



University of Gastronomic  
Sciences of Pollenzo  
Università di Scienze Gastronomiche di Pollenzo

# STUDY ABROAD

Tailor-made  
Gastronomy  
Immersion Programs in  
Italy

Sample Two-Week Course



About UNISG

# The first-ever university dedicated solely to Gastronomic Sciences.



University of Gastronomic  
Sciences of Pollenzo  
Università di Scienze Gastronomiche di Pollenzo

[unisg.it](http://unisg.it)



@UNISG



@unisg\_official

Piazza Vittorio Emanuele 9, Pollenzo – 12042 Bra (Cn)

- Our local food system

## The gastronomic heritage of the Langhe is one of the most renowned treasures in the world.

This region, nestled among rolling hills and famous vineyards, is not only celebrated for its prestigious wines but also as a place where culinary culture intertwines with agricultural tradition, making it an ideal destination for the study of food.

**Pollenzo**, a gem in the heart of the Langhe and a UNESCO World Heritage site, stands as a symbol of this richness. In addition to being a distinguished wine district, it is home to the **University of Gastronomic Sciences (UNISG)**, an international center of excellence that blends gastronomic research with local traditions.



- Slow Food Network

The connection between Pollenzo and Slow Food is deep and long standing. It is here that the idea of a sustainable and mindful approach to food was born. This unique ecosystem links the food and wine culture of the region to a network of local and international companies committed to promoting good, clean, and fair food. Collaborations within the **Slow Food network**, alongside the region's productive enterprises, offer a unique opportunity for those looking to understand the relationship between gastronomy, sustainability, and innovation.





**INTERDISCIPLINARY  
TEACHING**



**EXPERIENTIAL  
LEARNING**



**INTERNATIONAL  
NETWORK**



University of Gastronomic  
Sciences of Pollenzo  
Università di Scienze Gastronomiche di Pollenzo

[unisg.it](http://unisg.it)



@ UNISG



@unisg\_official

Piazza Vittorio Emanuele 9, Pollenzo – 12042 Bra (Cn)

- Pollenzo Gastronomy Immersion Programs
- in **Sustainable Food Systems**

These **tailor-made, action-learning** food studies experiences are designed to align with the profiles of students, their enrolled courses, and their individual interests. Whether you're studying economics, marketing, anthropology, or any other discipline, this program offers an intensive, two-week **full immersion into the world of food**, providing a unique perspective based on your academic background and personal focus areas.

With extensive human resources available, including expert faculty from Pollenzo and partner universities, we are equipped to address any course requirement or specialization. Each experience is custom-built to give students a deep understanding of food from the angle most relevant to them, whether it's cultural, economic, or environmental. At Pollenzo, we cover every aspect of the food ecosystem, offering an unparalleled learning opportunity in one of the world's **most prestigious gastronomic regions**.



- Course Structure: What to Expect

**Our Pollenzo Food Immersion Programs in Sustainable Food Systems are structured to provide a well-rounded, immersive experience that combines both theoretical learning and practical exploration.**

Over the course of two weeks, participants will gain a deep understanding of the food world from multiple perspectives, perfectly tailored to their field of study and interests.

**Theoretical Lessons**

Days will include in-depth classroom lessons led by our expert faculty. These sessions cover a broad range of topics, from the cultural, economic, and environmental dimensions of food to the intricacies of food production, marketing, and sustainability. The curriculum is customized based on the students' academic backgrounds, ensuring relevance and enriching learning experiences.



- Course Structure: What to Expect

### **Field Visits and Hands-On Learning**

Combined with the theoretical session, we integrate practical experiences through visits to food producers, partner companies, and other collaborators within the university's extensive network. These visits are designed to give students first-hand insights into how the food industry operates, whether it's observing sustainable farming practices, learning from food entrepreneurs, or engaging with Slow Food advocates. Each visit is carefully selected to complement the theoretical content, creating a seamless connection between classroom learning and real-world applications.

This blend of theory and action-based learning ensures that participants leave with a comprehensive understanding of the food system and the ways it intersects with their area of study.





## **Simone Cinotto**

Academic Coordinator for our Pollenzo Food Immersion Programs. As a leading expert in food studies and the cultural history of food, Prof. Cinotto brings a wealth of academic knowledge and insight to the program.

[s.cinotto@unisg.it](mailto:s.cinotto@unisg.it)



## **Julia When & Chiara Monge**

from the Executive Training Office are the Course Coordinators. They are dedicated to managing all practical aspects of the course, from scheduling lessons and field visits to liaising with our partners and food industry collaborators.

[executivetraining@unisg.it](mailto:executivetraining@unisg.it)

About UNISG

# Example 10-day program

scientific and cultural heritage of the Italian food system



University of Gastronomic  
Sciences of Pollenzo  
Università di Scienze Gastronomiche di Pollenzo

[unisg.it](http://unisg.it)



@ UNISG



@unisg\_official

Piazza Vittorio Emanuele 9, Pollenzo – 12042 Bra (Cn)

## STUDY ABROAD PROGRAM OBJECTIVES

---

- Learn about the Italian food system from a holistic, interdisciplinary approach
- Learn about current food topics through seminars held by scholars at the only global University entirely devoted to the study of food
  - Reflect on themes such as sustainability, circular economy, health, consumer science, and cultural heritage
  - Touch, taste, and experience food through workshops, sensory analysis, cooking activities and field visits

---

10-day course in Piemonte, Northern Italy

---

- Teaching methods: lectures, seminars, cooking activities, visits to producers, interactive workshops, tasting sessions
  - Total class contact hours in Pollenzo: 30 hrs.
    - Total visit hours: 30 hrs
  - Number of participants: minimum 10, maximum 24 total

## WEEK 1

### Day 1

10:00 am Arrival in Pollenzo. Welcome and meeting with the Dean of the University - Prof. Nicola Perullo

10:30 am Introduction to the course and tour of the campus, labs and educational gardens - Prof. Simone Cinotto

12:00 pm Workshop on Slow Food, Food Quality and Sustainability

1:00 pm Lunch at the Academic Tables

2:00 pm Keynote Lecture: *Taste between Ethics and Aesthetics: A Map of Our Experiences between Pleasure, Knowledge, Indifference and Wisdom* - Prof. Nicola Perullo

4:00 pm End of activities and return to Bra

### Day 2

10:00 am Gastronomic Tour of Bra, lead by a UNISG Alum: Visit to the Slow Food Headquarters to learn about the movement, followed by a brief food tour around Bra to get to know its traditional local products

12:00 pm Transfer to Pollenzo. Visit to the Wine Bank

1:00 pm Lunch at the Academic Tables

2:00 pm Sensory Analysis of Food: The Importance of Sensory Education to Evaluate the Quality of Food. Test in the UNISG Sensory Analysis Lab - Prof. Luisa Torri

4:30 pm End of activities and return to Bra

## Day 3

10:00 am *Introduction to Ethnobotany: How Human Cultures Use Plants for Food, Medicine, and Identity* - Prof. Andrea Pieroni

11:00 am Foraging session to learn how to recognize and collect wild plants, herbs and flowers. The group will learn about seasonality and how to forage safely and sustainably - Prof. Andrea Pieroni

12:30 pm Transfer to the Pollenzo Food Lab with the harvested products. Cooking session and lunch: how wild food plants can be used in the kitchen for the creation of sauces, dishes or fermented drinks

2:00 pm *Food and Health: How to Integrate the "One Health" Approach to Our Everyday Lives* - Andrea Devecchi, Medical Doctor in Clinical Nutrition, UNISG PhD student in Ecogastronomy, Food Sciences and Cultures

4:00 pm End of activities and return to Bra

## Day 4

9:00 am Departure by bus for a visit to "Reis, Cibo Libero di Montagna" to experience their sustainable farm-to-fork concept. On the mountains nearby, Reis produces on-farm vegetables, fruit, meat and dairy products and promotes community, love for nature and minimal impact on the environment. Lunch at the Reis restaurant.

4:00 pm Return to Bra

## Day 5

10:00 am *Food Psychology, Nudging and the Perception of Taste: How Marketing Can Influence People's Perceptions and Drive Consumers to Make Healthy and Sustainable Food Choices*. Practical activity and case studies – Riccardo Migliavada, UNISG Fellow Researcher

1:00 pm Lunch at the Academic Tables

2:00 pm *Food and Aromas: Aesthetics and Marketing of Smell*. Lesson and workshop - Elena Mancioppi, UNISG Fellow Researcher

4:00 pm End of activities and return to Bra

## SATURDAY - Porta Palazzo in Turin: The Largest Open Market in Europe

9:30 am Departure by train from Bra to Turin

Visit of the Porta Palazzo Market, the Largest Open-Air Market in Europe

(<https://www.turinepi.com/2014/10/porta-palazzo-market.html>) - Prof. Simone Cinotto

1:30 pm Lunch on your own. Suggested eating place: Mercato Centrale Food Court

(<https://www.mercatocentrale.com/turin/>)

Afternoon free time in the city of Turin to visit historic sites, museums, shops or just for a wander around the city center

8:00 pm Return to Bra by train

## Day 1

10:00 am *Food Trends, Sustainability and Ethics in the Food Business: Case Studies of Greenwashing* - Prof. Michele Fino

1:00 pm Lunch at the Academic Tables

2:00 pm Visit to Fontanafredda, one of the most prestigious wine estates in Piemonte. Tour of the underground cellars to learn about the history of the winery and its wines. Guided tasting of 3 iconic wines of the estate

3:00 pm End of activities and return to Bra

## Day 2

10:00 am *The History of Taste and the Taste of History: People and Food on the Move and the Making of World Cuisines* - Prof. Simone Cinotto

12.00 pm Cooking session and lunch in the Pollenzo Food Lab. Preparation and tasting of Italian dishes and fresh pasta

3:00 pm End of activities and return to Bra`

## Day 3

10:00 am Visit to the cow farm and cheese producer Caseificio Rabbia, and guided tasting of their products to learn about traditional cheesemaking methods and the natural flavor of cheese

12.00 pm Lunch at a local osteria

2:00 pm Visit to LIM, an artisanal chocolate company grounded in the bean-to-bar approach and focused on quality and sustainability throughout the entire supply chain. The visit will include a tour of the chocolate laboratory and tasting

4:00 pm Return to Bra

## Day 4

9:00 am Transfer to the Roero region for an authentic truffle hunting experience through the woods with hunter and dog to search for black and white truffles. Tasting of local products paired with truffles

12.00 pm Departure for visit and lunch at Eataly in Turin to learn about the history and concept of the store.

3:00 pm Guided tour of the Lavazza Coffee Museum in Turin to learn about their their production and fair trade projects. Guided coffee tasting

5:00 pm Return to Bra

Day 5

10:00 am *Innovation and Strategy in the Italian Food Industry: The Shift towards Sustainability, Recent Trends, and Scenarios*

12.00 pm Lunch at the Academic Tables

1:00 pm *How to Think with Pastry: Practical and Creative Cooking Workshop* - Maddalena Borsato, UNISG  
Fellow Researcher

4:00 pm Tasting of desserts prepared together and final toast

4:30 pm End of course and awarding of certificates ceremony

5:00 pm Return to Bra

# BUDGET

Costs and activities covered by UNISG:

- Design and organization of the course
- Lessons, workshops, tastings and cooking activities with UNISG professors and experts
- All visits and tastings at producer companies
- Use of classrooms, labs and UNISG facilities
- Bus hire costs for all visits to producers and daily bus trips from Bra to Pollenzo
- Assistance during lessons and visits
- Logistical support before and during stay
- Lunches for 10 days

Total cost of 10-day course:

10 - 14 participants: cost per person: **2050€**

15 - 19 participants: cost per person: **1750€**

20 - 24 participants: cost per person: **1450€**

Cost per faculty/tutor accompanying the group: **800€**

Other costs NOT included

## Lodging:

We can lodge the group in 3 or 4 star hotels in Bra. Average costs of 3 star rooms including overnight tax and breakfast:

- Single room: 80€ each per night
- Double room: 120€ per night
- Triple room: 135€ per night

## Dinners:

Consider an average cost of 25€ – 60€ per person per meal depending on type of restaurant (from pizzeria to traditional Italian Osterias)

## Airport transfers:

These can be organized by UNISG. Costs vary depending on whether groups arrive in Turin or Milan airports



University of Gastronomic  
Sciences of Pollenzo

Università di Scienze Gastronomiche di Pollenzo