



PICCOLA UNIVERSITÀ ITALIANA

PER STRANIERI – TROPEA

Programme 2024

Cooking course:

Learn to cook Mediterranean style



Mediterranean cuisine is one of the most popular worldwide. Those who love Italy, also love the Italian cuisine. But what makes Italian cuisine so special?

Italians don't just eat to get full, for them eating is much more of a communicative experience – it is an expression of zest for life. Mediterranean cuisine is light, tasty and rich in variety.

During our popular cooking course 'Cooking Mediterranean style' you will be learning to make Italian dishes and also some typical Calabrese specialties shown to you by our amicable cooking teacher from Tropea.

Delve into the Italian way of life and the Calabrese culture outside of the classroom too.

The cooking course consists of 3 lesson units, each unit takes 3.5 hours.

The course lasts about 10 hours and starts at 6pm.

The course is held in Italian language.

On the first day you will receive a recipe list and an apron.

Minimum duration for this course is 1 week (= 3 evenings) and the maximum duration is 4 weeks.

The maximum number of participants is 2 (e. g.: friends or a couple). The course is however very popular amongst those travelling alone.

Each course day ends with a meal eaten together with your cooking teacher. The course fees cover all ingredients needed to prepare the meals which are consumed afterwards with your teacher.

Drinks are to be purchased separately by students.



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If you should have any special recipe requests, please advise us when booking. We will do our best to make sure these requests appear in the cooking plan.

Here is an example of a 1-week meal plan:

• 1st evening:

Starter: Homemade Fileja spiced and prepared with sweet Tropea onions

Main course: Omelette with onions and 'Nduja cakes

Dessert: Traditional apple cake

• 2nd evening:

Starter: Homemade potato-gnocchi with swordfish sugo

Main course: Grilled swordfish with stuffed fried potatoes

Dessert: Tiramisù

• 3rd evening:

Starter: Risotto with seafood

Main course: Golden baked cod and aubergine balls

Dessert: Shortcrust pastry cake with homemade orange marmalade

1 WEEK (3 evenings)	EUR 250,00
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Price per person



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Programme 2024 Windsurf Course

(April to October)



Windsurfing is one of the most beautiful sports. It joins the thrilling speed of the surf, with the tranquillity of sailing and enables you to be in tight contact with the beauty of nature and its natural strengths. No other sport may transmit the sensation of open space better, it is without doubt a spectacular sport, which makes your holiday to an unforgettable experience.

The Windsurfing school is under German – French management and is one of the most professional schools in South Italy. Our partner has been operating around Tropea for over 30 years. The school disposes of excellent teaching material of HIFLY.

The windsurfing courses are carried out with a maximum of 4 participants. Each tuition unit is conducted under the surveillance of an experienced instructor and its assistants and is divided into a theoretical and a practical part, which will be performed in several escapes to the sea. The lessons can be executed in Italian, English, German or French.

**The timetable of lessons will be agreed with the instructor according to weather conditions.
Minimum duration of stay to book this course is 2 weeks.**

The program „Italiano + surf“ is tailor-made for all, who like to fully enjoy their holiday and like to benefit of every moment. It is the ideal connection of cultural education, Italian “dolce vita”, relaxation and to learn or put in practice this fascinating sport. Enjoy your vacation with all senses!

Our program also intends to provide the possibility to use only the windsurfing course. This combination is ideal for families with kids, couples or friends with different interests. While one is learning Italian, others can indulge in their preferred water sports.

Windsurf Course	EUR 310,00
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The windsurf course is composed of 10 hours of tuition and is arranged over max. 5 days. Please kindly bring one passport picture for the Basic Windsurf Licence.

The course fee covers:

- Ride from Tropea to windsurf school (approx. 30 minutes) and back
- Fee for windsurf-course and material
- Use of surfing suits and life jackets
- Issue of the Basic Windsurf Licence



PICCOLA UNIVERSITÀ ITALIANA

PER STRANIERI – TROPEA

Programme 2024 Catamaran Sailing Course

(April to October)



Catamaran sailing is a very special way of sailing. Benefit of your holidays and combine your language vacation with a sailing course to discover the fascinating world of sailing.

Here you will get enthused by thrilling sensations and you will learn about the balance between the natural resource “ocean” and autonomic navigation.

Catamarans belong to the most comfortable and stable boats in its category. The sailing school disposes of a fleet of different Hobie Cats: 3x Hobie cat 13, 4x Hobie cat 15, 2x deriva (tipo laser) x14, 3x laser pico, 1x laser 16. The Sailing school is under German – French management and is one of the most professional schools in Southern Italy. Our partner has been operating around Tropea for over 30 years.

Each tuition unit is conducted under the surveillance of an experienced instructor and its assistants and is divided into a theoretical and a practical part, which will be performed in several escapes to the sea. The content of lessons is composed of the base nomenclature, the corrected armament of the boat, the sailing points regarding the wind, the technical tacking. The teaching can be executed in Italian, English, German or French.

**The timetable of lessons will be agreed with the instructor according to weather conditions.
Minimum duration of stay to book this course is 2 weeks.**

The program „Italiano + Catamarano“ is tailor-made for all, who like to fully enjoy their holiday and like to benefit of every moment. It is the ideal connection of cultural education, Italian “dolce vita”, relaxation and to learn or put in practice this fascinating sport. Enjoy your vacation with all senses!

Our program also intends to provide the possibility to use only the windsurfing course. This combination is ideal for families with kids, couples, or friends with different interests. While one is learning Italian, others can indulge in their preferred water sports.

Catamaran Sailing Course	EUR 410,00
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The sailing course is composed of 10 hours of tuition and is arranged over max. 5 days.
Please kindly bring one passport picture for the Basic Catamaran Licence.

The course fee covers:

- Ride from Tropea to the windsurf school (approx. 30 minutes) and back
- Fee for sailing-course and material
- Use of sailing suits and life jackets
- Issue of Basic Catamaran Licence



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Programme 2024

Painting course

The painting course is structured in 5 lessons lasting approximately 2 hours each, for a total of roughly 10 hours. On the spot can be chosen between 2 different painting methods:

- **Oil painting:**

During the course 1 oil paint will be accomplished

- **Watercolour painting:**

During the course several watercolour paintings will be accomplished



The course fee covers all painting materials, paint, brushes, paper and canvas.

1 week	EUR 250,00 <i>price per person</i>
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