# Syllabus: Business and Food Cultures of Italy: Entrepreneurship, sustainability, and heritage in Tuscany (8 credits)

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## Description of the Course

This multicultural, excursion-rich, and food-focused program offers intensive study and numerous field trips in a major European cultural center: Florence, Italy. In 2022, Basel, Switzerland also is included. The 8-credit course builds on work in ENVS/UEPP 110 (Ecogastronomy: Art and Science of Food), ENVS 314 (Food security, policy, and practica: Special topics) and ENVS 410 (Agroecology and Resilient Communities) with critical studies in food cultures, climate and environmental sustainability, and social movements around food, as well as in sensory taste sciences and sustainable business practices. Students study food planning and gastronomy entrepreneurship—and experience a unique food economy (associative economics) at Camporbiano in the Tuscan countryside. They experience business and culture at the Istituto Galileo Galilei, authentic regional cuisine and cooking (50 meals), and, for 2022, residential stay at the beautiful‎ Begungzentrum in Dornach. Some course sessions are provided by researchers of a key center of ecogastronomic research and archives (University of Florence, and, in 2022, the University of Perugia). For 2022, a three-day culture and sustainability excursion to the Maremma National Park has been added.

While in Italy, students complete close to 45 hours of lecture and 75 hours of laboratories and field trips for a total of 120 hours. Students will complete course work pre-departure, during the program, and post-program. Field experiences and enrichment activities include language study, local excursions, and direct experience with Italian food entrepreneurship. The course also includes several days of Bellingham-based lectures and culinary intensives.

## Course Structure

The format for this course is a 24-day intensive. The intensive consists of one day of lectures and meetings on the WWU campus prior to departure, meetings prior to departure, participation in discussion threads in What’s App, about one week in Switzerland and two weeks in Florence (beginning in 2023, and to reduce the cost of the program, the entire course will take place in Italy only), and three days in the Maremma National Park.

Participation (and illness concerns)

Students are expected to fully participate in the program, pre-departure, and, during the program (this includes attending all evening meals and following weekday curfews). Students will have already signed International Program forms to this effect, as well as forms that specify consequences for inappropriate behavior). Students with illnesses must see a doctor, and arrange for paper work to specify that it is ok to rejoin the class, pending treatment.

Covid

Although students are responsible for required COVID testing prior to boarding an international flight (to and from Europe), as well as in Switzerland, we will have appropriate test kits and information on how to otherwise easily test during the program. The university will cover any unplanned quarantine coverage if COVID delays any student’s departure, which includes lodging, meals, and flight change fees up to $2,000.

Student responsibilities: Students must be full vaccinated prior to departure, and wear appropriate masks and follow hand sanitizing regimes. On our end, we are making sure that students are as spaced out as possible, especially for lodging.

Course work (approximately 160 hours) and Grades

Bellingham and WWU campus: attendance and participation in meetings (our main way of communicating with each other in Europe), completion of Canvas modules including discussion posts and short-answer essays)

*Approximate hours: 40*

**25% grade**

Italy (and, for 2022, Switzerland): participation, as well as daily reflections (amounting to about 25 pages of typed work)….Please bring notepads that you can share with me, once back in the United States – or I-pads (and files you can email), or loose-leaf paper. You’ll be keeping notes and answering prompts for reflections, while in Switzerland and Italy, the compilation is due July 23, 2022 and before final grades are due. NB: This can be emailed to Gigi (if, for example, you are travelling).

*Approximate hours: 60 (this amounts to about 2 hr/prompt writing, and 1 hr/post per post editing and incorporating course material before submission)*

**40% grade**

Discussion posts Italy (and, for 2022, Switzerland)

*Approximate hours: 20*

**10% grade**

Paper: (outline due August 1, paper due August 15, 2022); instructions in Canvas. NB: This can be emailed to Gigi (if, for example, you are travelling).

*Approximate hours: 40*

**25% grade**

Texts\*

Berardi, G. FoodWISE. North Atlantic Books. 2020 (Gigi donates $1/book purchased to excursion enrichment). Required.

Harper, Douglas and Faccioli, Patrizia. *The Italian way: Food & social life*. The University of Chicago Press. 2009. Required.

Petrini, Carlo. *Slow Food Nation*. New York: Rizzoli ex libris. 2005, 2007. Required.

Vreeland, Susan. *The Passion of Artemisia*. New York: Penguin. 2002. Required.

Hibbert, Christopher. *The Rise and Fall of the House of Medici*. New York: HarperCollins. 1974. Recommended.

\*These required texts must be read before the program starts, as they form the basis (together with a number of refereed articles) for your pre-departure work in Canvas. Those that have not completed the Canvas work pre-departure, will need to do so during our stay in Switzerland.

TENTATIVE Itinerary (Weeks 1-4): Business and Food Cultures of Italy: Entrepreneurship, sustainability, and heritage in Switzerland and Tuscany, Italy

*Hours, lecture. Approx. 45*

*Hours, lab and field experience. Approx. 75 (in addition to 12 hr pullman transit time in Italy)*

### Week 1

Sunday, June 19/Day 0 (Travel day)

Monday, June 20/Day 1 (3 hrs)—Orientation and welcome dinner

Tuesday, June 21/Day 2 (8 hrs)—Goetheanum in Dornach, Switzerland 9am - 12am, Work in gardens and afternoon introductory lectures on food cultures. Short hike with view of Mont Blanc. Meals incl.

Wednesday, June 22/Day 3 (7 hrs)—Lectures, biodynamic and sustainable ag/Castle Field Excursion. Meals incl.

Thursday, June 23/Day 4 (6 hrs)—Lectures, biodynamic farming and beekeeping. Meals incl.

Friday, June 24/Day 5 (5 hrs)—Lectures, Goethean science in the world economy. Basel, Switzerland (swimming in the Rhine, Basel museum). Meals incl.

Saturday, June 25/Day 6 (9 hrs)—Hermitage and Birseck castle, hikes, with lectures on environmental protection. Meals incl.

Sunday, June 26/Day 7 (12 hrs)—All day train excursion through the Alps, with commentary on traditional food cultures. Meals, including welcome meal with host families in Florence.

### Week 2

Monday, June 27/Day 8 (7.5 hrs)—Language + Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei, Cooking intensive at A Tavola (18 pm - 20.30pm) Breakfast & dinner incl.

Tuesday, June 28/Day 9 (8 hrs)— Language + Cultural Geographies: Cultural Geographies: Business and Food Histories and Food Histories, Instruction at Istituto Galileo Galilei, Excursion to Volterra, including archeological ruins and museum Breakfast & dinner incl.

Wednesday, June 29/Day 10 (8 hrs)—Food entrepreneurship sessions. Palazzo Vecchio tour (secret rooms) Breakfast & dinner incl.

Thursday, June 30/Day 11 (7.5 hrs)— Language + Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei, Excursion to Santa Croce 15pm - 18pm, Cooking intensive at A Tavola (18 pm - 20.30pm) Breakfast, lunch, & dinner incl.

Friday July 1/Day 12 (4 hrs)—Fiesole excursion, including archeological ruins and museum (10:00-2:00pm) Breakfast & dinner incl.

### Week 3

Saturday and Sunday, July 2-3/Days 13-14—Florence weekend, free days (return home to families in evening) Breakfast & dinner incl. *NB, due to the addition of the Maremma excursion at the end of the program, this is your only “free” weekend, make the most of it! Gigi and the Istituto will have suggestions for informative day excursions.*

Monday, July 4/Day 15 (10 hrs)—Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei 9am - 11am, Countryside excursion to Camporbiano Italian agriculture workshop & visit to San Giminiano Breakfast, lunch, & dinner incl.

Tuesday, July 5/Day 16 (7 hrs)—Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei 9am - 11am, Florence’s DAVID (Accademia) Breakfast & dinner incl.

Wednesday, July 6/Day 17 (4.5 hrs)—Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei 9am - 11am, Pratolino Park (and Medici lectures) Breakfast, lunch, & dinner incl.

Thursday, July 7/Day 18 (5 hrs)—Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei 9am - 11am, Uffizi excursion and lectures, Breakfast & dinner incl.

Friday, July 8/Day 19 (5 hrs)—Cultural Geographies: Business and Food Histories at Istituto Galileo Galilei 9am -11am, Duomo Museums Breakfast & dinner incl.

Saturday, July 9/Day 20 (7.5 hrs)—Tuscany Excursion, Palagio castle sensory science, local foods, Breakfast, lunch, & dinner incl.

### Week 4

Sunday, July 10/Day 21—Depart for the Maremma wilderness after breakfast

Monday, July 11/Day 22—Maremma wilderness (park planning lectures (3 hr)), cycling, tours, walking)

Tuesday, July 12/Day 23— Maremma wilderness (park planning lectures (3 hr)), cycling, tours, walking) OPTIONAL: horseback riding)

Wednesday, July 13/Day 24—Depart after breakfast (We’ll get you back to the nearest hub city, from there you can return to Florence or leave for Milan or Rome airports, or start your post-program travel). Those departing from Italy will have access to pharmacies for pre-departure COVID testing.