



# THE MED DIET TOUR 2018-19

SALERNO -- AMALFI COAST – CILENTO - POMPEI  
SLU STUDY PROGRAM ABROAD WITH ADELE AUTUORI

**THIS SAMPLE ITINERARY TAKES PLACE DURING CHRISTMAS BREAK**

**DEC. 28 / 1ST DAY**

Airport Transfer by coach to your Youth Hostel /Hotel– Welcome reception, briefing and first impressions of Salerno walking in the old town. Visit of the Cathedral. Dinner together

**DEC. 29 / 2ND DAY IN SALERNO**

The Garden of Minerva and the Medical School of Salerno – The usage of herbal plants for medical purposes. Guided tour with a professional tour guide. Cooking session in a small restaurant in the old town. The usage of ancient vegetables in our diet. Afternoon –Can you taste the difference between natural and artificial flavors?

**DEC.30 /3ND DAY SANTA MARIA DI CASTELLABATE- PIOPPI**

Trip to Pollica/Pioppi italian homeplace of Dr. Ancel Keys – Visit of the Living Museum of Sea and of the Med Diet Museum with a short introduction. Product tasting from local producers. Early Afternoon in Santa Maria di Castellabate.

**31. DEC. / 4ND DAY – NEW YEAR EVE**

Individual excursion experience during the day to Vietri sul mare - Early New Year Eve dinner in the old town of Salerno – New Year’s Eve Concert downtown Salerno

**01. JAN/5<sup>TH</sup> DAY – NEW YEAR**

New Year’s Lunch like local people do at home - Classic music concert in Teatro Verdi in the afternoon. Happy New Year reception your Hotel .

**02. Jan. / 6th Day OGLIASTRO CILENTO**

Cooking session in Cilento at Donatella’s Farmhouse. How to make fresh pasta– Gluten free flours – We cook a traditional meal together. The family table experience.



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## **03. JAN. / 7TH DAY PAESTUM**

Guided visit of an organic buffalo farm in the plain of Paestum – Lunch at the farm with fresh pasta, ricotta, mozzarella and smoked cheese – Visit and walk through the Greek Temples of Paestum.

## **04. JAN. / 8TH DAY PRIGNANO CILENTO, RUTINO**

Fig preservation and confectionery in Cilento - Workshop and tasting

Winemaking in Cilento. A rare opportunity to peek into what it is to be a winemaker. Natural wines? Why?

## **05. JAN/ 9TH DAY AMALFI & RAVELLO**

Amalfi - Visit of the cathedral and learn about the Arab -Islamic influences on southern Italian architecture, pastry coffee break in a historical pastry shop close to the Cathedral

Ravello – Visit of the villa Rufolo and Villa Cimbrone – Breath-taking views, lovely gardens and Hollywood memories.

## **06. JAN. / 10TH DAY**

Pompei Archeological Site – Guided Tour with our tour guide Michael – Ancient food traditions – Recent discoveries in Pompeii

## **07. JAN. / 11TH DAY Departure day**

**November 2018**

**All the contents of this study program abroad by Adele Autuori.**