- Montefalco
- Lake Trasimeno
- Gubbio

2 weeks in Norcia

Presentation of the city of Norcia and the excellence of its product and its territory



Day 1

Presentation of the city of Norcia and the territory
(2 hours classroom presentation, 3 hours visit)



8 days dedicated to Umbrian productions:

- in the morning, lesson in classroom on the history of the product and its characteristics
- in the afternoon, workshops related to the product of study, with visits to local companies and practical activities

One product per day:

- Norcineria
- Lentils
- Truffle
- Cheeses
- Honey
- Chocolate
- Wine
- Oil

E.g. chocolate workshop, tastings, truffle hunt, excursion to Pian Grande



Saturday and Sunday

Bus Excursions discovering the area (starting in the morning and return within the day)

Among the planned activities

- Excursion on the Way of San Benedetto (on foot or horseback)
- Guided tour of Spoleto
- Spa tour, meeting on the therapeutic properties of the waters, show cooking and dinner in the in-house restaurant
- Course of salterello, a typical folk dance (6 lessons of 2 hours each)

The monthly Italian language and culture course costs 4,000 euros, including board, lodging, guided tours and extracurricular activities.

A minimum number of 20 students is required for the course to be activated. The services offered may be supplemented and customised according to the needs of the students with appropriate price variations.