

Experience Italy. Language&culture, food tasting in Calabria region - 31/08 - 09/09 2016

	Morning session	Afternoon session	Italian language topics and learning outcomes
31/08/16 Wednesday	Arrival day	Arrival day	Arrival time at Lamezia Terme airport at 18:10
01/09/16 Thursday	<p>8:30 - 9:30 - at the B&B Welcome Room General briefing on the starting week in Calabria</p> <ul style="list-style-type: none"> ⤴ On arrival first meeting, logistics and outline of detailed program. ⤴ Learning outcomes and expectations ⤴ Presentation of the team of trainers <p>9:30 Moving to San Nicola Kitchen</p> <p>10:00 - 14:30 The base of our tradition: "Bread and pizza. How to organize and bake. Italian secrets and tricks" with Maria Procopio from Davoli.</p>	<p>Visit to Soverato Marina</p> <p>Free time</p> <p>Maybe dinner together with pizza prepared in the morning (not sure)</p>	<p>Briefing and Erasmus Plus rules, the international atmosphere and cooperation.</p> <p>Italian language learning outcomes: Technical vocabulary in the field of bread and pizza.</p> <p>First look at Italian verbs, present and infinitive Italian pronunciation of related key words</p> <p>Intercultural education: Soverato local context and the Jonian cost environment</p>
02/09/16 Friday	5:30 ready to go, participants wake up earlier	16:30 - 19:30	Technical vocabulary in the field of

	<p>today! (Sorry! It will be worth it) 6:30 - 11:30 in Cardinale CHEESE TIME "Hand made cheese with Nicola Mazza, local farmer and brunch under the big tree"</p> <p>Whilst waiting for the cheese: Talk from Francesca Casadonte, nutrition biologist and JUMPER</p>	<p>Workshop, learning Italian through cooking - Lesson no. 3: How to cook "Cozzupa" and traditional biscuits with Maria Procopio from Davoli</p>	<p>pasta, fish, vegetables sweets</p> <p>Moving further with Italian pronunciation – especially technical key words in the area of cooking pasta and sweets</p>
03/09/16 Saturday	<p>8:00 - 9:00 Meeting local fishermen at the seaside and learning how to choose the best fish for our meal today. Discover a local cooperative of fishermen</p> <p>Walking to the kitchen of "La Scaletta restaurant"</p> <p>10:00 - 12:30 Workshop: Learning Italian through cooking - Lesson no. 4: How to cook fresh fish with local products and how to serve it</p> <p>Lunch: eating fresh fish</p>	<p>Afternoon free</p>	<p>Understanding the issue of sustainability in food production, understanding the economic value of food production for local economies, and understanding the potential conflicts in this area.</p> <p>Learning technical skills of fish preparation</p> <p>Increasing vocabulary and confidence in Italian</p>
04/09/16 Sunday	<p>Free day</p>	<p>Free day</p>	
05/09/16 Monday	<p>10:00 - 12:00 - FORMAL SESSION by Istituto Maria Ausiliatrice with Mrs Francesca Casadonte, nutrition biologist, speech in Italian language facilitated by Erika Gerardini Topics</p>	<p>16:00 - 18:00 with Jess McMurray in Soverato "Blind tasting" by the B&B kitchen or terrace</p>	<p>Morning: Learning about the social, cultural and scientific role of food in the South Italian culture of food.</p> <p>Understanding how modern science and old traditions can come together</p>

	<ul style="list-style-type: none"> ⤴ The Mediterranean diet ⤴ Cancer prevention with food ⤴ Fighting obesity ⤴ Local and national traditions against or VS European laws <p>12:00 - 13:00 visit to Istituto Maria Ausiliatrice, the school hosts also part of Soverato catering college. JUMP Family picture at the terrace!</p> <p>Lunch: participants free to have lunch in Soverato</p>		<p>to improve our understanding of the role of food.</p> <p>Developing listening ability in Italian</p> <p>Afternoon: Recognising the role of the senses in cooking and develop sensitivity in the palette.</p> <p>Becoming familiar with the traditional tastes of Southern Italy and develop vocabulary</p>
06/09/16 Tuesday	<p>9:00 - 12:00 in Badolato with Ms Jess McMurray</p> <p>‘The International Italian’; using the tastes and ingredients of South Italy with ideas from further afield to create ‘fusion’ food; missing the traditional with the modern.</p> <p>You will be preparing your dinner for the evening:</p> <p>Salsiccia arancini with tomato herb sauce Grilled watermelon with ricotta and mint Chicken ballotine stuffed with salsiccia, with truffle mash, red wine juice and vegetables Lemon, basil and black pepper pannacotta Rosemary chocolates</p>	<p>14:00 - 16:00 with Jess Mc Murray 16:00 - 18:00 FREE time in Badolato 18:00 - 19:30 Badolato Tour 19:30 - 20:30 Aperitiv in Badolato 20:30 - Dinner at Jess McMurray’s house</p>	<p>Understanding how traditional ideas about food mix with modern demands to create a new culinary style</p> <p>Developing recognition of the benefits that come from multiculturalism, and also the drawbacks, and to see how small villages in the South are using tourism and multiculturalism to enhance the lives of local populations.</p> <p>Gaining technical expertise; de-boning a chicken leg, making arancini, making pannacotta, chocolate work.</p>

07/09/16 Wednesday	<p>7:30 - 9:00 DON'T HAVE BREAKFAST, we will be cooking Mediterranean 'Eggs Benedict' at the B&B with Jess McMurray</p> <p>9:00 - 12:00 Outdoor food shopping in Soverato</p> <p>Lunch in the city</p>	<p>14:30 meeting at the B&B with Jess McMurray</p> <p>14:30 - 17:30 cooking our dinner meal "Giving back what you learnt in Italy"</p> <p>17:30 - 19:30 free time</p> <p>19:30 dinner time together</p>	<p>Morning: Developing technical skills: Knife skills and roasting vegetables, making hollandaise sauce, poaching eggs.</p> <p>Afternoon: Taking the knowledge acquired over the course of the week and combine it with a developed understanding of different cultural ideas to create 'fusion' Italian food that borrows from Italian, Portuguese and other culinary traditions.</p> <p>Using creativity, imagination and knowledge of taste combinations</p> <p>Using technical culinary skill</p> <p>Sharing ideas using Italian and English language and communication skills</p>
08/09/16 Thursday	<p>Visit to Catanzaro city. Going with local bus. Participants are free to have shopping time</p>	<p>16:00 - 20:00</p> <p>"Sweet&salt: how can a cake be the shape you want". Special focus on tiramisù!</p> <p>Workshop with Jolanta Kolanowska</p>	<p>Using skills from the week to gain communication independence</p> <p>Developing creativity</p> <p>Recognising cultural differences and similarities in tourist and shopping town economies</p> <p>Developing an understanding of the cultural traditions of the area and the role of food as a force in social,</p>

			cultural, technological, economic and even political spheres.
09/09/16 Friday	Departure time at 8:00 in Lamezia Airport - at 5.30/6 from Soverato.		