



**STUDY
ABROAD
ASSOCIATION**



BROOKDALE
COMMUNITY COLLEGE



ITALY

Focus: Hospitality and Culinary

Length: 9 Days

Dates: May 21-29, 2024



PROGRAM INFORMATION

Italy is a country of both bustling cities and serene picturesque countryside villages. It is a land of ancient history and unique culture.

It's generally known that people in countries bordering the Mediterranean Sea live longer and suffer less than most Americans from cancer and cardiovascular ailments. The secret is an active lifestyle, weight control, and a diet low in red meat, sugar and saturated fat and high in produce, nuts and other healthful foods. The Mediterranean Diet may offer a host of health benefits, including heart and brain health, cancer prevention, diabetes prevention and control weight loss.

During this 9-day program, students will travel through Italy in a journey that will give a great opportunity to practice and taste the best samples of mediterranean diet using the food resources made available in this region of the world. Cooking classes, visits to local food markets, a fish market tour as well as an ice cream lab and cheese factory visits are included. To further the knowledge of the Hospitality sector, the program includes two in-depth technical visits that will show how Hotels and Restaurants Management is handled in Italy. Students will also visit well-known cultural and historical landmarks and will have free time to wander on their own and collect many beautiful memories to bring back home!

ACCOMMODATION TYPES

**Accommodation selection will be based on group size, gender breakdown and availability. Students will share rooms of 2-4 people per room, each student will have their own bed. Faculty leaders will have their own private room with en-suite bathroom.*

Accommodation are always centrally located and top rated (minimum rating of 8 out of 10). Daily continental breakfast and Free Wi-Fi included.

By November 17	After November 17	Single Room Supplement
\$4,500	\$4,650	\$490

Courses Offered:

HOSP 245 Travel & Tourism (3 credits)
HOSP 295 Special Project (1 credit)
CULA 295 Special Project (1 credit)

ENGL 122 English Composition: Writing & Research (3 credits)
ENGL 295 Special Project (1 credit)



PROGRAM ITINERARY

DAY 1 - DEPARTURE - Tuesday, May 21

Depart Home for Rome, Italy

DAY 2 - ROME/FLORENCE - Wednesday, May 22

Arrive in Rome, Italy

Transfer to Florence by Train from the Airport
(approx. 2.5 hrs)

Check-in, Relax & Refresh

Orientation Walking Tour - *The group will become oriented with their neighborhood, the public transportation systems, nearby pharmacies, markets, ATMs, etc. Additionally, an in-depth safety briefing will be provided for what to do in case of an emergency.*

Florence Walking Tour (with Brunelleschi Pass to be able to see all the attractions from the inside) - *Duomo, Medici Palace, Piazza della Signoria, Ponte Vecchio, Rose Garden ecc..*

Welcome Dinner - *The group will be taken for an authentic dinner with a wide variety of menu options to cater all diets.*

DAY 3 - FLORENCE - Thursday, May 23

Breakfast & Day Briefing

Introduction to Hotel Management - *General overview of the hotel industry & trends that foster growth and employment in the hotel industry*

Visit of San Lorenzo Market - *The market is actually comprised of two separate markets, an indoor market, known at the Mercato Centrale, or Central Market.*

Accademia Gallery - *The Accademia Gallery collection includes priceless masterpieces and works of art in its various halls spread over two floors.*

Homemade Fresh Pasta Cooking Class & Dinner

DAY 4 - FLORENCE/TUSCAN COUNTRYSIDE- Friday, May 24

Breakfast & Day Briefing

Private Transfer to the Tuscan Countryside (approx 1 hr)

Introduction to Ecotourism - *Discussion on what the farmhouse is about and its benefits, regulations and local laws.*

Olive Grove, Vineyards & Winery Tour - *Visit the botanical garden, the olive grove, the organic farming vineyards of strictly indigenous vines & the awarded winery "Dalle Nostre Mani".*

Cooking Class & Group Dinner - *Learn how to use local herbs from the garden and cook an authentic Tuscan meal*
Overnight in Fucecchio

DAY 5 - TUSCAN COUNTRYSIDE - Saturday, May 25

Early breakfast & Day Briefing

Day Trip to Pisa and Livorno with Private Bus
Drive to Pisa (approx 40 mins.)

Visit a Fish Market

Visit Pisa Leaning Tower

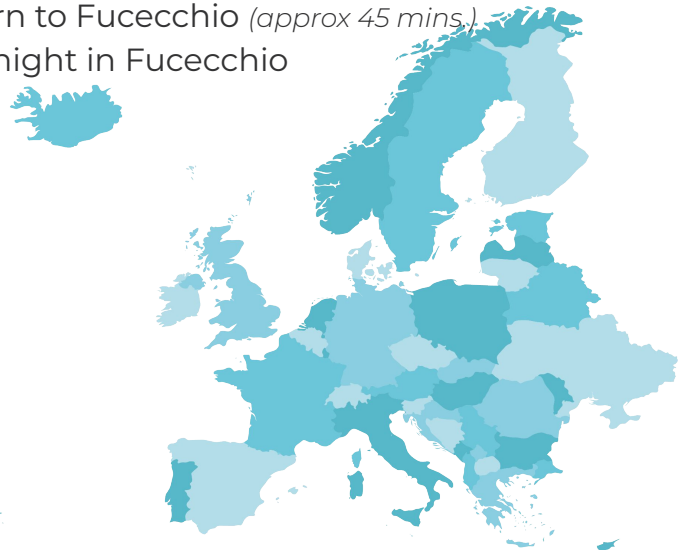
Drive to Livorno (approx 40 mins.)

Visit Fortezza Vecchia

Group Dinner at Seafood Restaurant

Return to Fucecchio (approx 45 mins.)

Overnight in Fucecchio





PROGRAM ITINERARY

DAY 6 - TUSCAN COUNTRYSIDE/ROME - Sunday, May 26

Early breakfast & Day Briefing
Visit Cheese Factory and Tasting
Visit Traditional Artisan Pasta Factory
Private Bus Transfer to Rome (approx 4h)

DAY 7 - ROME - Monday, May 27

Breakfast & Day Briefing
Colosseum, Palatine Hill, Roman Forum - *After visiting the most iconic monument of Italy, the Colosseum, the group will explore the Palatine Hill and Roman Forum: the largest archeological area of Rome, the ancient city center. It hosts temples, triumph arches and basilicas from the Roman Kingdom (8th century BC) to the Byzantine Empire (6th century AD).*
Historical & Cultural Walking Tour of Rome - *Spanish Steps, Piazza Navona, Pantheon, Trevi Fountain etc.*

DAY 8 - ROME - Tuesday, May 28

Breakfast & Day Briefing
Vatican Museum, Sistine Chapel & St. Peter's Basilica - *The museum displays works from the immense collection amassed by popes throughout the centuries including several of the most renowned Roman sculptures and most important masterpieces of Renaissance art in the world. The museums contain roughly 70,000 works, of which 20,000 are on display.*
Free Afternoon in Rome
Farewell Dinner (possibly at Trattoria Cadorna - via XX Settembre)

DAY 9 - ROME - Wednesday, May 29

Breakfast & Day Briefing
Airport Transfer
Depart Rome, Italy for Home





PROGRAM HIGHLIGHTS

- Florence Visit of major landmarks (from inside)
- Florence San Lorenzo Market
- Florence Pasta Cooking Class
- Technical Introduction to Hotel Management in Florence
- Accademia Gallery
- Olive Grove, Vineyards and Winery Tour
- Tuscan Cooking Class
- Day Trip to Pisa and Livorno
- Fish Market Visit
- Pisa Leaning Tower
- Fortezza Vecchia
- Cheese Factory and Tasting
- Visit Traditional Artisan Pasta Factory
- Colosseum, Palatine Hill, Roman Forum
- Vatican Museum, Sistine Chapel & St. Peter's Basilica

PROGRAM INCLUDES

- 7 Nights of Hotel Accommodation
- Daily Continental Breakfast
- Welcome and Farewell Dinners
- Other Group Dinners:
 - on Day 3 (after Pasta cooking class)
 - on Day 4 (after Tuscan Countryside cooking class)
 - on Day 5 (Seafood Dinner in Livorno)
- All Ground Transportation
- Historical & Cultural Walking Tours
- Full Time Local Guide
- 24/7 On-Ground Emergency Support
- Travelers Health Insurance & Liability Insurance
- Tips & Gratuities

For more information contact

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