



Education First

***Educational Tours***

# Discover Sports and Culture in Italy

12 days | Summer 2021







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## Included on tour



Round-trip flights on major carriers; full-time Tour Director; weShare, EF's personalized learning experience; hotels with private bathrooms; breakfast and dinner daily.

### Sightseeing:

Ancient Rome; Vatican City; Assisi; Florence; Bologna; Milan

### Entrances:

Colosseum; Roman Forum; St. Peter's Basilica; Sistine Chapel; Gelato and cookie making class; Basilica, Assisi; Balsamic Vinegar factory, Modena

### Overnight stays:

Rome (3)  
Florence (2)  
Bologna (4)  
Milan (1)



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# Your itinerary

## Day 1: Fly to Italy

Board your overnight flight to Rome!

## Day 2: Rome

### Arrive in Rome

Welcome to Rome, the Eternal City. The city is an incredible mix of archaeological gems, Roman genius, Renaissance art and religious treasure. As Italy's capital, it is also the bustling heart of this exciting country. With its fashionable shopping and café-culture, Rome really is a unique European experience.

## Day 3: Rome

### Guided sightseeing of Ancient Rome

Your guided sightseeing of ancient Rome takes you into the Roman Forum, once the heart of the Roman Empire. You will also visit the Colosseum, where gladiators once battled for their lives in front of 50,000 spectators.

**Explore the Spanish Steps, Trevi Fountain and Piazza Navona**  
Enjoy time in Piazza di Spagna. Climb the staircase to view the city below or take the time to wander through one of Rome's most popular shopping areas. Alternatively, snag a moment to relax amongst the hustle and bustle of the city while enjoying a traditional Italian treat- gelato. You should also make sure to wander over to the famed Trevi Fountain and toss in a coin to ensure your return to Rome.

## Day 4: Rome

### Guided sightseeing of Vatican City

The world's largest dome is located in the world's smallest country. See both as you tour St. Peter's Basilica, erected in Vatican City on the site where the saint was martyred. Enter the basilica under the watchful eyes of the brightly dressed Swiss Guard. Inside, admire Michelangelo's *Pietà* and try to find the artist's signature (it is the only sculpture he ever signed). Then continue on to the Vatican Museum, where elaborate galleries packed with one artistic masterpiece after another lead you directly to the Sistine Chapel. Between 1508 and 1512, Michelangelo painted some of the world's finest pictorial images on the Chapel's ceiling. This was his first attempt at working in fresco, which he did by standing up and craning backwards from a scaffold.

### Gelato and cookie-making class

Discover why food plays such an integral role in Italy's culture as you dive into this hands-on cooking class. Together with expert chefs, learn how to make delicious gelato, cookies, and biscuits. As you make the treats, your chefs will share stories about the importance of food in Italy, including the history of biscuits and why they're used to celebrate special days. You'll find out the tricks of Italian cuisine, learn all about the ingredients you're using, and walk away with a new (delicious) Italian vocabulary.

## Day 5: Rome | Florence

### Travel via a guided sightseeing of Assisi to Florence

As you head north you will see some of Italy's most enchanting countryside. Shortly afterwards, stop in Assisi, birthplace of both St. Francis and St. Clare. On your guided visit to the basilica of St. Francis, follow the life of one of Italy's most beloved saints through Giotto's frescoes. Continue traveling north to Florence, home of the Renaissance.

### Arrive in Florence

Set deep in the heart of Tuscany is one of Italy's jewels. The city of Florence has delighted visitors for centuries with its remarkable architecture. Whether sitting by the River Arno, strolling the beautifully housed streets or viewing the renaissance masterpieces that fill the city's churches and museums, one can only be astonished by the feeling of true beauty.

## Day 6: Florence

### Guided sightseeing of Florence

Fall under the spell of the powerful Medici family on your guided tour. See Giotto's Bell Tower and the imposing marble cathedral in the Piazza del Duomo. Stand before Ghiberti's legendary *Gates of Paradise* (so dubbed by Michelangelo), and pass the classical statues of the Piazza della Signoria. Here you can see where Michelangelo's *David* originally stood.

### Exploration time in Florence

You might take a moment to soak in the cobblestone birthplace of the Renaissance with a cup of cappuccino in one of the small cafes throughout the city. Maybe you would prefer to peruse the luxurious shops of the Ponte Vecchio, or take a stroll up through the Boboli Gardens to Forte di Belvedere, where you might chance on a sculpture exhibition as you take in the spectacular panorama of Florence.

## Day 7: Florence | Bologna

### Travel to Bologna

With a metropolitan population of one million people, Bologna is the 7th 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.

### Lunch at a balsamic vinegar factory

Learn more about the history and science that go into the production of balsamic vinegar in the Modena Region, just north of Bologna. Learn about how this tradition dates back to the 11th century, and the exact techniques used age the vinegar for at least 12 years before it is ready for use. Enjoy lunch and a tasting of the vinegar.

### Guided sightseeing of Bologna

Your tour begins in the Piazza del Nettuno, which features a once controversial statue of Neptune and the seductive sirens. Continue to the Basilica di San Petronio, which was left unfinished after the Vatican got word that the city planned to erect a church larger than St. Peter's. Also pass by the Palazzo Comunale, Bologna's 14th-century town hall, and see the city's landmark leaning towers.

### Exploration time in Bologna (*time permitting*)

This afternoon you might enjoy a visit to the Basilica di San Domenico, which features Michelangelo's *San Procolo*, considered to be his rehearsal for the *David*. A climb to the top of the leaning Asinelli tower rewards a stunning view. Or enjoy a stroll down the Via Strada Maggiore, which is lined with elegant mansions.

## Day 8: Bologna

### Group Leader-arranged activities

Today your Group Leader will arrange sports-themed activities for your group. *(Please note that any costs associated with these activities have not been included in your total Program Price. See your Group Leader for more details.)*

## Day 9: Bologna

### Group Leader-arranged activities

Today your Group Leader will arrange sports-themed activities for your group. *(Please note that any costs associated with these activities have not been included in your total Program Price. See your Group Leader for more details.)*

## Day 10: Bologna

### Group Leader-arranged activities

Today your Group Leader will arrange sports-themed activities for your group. *(Please note that any costs associated with these activities have not been included in your total Program Price. See your Group Leader for more details.)*

## Day 11: Bologna | Milan

### Travel to Milan

Arrive in Milan, fashion and finance capital of Italy. With its majestically adorned cathedral and the world-famous La Scala opera-house at the center, Milan is a mixture of traditional beauty and an economically successful present.

### Guided sightseeing of Milan

On your guided tour of flashy Milan, explore the interesting mix of past and present that make Milan one of Italy's most dynamic cities. See the striking duomo, with its enormous collection of spires and statues, it is the world's largest Gothic cathedral.

### Exploration time in Milan

This afternoon is yours to explore Milan. You may wish to explore the city further or finish your shopping. Of course, you can also just relax at one the many cafes.

## Day 12: Depart for home

### Transfer to the airport for your return flight

Your Tour Director assists with your transfer to the airport, where you'll check in for your return flight home.

Itinerary is subject to change

For complete financial and registration details, please refer to the Booking Conditions at [www.eftours.com/bc](http://www.eftours.com/bc).

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–**CHARLOTTE, PARENT**

