



EDUCATIONAL  
TOURS

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# CUISINE & CULTURE OF NORTHERN ITALY

12 days | Milan | Turin | Cinque Terre | Parma | Modena | Bologna | Lucca | Florence | Rome

The most important thing to pack on a trip to northern Italy? An empty stomach. Sample freshly made focaccia on the shores of Cinque Terre and stroll past street food vendors at Bologna's 25-acre cuisine amusement park, FICO World Eataly. Balance your meals with sightseeing stops in Milan, Bologna, Florence, and Rome, where you'll feast your eyes on some of Italy's most celebrated architectural gems. Just make sure to save room for gelato, too.

## YOUR EXPERIENCE INCLUDES:



**Full-time Tour Director**



**Cuisine & culture highlights:** One visit to a local farm and one locally guided walking tour with food tastings.



**Personalized learning guide:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.



**All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 10 overnight stays in hotels with private bathrooms; European breakfast and dinner daily



Sample gelato in Rome



Cinque Terre



*Anyone can see the world.*

# YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

And the experience begins long before you get your passport stamped and meet your Tour Director in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. Expert local guides will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

*@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday*

— MELISSA, TRAVELER



Via Twitter



Learn from your Tour Director and expert local guides



Sample fresh focaccia on the Italian Riviera



Enjoy a chocolate workshop in Lucca



**CHECK OUT WHAT A TOUR IS ALL ABOUT**

Watch the videos at  
[eftours.com/](http://eftours.com/)

Your teacher's Tour Website

## What you'll experience on your tour

### Day 1: Fly overnight to Italy

#### Day 2: Milan | Lake Como

- Meet your Tour Director at the airport before you travel to Lake Como.
- Stretch your legs and absorb the natural beauty of Lake Como, one of northern Italy's most recognized sights.
- Enjoy a welcome dinner featuring classic Italian dishes.

#### Day 3: Milan

- Take an expert-led tour of Milan and discover the art, fashion, opera, and gastronomic influences that make this city a cultural hub.
- Learn about local agriculture and taste some native products during a rural farm visit.

#### Day 4: Milan | Turin

- Travel to Turin, the capital of Italy's Piedmont region and the slow food movement, which focuses on preserving regional cuisines and local farms.
- Take an expertly guided food tour through one of Turin's charming neighborhoods, sampling new dishes around every corner. Finish this walking tour with lunch and dessert.

#### Day 5: Milan | Cinque Terre region

- Travel to Cinque Terre, a collection of seaside towns located along the Italian Riviera.
- Enjoy free time to relax on the area's pristine beaches.
- Sample focaccia from a local store.

#### Day 6: Cinque Terre region | Parma | Modena | Bologna

- Travel to Bologna via Parma and Modena.
- Visit a cheese producer, where you'll learn about the time-honored traditions of producing Parmesan.
- Stop in Modena for free time and lunch.

#### Day 7: Bologna

- Take an expert-led tour of Bologna. With a metropolitan population of one million people, Bologna is the seventh largest city in Italy, and the largest of the Emilia-Romagna region. Bologna is also home to some of Italy's most famous culinary delights, including Bolognese sauce.
- Explore FICO World Eataly during a guided tour. This massive food wonderland is home to working fields, stables, and vendors serving up tasty Italian cuisine such as mortadella, homemade pasta, and panettone.

#### Day 8: Bologna | Lucca | Florence

- Travel to Florence via Lucca.
- In Lucca, visit one of Tuscany's leading chocolatiers for a chocolate-making tour and tasting.
- Explore Florence at your own pace this afternoon. This Tuscan city is the birthplace of the Italian language, opera, and the Renaissance, and where works of art like Michelangelo's *David* and Botticelli's *The Birth of Venus* still reside today.

#### Day 9: Florence

- During an expert-led tour of Florence, pass by Giotto's Bell Tower and the imposing marble cathedral in the Piazza del Duomo, stand before Ghiberti's legendary *Gates of Paradise*, and see the classical statues of the Piazza della Signoria.
- During free time, explore Florence's famous Mercato Centrale.

#### Day 10: Florence | Rome

- Travel to Rome.
- Take an expert-led tour of the Colosseum and the Roman Forum. You'll explore the world's most famous arena, the Colosseum, where you can almost hear the stamping feet of the crowds gathered for gladiatorial combat. Nearby, the Roman Forum marks the former heart of the Roman Empire. Julius Caesar gave many of his great political speeches there.
- Enjoy gelato while walking through the streets of Rome.

#### Day 11: Rome

- Take a guided tour of Vatican City. Be sure to look up at Michelangelo's breathtaking ceiling in the Sistine Chapel and check out the colorful uniforms of the Swiss Guard, protectors of the Vatican.
- Continue your adventure in Rome on a self-guided walking tour to see other important sites such as the Trevi Fountain, Pantheon, Piazza Navona, and the Spanish Steps.
- Enjoy a special farewell dinner featuring some of the country's best comfort foods.

#### Day 12: Depart for home



*I very much enjoyed ordering gelato in Italian. Being able to apply a language is something I don't get to do often.*

*This is my fragola e cocco (strawberry and coconut) gelato, my personal favorite #EFtravelgoals*

– MORGAN, TRAVELER



Via Instagram

*Ever since I was a little girl, I wanted to travel to Italy. It finally happened! With the greatest tour guide too! Our tour guide was the nicest and funniest man I have ever met! There was never a dull moment on the trip. Going to Italy for this trip only made me want to visit even more in the near future!*

– MARIA, TRAVELER



Tour review

## TOP THREE THINGS I WILL SEE, DO, TRY, OR EXPLORE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

— The easiest ways to —

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*My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.*

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

## THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 55 years, EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices** so more students can travel.
- **We're fully accredited, just like your school**, so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director is with your group** every step of the way on tour, providing insight about your destinations as well as great local tips.



Education First