

Piccola Università Italiana - Le Venezie
Lingua, Cultura e Dolce Vita

Piccola Università Italiana - Tropea
La Scuola di Italiano al Mare



PICCOLA UNIVERSITÀ ITALIANA
PER STRANIERI – LE VENEZIE & TROPEA



PICCOLA UNIVERSITÀ ITALIANA

OUR PHILOSOPHY





HISTORY

The school was founded in 1993 as a 'Caffè Culturale' in Tropea, in Southern Italy. In 2004, it was officially recognised by the Italian Ministry of Education, University and Research (23860/P of 30.11.04) and after twenty years of experience, we opened a second centre in Trieste, in north-eastern Italy.





CULTURAL DIFFUSION

Our school's goal is to promote the Italian language and culture in its most varied and authentic aspects. We work tirelessly to offer courses and activities in which language learning is undertaken, integrated and strengthened by coming into constant contact with Italy's cultural heritage.

THE WEB PORTAL FOR ITALIAN CULTURE

(www.italianculture.net)

We have created and financed a web portal that is known as a meeting place and source of information for anyone who is passionate about Italy looking for the latest news about cuisine, design, and tourism. The portal offers a wide range of services that can be of assistance to all those who share our vision of experiencing Italian culture.



TRIESTE



TROPEA

OUR SCHOOLS

Trieste and Tropea are located at the extremes of the Italian peninsula, in historic, spectacular regions, far away from mass tourism destinations. Although they are very different places, they share many characteristics perhaps because of the similarity of their environments.

Seafaring cultures are linked to rugged, unspoilt landscapes, and their proximity to UNESCO sites encourages an ongoing relationship with history, art and archaeology.





BOUTIQUE SCHOOLS

Both schools are located in elegant historic buildings in the historic centres of Tropea and Trieste, close to the sea and in constant interaction with the vibrant lifestyles of these two delightful towns.

The two small boutique schools have comfortable multimedia classrooms in which lessons (with no more than 6 students) turn into experiences of cultural exchange in a pleasant and professional atmosphere.



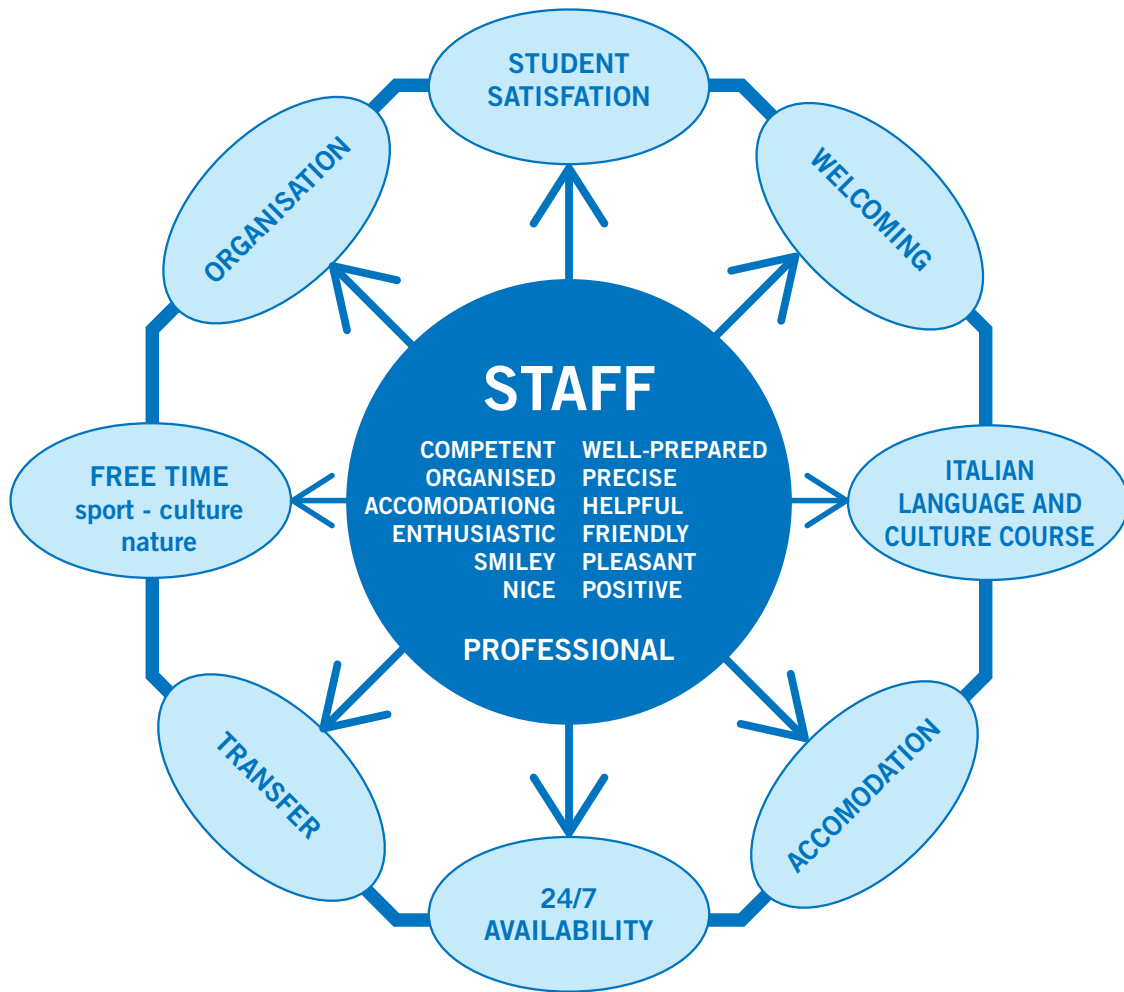


MISSION

We want our school to be a warm and welcoming place where the interaction between people from all over the world encourages linguistic and cultural exchange, and where the desire to learn Italian brings all our students together through truly enjoyable experiences.

Our 15 language levels ensure that each student will be placed in the class that is most appropriate for them.





SERVICES

Our school guarantees a comfortable and pleasant linguistic stay thanks to the many services we offer, from organising students' travel to their accommodation in flats/residences/hotels, from our qualified teachers' attention to the linguistic needs of students to extracurricular activities organised by experts (excursions, guided tours, special courses in art, music, singing, cooking and sport).





OUR SCHOOLS AT A GLANCE

- 20 years of experience
- Boutique schools with friendly and professional staff
- Excellent administrative organisation
- Small class sizes, from 3 to 6 students
- 15 language levels
- Guaranteed language level
- Flexible course schedule, starting every Monday
- Qualified first-rate native Italian teachers
- Bildungsurlaub (Germany) - CSN (Sweden)
University accreditation (USA)
- EDUITALIA

Recognised by



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"Lingua, Cultura e Dolce Vita"
Via Armando Diaz 16
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Tropea

"La Scuola di Italiano al Mare"
Largo Antonio Pandullo 5
89861 Tropea – Italia
Tel.: +39 0963 60 32 84

info@piccolauniversitaitaliana.com

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PICCOLA UNIVERSITÀ ITALIANA

OUR SCHOOL IN TRIESTE





THE CITY OF TRIESTE

Trieste is an enchanting, elegant and effervescent city located in north-eastern Italy and in the heart of Europe, just a few kilometres from Slovenia, Austria and Croatia. Here you can immerse yourself in a literary atmosphere and a multicultural environment, as Trieste was for many centuries the meeting place for the most important European writers of the 1900s. Majestic buildings with imposing façades of different architectural styles, legendary theatres and cafés, countless museums and castles tell the fascinating history of Trieste, a lively border city which has always offered visitors a pleasant stay in the spirit of culture and “la dolce vita”.





THE SCHOOL

The school in Trieste is situated in the heart of the old town, just a few steps from the famous Piazza Unità d'Italia, where students can enjoy real Italian coffee during a study break. The name of the school comes from the historical tre Venezie, which today are the regions of Friuli Venezia Giulia, Veneto and Trentino.

The institute is located in a magnificent Venetian building and has 6 air-conditioned/heated multimedia classrooms (32" flat-screen TV, DVD and HIFI, internet point with iPad, WIFI throughout the school), a cinema, library and reception area.





THE CULTURAL PROGRAMME

Every week, the school offers the opportunity to immerse yourself in the fascinating culture of the territory of “Le Venezie”.

Guided tours through the city of Trieste and its palaces and museums, guided excursions to historic castles, afternoons dedicated to Italian cinema and seminars on Italian culture are an integral part of our cultural programme. In addition, the numerous UNESCO World Heritage Sites throughout Friuli Venezia Giulia, Veneto and Trentino enrich this programme. The school can also book tickets for events at the Opera House in Trieste, which offers an interesting and extensive calendar of concerts and operas.





EXCURSIONS

- Aquileia
- Cividale del Friuli
- Udine
- San Daniele
- Duino and Miramare
- Grado and its lagoon
- Venice: city of Gondolas
- Vicenza: city of Palladian Villas
- Verona: city of Romeo and Juliet
- Padua and the Botanical Gardens
- Ferrara: city of the Renaissance
- Mountain bike excursions
- Nature hikes with the WWF
- Guided tours of Trieste
- Food and wine tours
- Company visits





CULTURE SEMINARS

- The history of the Italian language
- History of film and art
- History of the opera
- Michelangelo
- Leonardo da Vinci
- Trieste: the capital of coffee
- Coffee preparation and tasting

OUTDOOR ACTIVITIES

- Horse riding
- Boat tours
- Mountain bike excursions

SOCIAL ACTIVITIES

- Drinks, dinners, and evenings in osmiza – traditional farmhouses where you can taste local foods
- Italian and Middle-European cookery lessons





ACCOMMODATION

The school organises accommodation and offers different kinds of lodging that will satisfy the needs of every student.

SCHOOL APARTMENT

The flat is recently renovated and fully-furnished, and has 6 bedrooms, 4 bathrooms and a large kitchen. All rooms have wifi, 32" flat-screen TVs and central heating. Weekly cleaning and linen changes are included in the price.

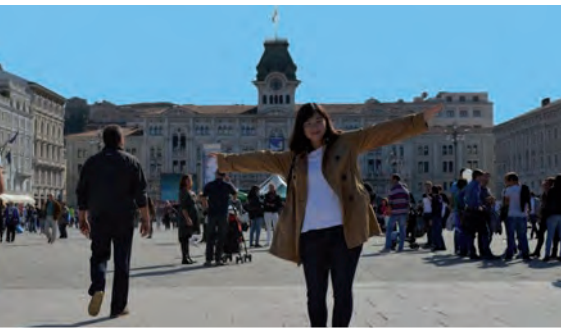
STUDIO FLATS IN RESIDENCES

There are 5 residences to choose: from simple to luxurious, in a centralised location close to the school or on the outskirts near a large park.

HOTELS OR B&BS

On request, we can organise stays in hotels of various categories or in B&Bs. Rates vary depending on the season.





HOST FAMILIES

Staying with a family is the most complete way to immerse oneself in the life and culture of Italy. Students live in a private single room furnished with a bed, table, chair and wardrobe.

GETTING THERE

BY AIR. Trieste airport (TRS) is 40 km from the centre of town. If there is no direct flight from your departure city, we recommend flying through Rome's Fiumicino airport (FCO), an international hub that offers up to ten daily flights to Trieste. Venice airport (VCE) and Treviso airport (TSF) are 150 km from Trieste and are well-served by public transport (buses, trains). Pick-up transfer from these airports to the centre of town is organised by the school and included in the enrolment fee.

BY TRAIN. Trieste train station is located next to the old town centre.



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PICCOLA UNIVERSITÀ ITALIANA

OUR SCHOOL IN TROPEA





THE CITY OF TROPEA

Widely known as ‘the Pearl of the Tyrrhenian Sea’, Tropea is a charming and picturesque town of 7000 inhabitants in the region of Calabria, located on a rocky cliff above the sea. It boasts a well-preserved medieval town centre, a lively market, romantic side streets, small shops and traditional artisan crafts, outdoor cafés and typical family-run Italian restaurants. Enjoy spectacular white sandy beaches, the crystal-clear turquoise water, tiny untouched bays, fabulous traditional cuisine and the charm of Tropea’s history, which can still be felt while walking past the imposing buildings of the town centre.





THE SCHOOL

The school in Tropea is in the heart of the old town centre in a gorgeous 18th-century building. There are 11 air-conditioned/heated multimedia classrooms (32" flat-screen TV, DVD and hi-fi, internet point with two computers, wifi throughout the school), 4 terraces, a cinema room with a piano which is available for student use, a multimedia library and a reception area. On sunny days, the terraces can be used for private lessons.





THE CULTURAL PROGRAMME

Every week, the school offers the opportunity to immerse yourself in the friendly and fascinating world of Southern Italy. Tropea is the perfect point of departure for exploring the archaeological sites of Magna Graecia and many places of great natural beauty, from the splendid coasts, to the unspoilt forests of Aspromonte. The excursions organised by the school make it possible to visit the Sicilian town of Taormina and its Ancient Greek theatre, the unique volcanic island of Stromboli and its awe-inspiring eruptions, and the city of Reggio Calabria and its important archaeological museum, which features two magnificent bronze statues 'Bronzi di Riace' in its collection.





EXCURSIONS

- Vibo – Pizzo
- Cosenza
- Stilo
- Reggio Calabria
- Serra San Bruno
- Locri, Gerace and the Magna Graecia
- Crotona, Le Castella and Santa Severina
- Sibari, Corigliano and the Licorice Museum
- The Romito Grotto, Morano Calabro and Castrovillari
- Sicily: Messina, Taormina and the Ancient Greek Theatre
- Campania: Pompeii and the Amalfi Coast
- Mini-cruise to the Aeolian Islands
- Stromboli by night
- Guided tour of Tropea
- Food and wine tours
- Company visits





CULTURE SEMINARS

- History of the Italian language
- History of film and art
- History of Italian opera
- Michelangelo
- Leonardo da Vinci...

OUTDOOR ACTIVITIES

- Horse riding
- Boat tours
- Mountain bike excursions

SOCIAL ACTIVITIES

- Dinners with Italian music
- Mediterranean cookery lessons





ACCOMMODATION

The school organises accommodation and offers different kinds of lodging that will satisfy the needs of every student.

In order to offer the highest possible services, the school personally manages all flats, their weekly cleaning and linen changes. All flats have televisions and most have balconies, washing machines and radios. Some of them enjoy sea view.

SHARED APARTMENT

The typical shared flat has two or three bedrooms, a large kitchen and one or two bathrooms. The kitchen and bathrooms are shared.

STUDIO FLATS

A typical studio flat has a large room with kitchenette and bathroom. Some studio flats also have a separate living room and kitchen.





HOTELS, GUEST HOUSES OR B&BS

On request, we can organise hotels of various categories, guest houses or B&Bs. Rates vary depending on the season.

GETTING THERE

BY AIR. The largest airport in Calabria is in Lamezia Terme (SUF), 60 km from Tropea. If there is no direct flight to Lamezia Terme from your departure city, we recommend flying through Rome's Fiumicino airport (FCO), the most important international hub in Italy, which offers up to ten daily flights to Lamezia Terme. Transfer to Tropea is organised by the school and included in the enrolment fees.

BY TRAIN. The largest train station in the area is in Lamezia Terme. In order to get to Tropea, you will need to change train and take a regional train to your destination, or you can make use of the transfer option organised by the school and included in the enrolment fee.



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PICCOLA UNIVERSITÀ ITALIANA

COURSE GUIDE



TEACHING METHOD

Our Italian native instructors are certified for teaching Italian to foreigners and teach the language through the communicative method, using Italian as the language of instruction. This method favours the greatest possible development of students' linguistic abilities.

Our didactic library is constantly updated with new materials. Alongside modern and professional Italian language textbooks, integrated with audio CDs and CD-ROMs, we also use literary texts, films, songs, magazines and newspapers during lessons.

GUARANTEE OF LANGUAGE LEVEL

On the first day of lessons (Monday) at 8 am, students take both a written and an oral exam, the results of which determine which group the student will join.

Our programme follows the linguistic levels as defined by the Common European Framework of Reference for Languages (A1, A2, B1, B2, C1, C2), which is the basis for recognising linguistic competence. We also have 9 sub-levels in order to offer our students an amount of 15 different levels, all of which are designed to satisfy their individual needs.

REGULATIONS FOR STANDARD GROUP COURSES

In order to ensure an ideal learning experience, the number of students is limited to 6 per group. Each lesson lasts 55 minutes and each group has 4 hours of lessons daily: 2 hours of grammar and 2 hours of conversation with two different teachers:

(9am – 1 pm or 2pm – 6 pm) Trieste

(9am – 1pm or 4pm – 8pm) Tropea

If a group of at least 3 students at the same linguistic level cannot be formed, then this student will be assigned individual class “2 to 1” or “1 to 1” with the number of lessons reduced by half. In this case, the course has 2 hours of daily lessons: 1 hour of grammar and 1 hour of conversation with the same teacher.



LANGUAGE COURSES

The school offers standard and intensive Italian language courses for small groups (from 3 to 6 students), private courses or a combination of the two, along with exam preparation courses (CELI, CILS, PLIDA, IT), business Italian, Italian for special interests (art, music, cuisine, scientific interests) and courses for senior students.

Our programme of courses is divided into the following categories:

LANGUAGE COURSES	STANDARD GROUP COURSES			
	A Conversation Course - pag. 4 -	B Standard Group Course - pag. 4 -	C Intensive Course 20+6 - pag. 4 -	
	STANDARD INDIVIDUAL COURSES			
	D '2 to 1' Individual Lessons - pag. 5 -	E '1 to 1' Individual Lessons - pag. 5 -		
	CUSTOMISED COURSES			
	Language and Culture Courses - pag. 6 -	Corsi di Italiano Commerciale - pag. 6 -	Exam Preparation Courses for Italian Language Certificate Exams: CILS, CELI, IT, AIL - pag. 6 -	Courses for Teachers - pag. 6 -
	SPECIAL PROGRAMMES			
	Active Silver 60+ - pag. 6 -	Italiano navigando (Sailing trip) - pag. 6 -		



STANDARD GROUP COURSES

Our school offers (standard) group and individual courses. The basic courses of our programme are organized as follows.

COURSE A - Conversation Course (2 hours a day / 5 days a week)

- Lessons from Monday to Friday
- 2 lessons of 55 minutes each in small groups from a minimum of 3 to a maximum of 6 people, for students at an intermediate or advanced level (B1, B2, C1, C2), based on readings from newspapers and discussions of related topics.
- Length: 1 – 12 weeks

COURSE B - Basic Group Course (4 hours a day / 5 days a week)

- Lessons from Monday to Friday
- 4 lessons of 55 minutes each (with a 20-minute break) in small groups from a minimum of 3 to a maximum of 6 people. The lessons focus on developing both grammar and conversational accuracy and fluency.
- Length: 1 – 52 weeks

COURSE C - Intensive Course 20 + 6 (basic course + 6 individual lessons)

- Students attend the basic course and also 2 individual lessons of 55 minutes each for 3 afternoons per week. This kind of course allows us to follow the particular linguistic needs of each student in detail.
- Length: 1 – 52 weeks



STANDARD INDIVIDUAL COURSES

COURSE D - '2 to 1' Individual Lessons

- If there are two students at the same level, we offer an excellent alternative to individual lessons. An instructor designs a personalised programme based on the linguistic needs of two students and teaches both of them at the same time. Ideal for couples or friends.
- Length: 1 – 52 weeks

COURSE E - '1 to 1' Individual Lessons

- The most effective method of instruction for those students who want to learn the most in the least amount of time. Personalised according to the linguistic needs of each student, the course focuses on contemporary Italian for specific uses.
- Length: 1 – 52 weeks

CUSTOMISED COURSES

We can design personalised courses to fulfil our students' linguistic wants and needs, thanks to our instructors' extensive background and specialisation.

In our standard programme there are the following personalized courses:

Exam Preparatory Courses for Italian Language Certificate Exams: CILS, CELI, IT, AIL

- We recommend a minimum study period of three weeks.
- CILS and CELI exams will be held at our school in Trieste.
- There are two exam sessions scheduled each year (June and December).



Language and Culture Courses

Italian literature, contemporary Italian history, history of Italian art, history of Italian music, Italian opera, Italian architecture.

Business Italian Courses

Italian for economics and business communication, Italian for tourism, medical Italian, legal Italian, Italian for interpreters (topics may change on request).

Courses for Teachers

Various courses based on teachers' needs.

SPECIAL PROGRAMMES

'Active Silver' Language Programme

- Special courses for our over-60-year-old students who prefer to take a course that has been designed specifically for them.
- Length: 14 days

"Italiano navigando" (Sailing trip)

An extensive programme of Italian language courses during which you can participate in a week-long cruise around the 7 Aeolian islands (UNESCO World Heritage Site) on a comfortable gulet sailing vessel.

The price includes:

boat with crew, cabin accommodation, full board and insurance



PLUS COURSES (Italian + activities)

Our Italian 'PLUS' courses have been designed to cover many fields of interest.

The activities are offered to whomever wishes to combine Italian language courses with special activities. It is also possible to book all of these activities individually, making these courses perfect for couples and groups of friends who have different interests.

'PLUS' COURSES (ITALIAN + ACTIVITIES)	COURSES IN TRIESTE					
	COOKING	PAINTING	MUSIC	SAILING	KAYAK	MOUNTAIN BIKE
	Cooking lessons of Italian and Middle-European cuisine, perfect to immerse into the multicultural gastronomy of Trieste - pag. 8 -	The ABC of Art Watercolours Oils Drawing Portraiture - pag. 9 -	Courses of music appreciation, of instruments and of singing from both a classical / academic and a modern perspective - pag. 10 -	Sailing lessons in the city of the wind and of the historic Barcolana regatta, which hosts approximately 25,000 sailors every year - pag. 11 -	Sea kayak lessons along the Duino coast, at the mouth of the Timavo River and near the Isola della Cona - pag. 12 -	The region of Friuli Venezia Giulia offers great mountain biking opportunities, and the city of Trieste lends itself wonderfully to being explored by bike - pag. 13 -
	COURSES IN TROPEA					
	COOKING	PAINTING	CATAMARAN	WINDSURFING	SCUBA DIVING	MOUNTAIN BIKE
	Cooking lessons of traditional Mediterranean cuisine, perfect for learning how to cook Calabrian dishes and specialities - pag. 8 -	Oil painting Watercolour painting - pag. 9 -	Sailing lessons on a catamaran: experience the balance between the raw power of the sea and free sailing - pag. 11 -	Windsurfing lessons that combine the thrill of surfing with the peaceful contemplation of sailing - pag. 12 -	Courses in scuba diving are ideal for appreciating the beauty of the turquoise waters and the magnificent sea floor along the Coast of the Gods - pag. 12 -	Bike tours along the roads and trails around Tropea and Capo Vaticano - pag. 13 -



COOKING COURSE - Trieste

- Cooking course of Italian and Middle-European cuisine, perfect for diving into the gastronomic culture of multicultural Trieste.
- 3 lessons (6pm – 9:30pm) – 10 hrs and 30 mins
- Minimum course length: 1 week (3 lessons)
- Maximum course length: 4 weeks (12 lessons)

The price includes:

Recipe book – Apron – Ingredients for the preparation of all dishes

Sample menu

First course: Seafood risotto

Second course: Breaded fish and shellfish au gratin (mussels and cockles)

Dessert: Palatschinke (Middle-European crepes)

COOKING COURSE - Tropea

- Cooking course of traditional Mediterranean cuisine, perfect for learning how to cook Calabrian dishes and specialities.
- 3 lessons (6pm – 9:30pm) – 10 hrs and 30 mins
- Minimum course length: 1 week (3 lessons)
- Maximum course length: 4 weeks (12 lessons)

The price includes:

Recipe book – Apron – Ingredients for the preparation of all dishes

Sample menu

First course: Fileja fatti in casa conditi con Cipolla di Tropea

Second course: Onion omelette and canapé with 'nduja (spicy sausage)

Dessert: Apple cake



PAINTING COURSE - Trieste

Professional painting course in partnership with the free academy of the Fine Arts School of Trieste. Individual lessons with renowned, expert instructors to develop or refine artistic skills and techniques.

The ABC of Art

Basic techniques and general introduction to drawing (perspective, shading, drawing from models), to the use of colour (acrylics/oils) and to the composition and completion of works on canvas.

Thematic Art Courses

Watercolours techniques, details and results of mono- and polychrome watercolours.

Oils wide range of projects on oil painting techniques.

Drawing the basics of drawing, perspective and proportion.

Portraiture reproduction from photos, drawings or paintings.

The price includes:

- Materials, paints, paper and canvas
- Certificate of attendance and diploma of participation
- On request, art criticism of the student's work

PAINTING COURSE - Tropea

The painting course is divided into 5 lessons of about 2 hours each. The course is headed by a local artist. Students can choose from two different styles of painting:

Oil painting

You will complete an oil painting during the course.

Watercolour painting

You will undertake various watercolour paintings during the course.

The price includes: Materials – Paints – Paper and canvas



MUSIC COURSE - Trieste

Courses of music appreciation, of instruments and of singing from both a classical / academic and a modern perspective (jazz, rock, blues, easy listening and new genres).

60-minute lessons in a music school with 12 soundproof classrooms and a 'backline' (drum kit, amplifier for guitar and bass, voice sound system and piano).

TYPE OF COURSE	Level	Addressees	Course goals / Topics
Individual OPERA SINGING lessons	All levels	Amateurs and professionals	Technique, interpretation and repertoire
Individual INSTRUMENTS lessons			
Individual MODERN VOICE lessons			
Advanced individual OPERA SINGING lessons – MASTER CLASS	Advanced	Professionals	Interpretation and repertoire

CLASSROOM RENTAL	Level	Addressees
Rental of room with piano	All levels	Amateurs and professionals
Rental of room with studio ('backline') set-up		
Rental of room with grand piano		
Rental of room with pianist (for singers)	Advanced	Professionals



SAILING COURSE - Trieste

Sailing lessons in the city of the wind and of the historic Barcolana regatta, which hosts approximately 25,000 sailors every year.

Our partner sailing school is located in Duino, 30 minutes from Trieste.

Lessons are supervised by an expert instructor and are divided into a theoretical part and a practical part on the water.

In this course students learn the basic terminology of sailing. They also have the opportunity to know the proper fitting out of a boat and how to sail with the wind and the techniques of changing direction. The days and times for lessons are set by the instructor in accordance with current weather conditions.

The price includes: sailing gear – life jacket

CATAMARAN COURSE - Tropea

Sailing lessons on a catamaran: experience the balance between the raw power of the sea and free sailing.

Our partner sailing school has a fleet of Hobie Cats that are used for the following courses:

- 3 Hobie Cat 13,
- 3 Hobie Cat 15,
- 2 Laser-style dinghies x 14
- 3 Laser Pico,
- 1 laser 16.

Lessons are divided into a theoretical part and a practical part on the water with an expert instructor. In this course students learn the basic terminology of sailing. They also have the opportunity to know the proper fitting out of a boat and how to sail with the wind and the techniques of changing direction. The days and times for lessons are set by the instructor in accordance with current weather conditions.

The price includes: sailing gear – life jacket



KAYAK COURSE - Trieste

Sea kayak lessons along the Duino coast, at the mouth of the Timavo River and near the Isola della Cona. The excursions are supervised by expert guides and you will learn the techniques of paddling, manoeuvring and navigation, and recovery in case of capsizing.

The excursions are either half-day or full-day, depending on the itinerary, and are set by the instructor in accordance with current weather conditions.

The price includes: kayak, paddle, dry bag, floating assistance

WINDSURFING COURSE - Tropea

This course includes windsurfing lessons that combine the thrill of surfing with the peaceful contemplation of sailing.

Our partner windsurfing school is one of the most professional in Southern Italy.

Courses have a maximum of 4 participants and lessons are divided into a theoretical part and a practical part on the water with an expert instructor. The days and times for lessons are set by the instructor in accordance with current weather conditions.

The price includes: windsurfing wetsuit, life jacket

SCUBA DIVING COURSE - Tropea

Courses in scuba diving are ideal for appreciating the beauty of the turquoise waters and the magnificent sea floor along the Coast of the Gods. Open Water Diver (OWD) courses are available, as diving packages with or without equipment rental. For OWD courses, the price includes: manual with instruction kit, rental of equipment for the course, diving log, bestowal of scuba diving license and diving excursions with a dinghy at the end of the course.



MOUNTAIN BIKE PROGRAMME - Trieste

The region of Friuli Venezia Giulia offers great mountain biking opportunities, and the city of Trieste lends itself wonderfully to being explored by bike.

Details of the excursions are available from the school.

The following types of bicycles are available:

City Bikes – Mountain Bikes – Electric Bicycles (by request)

MOUNTAIN BIKE PROGRAMME - Tropea

The bike tours along the roads and trails around Tropea and Capo Vaticano are organised by a team equipped with 34 professional SCOTT mountain bikes with Shimano Deore/XT parts. The excursions are arranged with the guide in accordance with current weather conditions. A helmet is both included and mandatory for all guided tours.

THE 1-WEEK ACTIVE MOUNTAIN BIKE PACKET

This packet offers 4 half-day excursions and one full-day excursion.

The price of the packet includes:

- Round-trip transport from Tropea to the starting point of the MTB team (about 15 minutes by car) and return
- MTB guide
- MTB excursions as follows:
 - The Sunset (16km) – The Lighthouse (25km) – The Valley (30km) – Vineyards (26km) – 7th Heaven (56km)
- SCOTT mountain bike, helmet and backpack with bike repair kit



PLUS COURSES (Italian + activities) TRIESTE



PLUS COURSES (Italian + activities) TROPEA



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