



## THE ITALIAN MOSAIC: TUSCANY AND UMBRIA

**A mini experience in the development of central Italy through time. The ancient and medieval town of Cortona is the stage in which you will examine the making of modern Italy. We start with ancient Tuscany, proceed to the Medieval and Renaissance, through the 17th and 18th centuries, to the Canadians in the Valdichiana during the war years. The course ends with a discussion of Italy in Europe today. You will enjoy and learn about the food, the wines, the language, and Italian art and history, all taught by the professors of the University of Alberta School in Italy (Cortona).**



### **SEPT 25: ARRIVAL IN CORTONA**

Helena Fracchia, Director of the Cortona Program and the Mosaic Course leader together with the CREA staff will welcome you at the Camucia- Cortona train station in the afternoon; transfer by private Taxi to Hotel San Michele, a beautiful 4 star Hotel in the center of Cortona. After you settle into your rooms, there will be orientation with an aperitif before dinner. Special welcome dinner in the most elegant and well known restaurant in town, Osteria del Teatro.

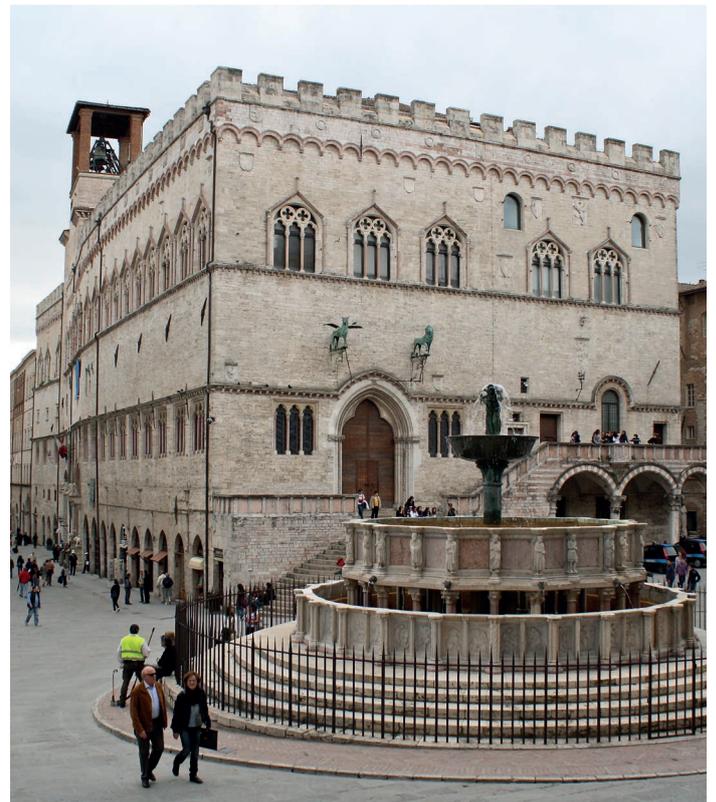


## SEPT 26: ANCIENT CORTONA

Start your day with breakfast at the hotel, conversing with archaeologist Helena Fracchia, about the origins of Cortona. At the Museo dell'Accademia Etrusca e della Città di Cortona (MAEC), the Etruscans and Romans will be the subject, to provide you with the cultural background of modern Tuscany. Choose a restaurant or coffee bar that appeals to you for your lunch. In the afternoon, the first Italian lesson with Marco Pacioni who will teach you about ordering meals. Enjoy the hands-on cooking lesson about grains and legumes of the region, the basic foods from the time of the Etruscans, and taste what you have cooked.

## SEPT 27: MEDIEVAL AND RENAISSANCE TIMES

After breakfast at the hotel, the day starts with some more basic Italian practice with Marco, followed by a visit to the Enoteca Caciobrillo for a discussion about cheeses and preserved meats, two staples of the Italian diet through time. After lunch, Alessandro Celani will show you Medieval and Renaissance Cortona, with a brief visit to the Diocesan Museum to view the works of the Italian Renaissance such as Beato Angelico and Luca Signorelli. In the later afternoon have an aperitif while discussing Assisi and Perugia, two of the main sites in Umbria. Enjoy dinner at a place of your choice.



## SEPT 28: DISCOVERING ASSISI AND PERUGIA

A Renaissance day, with Alessandro Celani. Starting after breakfast at the hotel, you go to Perugia, the capital of Umbria, with its wonderful works of art and architecture. Use some of your time to explore the hidden alleys of the city. Enjoy lunch at one of the outdoor cafes. Next stop is the most spiritual city in Italy, Assisi, Saint Francis' hometown. In the evening, practice your Italian while having an aperitif at the hotel. To cap off the day, dinner together at Pane e Vino, with a lesson on Italian wines.

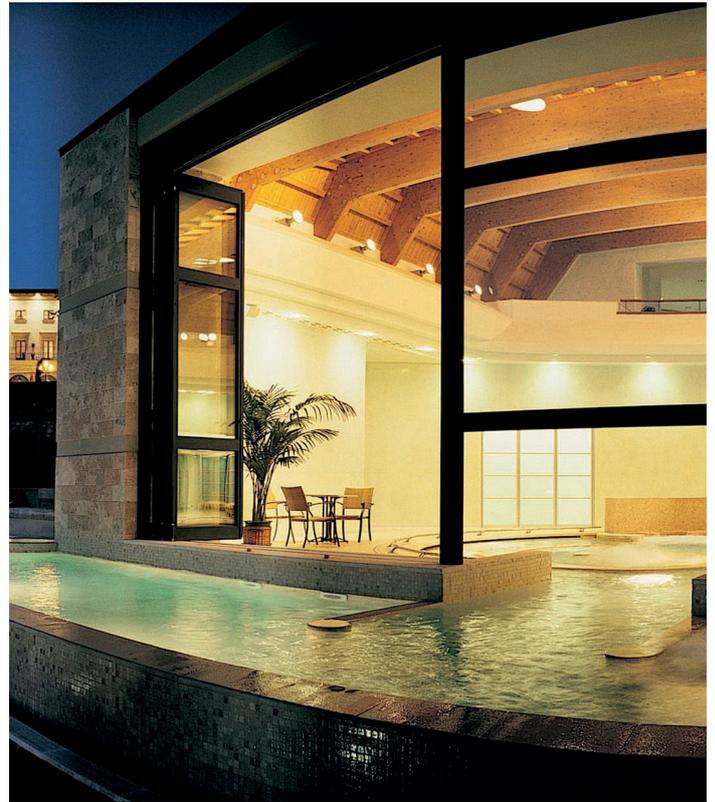
## SEPT 29: DAY AT LEISURE

Spend your free day in Cortona to relax lingering over breakfast and the views, to discover new sites or visit other cities in the nearby (Helena and Laura will make recommendations for day-trips). In both cases, seize the opportunity to practice the Italian you have learnt talking to the friendly local people.



## SEPT 30: THE INNOVATIVE 17TH AND 18TH CENTURIES IN ITALY

Enjoy breakfast at the hotel. Our expert on the 17th and 18th centuries, CREA representative Laura Santiccioli will introduce you to Italy and Cortona of that period including a special visit to the upper rooms of MAEC, originally seat of the 18th c. ETRUSCAN ACADEMY. Afterwards, wander around the Cortona open-air market and enjoy lunch watching the bustle of the day in Cortona. Later, Marco will take you to local shops to practice your Italian. "Beginnings and endings" is a tasting lesson about aperitivi and digestivi at Molesini's. Dinner at Tonino's includes an after dessert conversation with Helena on how the Grand Tour formed European identity in the 17th and 18th century using the ancient civilizations as the glue for what will become modern Europe.



## OCT 1: REVOLUTIONARY UPRISINGS AND THE TWO WORLD WARS

At the hotel, a breakfast conversation about the 19th and 20th centuries in Cortona with Helena and Laura, followed by a visit to Civitella in Valdichiana, a small town that survived a particular drama during World War II. Lunch in the countryside will focus on olive oil and truffles. The later afternoon return to Cortona is followed by an aperitif at the hotel and Italian with Marco. Dinner is at your own discretion.

## OCT 2: MODERN TIMES IN ITALY

After breakfast at the hotel, a trip to San Casciano Bagni, one of the most beautiful hamlets in Tuscany, where you can either walk around admiring the view of the famous Val d'Orcia or indulge in a Spa day. San Casciano's thermal baths with sulfur waters were already popular at Etruscan and Roman times. After a light lunch at San Casciano, we will return to Cortona and learn about Modern Italy, including economic and immigration issues, with our teachers Valentina Raparelli and Maurizio Gualtieri. In the evening discussion and synthesis of the week over aperitifs and farewell dinner at La Loggetta.



**For complete information and registration: [uab.ca/mosaic](http://uab.ca/mosaic) or [Helena.Fracchia@ualberta.ca](mailto:Helena.Fracchia@ualberta.ca)**

**CREA:** CREA Tours and Events is an agency specialized in the organization of group travel for every type of educational institution, both Italian and foreign based. CREA Tours and Events represents an idea - an innovative project for offering all the service of a modern travel agency, with experience, attention and professionalism. Our CREA representative is Laura Santiccioli, CREA Program Director, who has also worked for years with the University of Alberta, School in Cortona.

### **Mobility and fitness**

Please ensure that you are able to comfortably walk up and down moderate hills and on uneven surfaces without assistance. Cortona is a hilly place, with only one flat street throughout the town. Please bring good walking shoes, comfortable layer-able clothes.

### **Our comprehensive registration fee includes:**

- Eight nights accommodation at Hotel San Michele
- Meals and beverages (e.g. aperitifs, coffee) listed in the itinerary
- Visits to Cortona Museo dell'Accademia Etrusca, the Diocesan Museum of Cortona, and the Civitella in Val di Chiana
- Academic discussions on Etruscan, Roman, Medieval, Renaissance, and Modern Italy with University of Alberta professors
- A day trip to Perugia and Assisi
- A day trip to Civitella in Valdichiana
- A day trip to San Casciano Bagni
- Conversational Italian lessons
- Traditional Italian cooking and food lessons on olive oils, truffles, cheeses, preserved meats, grains and legumes
- A guided walking tour of the town of Cortona
- Admission to museums and sites in the itinerary
- Transportation to and from activities and day trips in the itinerary
- Transportation between the Camucia- Cortona train station and the Hotel San Michele in Cortona (both arrival and departure)
- All tips/gratuities during scheduled activities, including meals, guides/instructors and drivers
- Organization and tutoring by CREA Tours and events

### **The registration fee does not include:**

- Airfare and associated costs (e.g. baggage fees)
- Travel insurance
- Passport fees
- Travel between your airport and Camucia - Cortona train station (most people will fly into Rome or Florence, and then take the train to the Camucia-Cortona station)
- Cancellation, medical and any other personal insurance
- Meals and beverages, except those listed in the itinerary
- Laundry and personal services
- Visas and entry/departure fees, if applicable
- Activities undertaken during free time