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This is also your tour number

CUISINE & CULTURE IN SOUTHERN ITALY

10 days | Rome | Capua | Benevento | Matera | Bari | Ostuni | Polignano a Mare | Alberobello

Savor the sights and bites of southern Italy on this immersive tour. Explore charming seaside towns and dig in to the local flavor, whether it's a slice of fresh focaccia or a beachside gelato tasting. As you explore these untapped regions, you'll experience the concept of farm-to-table firsthand during visits to a buffalo mozzarella farm, a family-owned olive grove, and a small-batch factory that takes chocolate from bean to bar.

YOUR EXPERIENCE INCLUDES:

-  **Full-time Tour Director**
-  **Cuisine & culture highlights:** 1 visit to a local farm; 2 locally guided walking tours with food tastings
-  **Personalized learning guide:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.
-   **All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 8 overnight stays in hotels with private bathrooms; European breakfast and dinner daily
-  



Sample mozzarella at a local farm in Capua



See the famous whitewashed houses of Alberobello

Anyone can see the world.

YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

And the experience begins long before you get your passport stamped and meet your Tour Director in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. Expert local guides will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday

– MELISSA, TRAVELER



Via Twitter



Watch local pasta-makers in Bari



Learn from your Tour Director and expert local guides



Taste homemade gelato in Polignano a Mare



CHECK OUT WHAT A TOUR IS ALL ABOUT

Watch the videos at eftours.com/

What you'll experience on your tour

Day 1: Fly overnight to Italy

Day 2: Rome

- Meet your Tour Director at the airport.
- Enjoy free time in Rome for lunch.
- Explore the city on a self-guided walking tour to see important sites such as the Trevi Fountain, the Pantheon, Piazza Navona, and the Spanish Steps.
- Cap off your first day in Italy with a welcome dinner featuring classic Italian dishes.

Day 3: Rome

- This morning, take a guided tour of Vatican City. Be sure to look up at Michelangelo's breathtaking ceiling in the Sistine Chapel and check out the colorful uniforms of the Swiss Guard, protectors of the Vatican. (*Vatican subject to closings on Sundays and holidays.*)
- Enjoy more free time this afternoon, or [participate in an Italian cooking class](#).
- Savor local flavors during a dinner featuring some of the country's best comfort foods.

Day 4: Rome | Capua | Benevento

- Travel to Benevento via Capua.
- Visit Capua's Amphitheater and Gladiator Museum, which displays artillery and other ancient relics.
- Spend the afternoon among grazing buffaloes as you explore a working buffalo mozzarella farm. Learn how this cheese is produced and try some savory samples.

Day 5: Benevento | Matera

- Explore Benevento at your own pace this morning.
- Tour a local chocolate factory, where you'll learn how the sweet treat is made and have a chance to taste the finished product.
- Travel to Matera, known as the "Subterranean City" due to its numerous cave dwellings.
- Get familiar with this UNESCO World Heritage City on a self-guided, early-evening walking tour.

Day 6: Matera | Bari

- Enjoy an expert-led tour of Matera. You'll visit Casa Grotta di Vico Solitario, a historical cave dwelling, and Chiese Rupestri, a magnificent church built into the cliffside.
- Travel to the international port city of Bari.
- Take an expert-led tour of Bari. Visit Bari Cathedral, built atop the ruins of an Imperial Byzantine church destroyed in 1156, and the Basilica of St. Nicholas, which contains the remains of the bishop who inspired the legend of Santa Claus. As you stroll the streets, you'll get to sample focaccia and *taralli*, pretzel-style snacks. You might also see locals making *orecchiette*, a type of pasta, outside of their homes.

Day 7: Bari | Ostuni | Polignano a Mare

- Visit a *masseria*, or a family farm, near Bari. Many of these farms are home to some of the oldest olive groves in the world. Tour a local farm and participate in an olive oil tasting.
- Travel to Ostuni, where you'll enjoy an expert-led tour of this quaint coastal town known for its whitewashed buildings.
- Travel to Polignano a Mare, a seaside town on the Adriatic Sea where Italians like to vacation. Delight in a gelato tasting on the beach, then enjoy some free time to relax on the shores of the turquoise waters.

Day 8: Bari | Alberobello

- Travel to Alberobello.
- Enjoy an expert-led tour of Alberobello and its UNESCO-recognized *trulli*—ancient hut houses with domed stone roofs.
- Wander through the Caves of Castellana on a guided tour. The 90-million-year-old caves are home to breathtaking canyons and ancient fossils, which visitors can view from an underground walkway.

Day 9: Bari | Rome

- Fly from Bari to Rome.
- On an expert-led tour of the Eternal City, see the Theatre of Marcellus, Piazza del Campidoglio, the Roman Forum, and the Colosseum. (*Groups will not enter the Roman Forum or Colosseum.*)
- Take an expertly guided food walking tour through one of Rome's charming neighborhoods, taste-testing new dishes around every corner. Finish with a farewell dinner and dessert.

Day 10: Depart for home



I very much enjoyed ordering gelato in Italian. Being able to apply a language is something I don't get to do often.

This is my fragola e cocco (strawberry and coconut) gelato, my personal favorite #EFtravelgoals

– MORGAN, TRAVELER



Via Instagram

Ever since I was a little girl, I wanted to travel to Italy. It finally happened! With the greatest tour guide too! Our tour guide was the nicest and funniest man I have ever met! There was never a dull moment on the trip. Going to Italy for this trip only made me want to visit even more in the near future!

– MARIA, TRAVELER



Tour review

TOP THREE THINGS I WILL SEE, DO, TRY, OR EXPLORE

1. _____
2. _____
3. _____

— The easiest ways to —
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My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 55 years, EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices** so more students can travel.
- **We're fully accredited, just like your school**, so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director is with your group** every step of the way on tour, providing insight about your destinations as well as great local tips.

