

TWO WEEKS OF IMMERSION IN ITALY

# Taste *Tuscany*

*An intensive Summer School  
in gastronomy and wine*

**4 ECTS**

TUSCANY, ITALY

14 DAYS · FIELD IMMERSION

WELCOME

# Live the flavours of *Tuscany*.

*Step into the heart of Italy and discover Tuscany through two of its most distinctive expressions — gastronomy and wine.*

**T**his intensive Summer School combines academic learning, field activities, tastings, workshops and cultural immersion. It is designed for students and professionals who want to understand Italian food and wine culture from both a practical and cultural perspective.

Tuscany is not only one of Italy's most iconic regions. It is also a living laboratory of food traditions, wine production, local identity and sustainable tourism. Over two intensive weeks, participants explore regional gastronomy, visit selected producers, take part in guided tastings and develop practical knowledge of Tuscan food and wine culture.

The programme is built on a simple principle: in Tuscany, food and wine are not subjects to be studied from a distance. They are encountered, tasted, prepared and understood in the very landscape that produced them.

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14

DAYS OF  
IMMERSION

40h

ACADEMIC &  
FIELD ACTIVITIES

4

ECTS  
CREDITS

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TASTINGS &  
MEMORIES

# What you will *experience*.



— No. 01

## **Wine & Vineyard Immersion**

Walk through renowned wine areas — Chianti, Montalcino, Montepulciano. Meet producers and learn how grape varieties, terroir and method shape Tuscan wine identity.



— No. 02

## **Hands-On Tuscan Cooking**

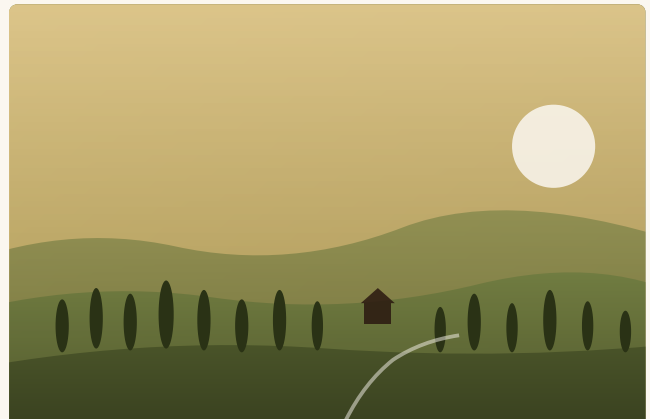
Practical workshops with expert chefs. Prepare traditional regional dishes and understand the cultural meaning behind every plate of Tuscan cuisine.



— No. 03

## **Artisan Food Discoveries**

Discover local excellence through guided tastings of cheeses, olive oils, cured meats and other regional specialties — directly with the artisans who make them.



— No. 04

## **Culture, Territory & Sustainability**

Explore the connection between food, landscape, tradition and sustainability in one of Europe's most celebrated gastronomic regions.

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*Lectures, seminars and interactive sessions led by specialists in gastronomy, wine, tourism and cultural heritage.*

#### ACADEMIC COMPONENT

Learn from *experts*.

- i.* **Italian cuisine** and the Mediterranean diet

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- ii.* **Wine fundamentals:** grape varieties, terroir and classification

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- iii.* **Food and wine pairing** techniques

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- iv.* **Cultural and economic value** of gastronomy

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- v.* **Gastronomy, identity** and sustainable tourism

#### LEARNING OUTCOMES

What you will *gain*.

- i.* Practical **wine tasting** and evaluation skills

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- ii.* Deeper understanding of **Tuscan food and wine culture**

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- iii.* Basic **food and wine pairing** competence

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- iv.* Awareness of **gastronomy in tourism** and local development

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- v.* **4 ECTS credits** recognised internationally

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**Taste · Learn · Pair · Belong**



ACADEMIC SETTING

## PROGRAMME STRUCTURE

# How the *weeks* unfold.

- **40 hours** of academic instruction and field activities

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- **Guided visits** to selected food and wine producers

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- **Wine tastings** and food workshops

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- **Practical cooking** sessions with expert chefs

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- **Cultural activities** connected to Tuscan gastronomy and territory

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- **Accommodation solutions** available on request

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## AUDIENCE

# Who is it *for*.

- Students in **hospitality, tourism, food studies, cultural studies** and related disciplines
- International participants seeking an **intensive academic and experiential programme** in Tuscany
- Young professionals interested in **Italian gastronomy, wine and cultural tourism**
- Anyone with a **serious interest in food, wine, culture and travel**

MORE THAN A COURSE

# An *authentic* understanding of Italy.

*Taste Tuscany offers participants the opportunity to study Italian gastronomy and wine in direct contact with the territory that produced them.*

*Through lectures, workshops, visits and tastings, you gain practical knowledge, cultural insight and an authentic understanding of one of Italy's most internationally recognised regions.*

WATCH OUR STORY

*See Tuscany in motion.*



SCAN TO WATCH