



Tourist &
Cultural
Association



present

Blue Zone Lifestyle in Capitana

STUDY ABROAD / cultural VACATION

WEEKS IN SARDINIA -ITALY

*STUDIO e VACANZA ALL'ESTERO
SETTIMANE IN SARDEGNA – ITALIA*

PER MAGGIORI INFORMAZIONI

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Venite in Sardegna con noi ... la piu' bella isola al mondo !

Come to Sardinia with us.... In the most beautiful island in the world

Learn Italian and the blù zone lifestyle with Prof. Porcella and his teams in the ancient country in the world with the magnificent crystal clear water.

Lesson-conversation everyday during breakfast and before activities.

Impara l'Italiano e la lifestyle delle blù zone con il Prof. Porcella !

Lezioni e conversazioni, durante colazione e prima delle attività.

ATTIVITA' OFFERTE - POSSIBLE ACTIVITIES

Social activities at the site

Sport : Daily possibility to go to the crystal-clear water of Capitana Beach for

Water sport (swimming -snorkeling, surfing, stand up paddling, windsurfing)

- Bike riding,
- - horseback riding,
- trekking or just relax at the pool.

Cultura:

- Visita al Nuraghe Diana,
- Visita ai Giganti di Monte Prama
- Visita a Cagliari al Museo Archeologico a Casrello
- Visita ai migliori ristoranti della Marina e Sant'Elia

Music & Lifestyle

- The concert of the week in Quartu S. Elena town.
- Shopping and restaurant under the stars in Cagliari on Thursday
- Aperitivo at sunset
- Visit to a dancing place or discoteca
- Tournament of backgammon or 'scopone' at the Villa everyday.

ADMISSION

'Study abroad and cultural vacation' is for individual students, teachers, families, officials, or just friends that loves Italy. Vacanza/Cultura is all year round for adults seeking history, culture, good food and wine.

Il campo estivo è per studenti, insegnanti, famiglie, dirigenti o semplicemente amici che amano l'Italia. La Vacanza/Cultura è per adulti o famiglie che vogliono scoprire la storia le tradizioni e il buon cibo e il buon vino della Sardegna.

Villa Capitana on the Gulf of Cagliari will be the starting point to discover this wonderful island: sea, food, cultural trips, night parties. Villa Capitana che si affaccia sul Golfo di Cagliari sarà il punto di partenza per scoprire questa meravigliosa isola: mare, cibo, spiagge, escursioni culturali, movie nights sotto le stelle, tavolate in allegria.

Learn Italian with Prof. Porcella. Impara ITALIANO col Prof. Porcella.

Discover culture and traditions, scoprite la cultura e la tradizione sarda.



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COSTS /COSTI

\$1800 a week per person in shared accommodations

30% discount for 2 or more people of the same family

\$ 1000 for Students receiving scholarship or grants

The prize Include:

- Pick up and return from Cagliari airport to the villa
- Welcome dinner at the villa the first day with typical Sardinia food.
- Accomodations in double/triple bedrooms with own bathroom for 6 nights (Monday to Saturday dep. Sunday)
- Breakfast buffet and Italian speaking lesson from 7 to 9 am
- use of the kitchen all day
- Italian/English activity program everyday is from 10,00 am until 4,30 pm
- Equipment for sport activities and leisure games. (volleyball, calcio-tennis, carte per scopone e pinella, backgammon, scacchi)
- Use of the pool, Garden, patio, gazebo, hammocks for relax and leisure
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EXTRAS not included

Extras are payed in \$ if made at time of reservation by Feb.28th
Or in Euros € at a glance in loco when available last minute.

- Transportation and assistance during the week for daily activity (\$100 pp or €110 \$300/€350 per group up to 4 people)
- Single room \$600 for the week
- Extra day (when available)
- with single room \$150 or € 150 / double room (\$ €170)
- Laundry (€ 30 a load)

– Exclusivity of the villa up to 8 people \$ 12,000 including transportation and activity all week.

MAX 10 people per week.

- For more informations and specific program
- Per maggiori informazioni e programma specifico

contact

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Villa Capitana in provincia di Cagliari. Fly to CAG airport.

Colazioni e aperitivi sotto il gazebo

Breakfast and appetizers outside

dormirete

you'll sleep.

Le stanze dove

The rooms where

















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