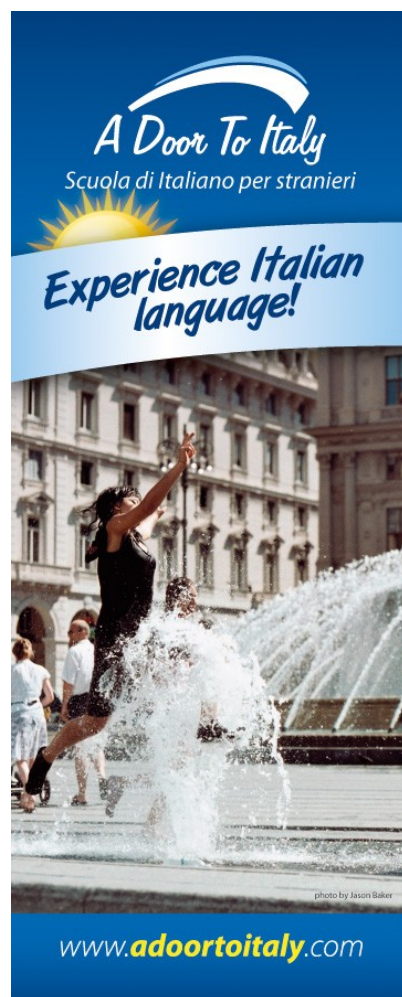






# Free time activities








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
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We offer free time activities and excursions in town and in Riviera.

#### Week time activities

take place in the afternoon or in the evening, after group morning lessons and/or afternoon individual classes, so every participant can choose the preferable activity to participate to.

#### Week end activities

are usually half day or full day excursions guided by our staff, in the town or in the surrounding Riviera and territory. Liguria and Genoa are welcoming places, rich in history, art and nature.

### **SAMPLE OF POSSIBLE ACTIVITIES**

#### **Half day – Genoa's old town orientation city tour**

**suitable to Children ♣ Teenagers ♣♣ Adult ♣♣♣**

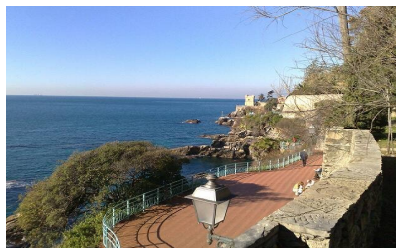
Our staff will guide students through the historical medieval town (the most ancient and biggest in all Europe) and its beautiful pedestrian streets, called "Caruggi", its churches, old and noble palaces, old and new waterfront, old and typical "botteghe" and "mestieri". The walk will end up in a famous square called "Castelletto" from where students enjoy a magnificent view of the town, the harbour and the roofs. Castelletto is also known as it hosts one of the famous "gelaterie" selling one of the best hand made Italian ice cream.



#### **Half day – Visit, relax and seaside walk at Park of Nervi District**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

Visit the Parks of Nervi (the largest and most important botanical complex of Genoa formed by a combination of several parks in the past belonged to private villas, including Villa Gropallo, Villa Saluzzo Serra, and Villa Grimaldi Fassio Luxoro), the Rose Garden and will walk along the promenade of Genoa Nervi, 1800 m long and winds through the rugged coves.



### **Half day – Sport and leisure at Adventure park**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣**

Let's play with the ADVENTURE PARK GENOVA-RIGHI, we will climb trees safely, passing from tree to tree with hanging platforms, steel cables, Tibetan bridges, Tyrolean (pulleys), chords and scales.

It will be an afternoon of sport and adventure in the great outdoors!

The Adventure Park is located on the hills of Genoa, so we will have occasion to walk in the mountains behind the city, and we can see the city from above. Righi can be easily reached by public cable car: a small train that climbs the hills of Genoa.

50 seats in a forest trees, six paths of varying difficulty, pulleys, rope bridges, ropes, steel cables, nets, ladders and lots of fun. Oaks, cypresses and pines to dream, learn and have fun outdoors with physical activity and culture. It will be an unforgettable opportunity for training and fun, doing activities and experiences to build confidence in their potential, improve the ability to interact with the group and raise awareness of the value of the natural environment and the forest.



### **Half day – Treasure Hunt around Genoa**

**suitable to Children ♣ Teenagers ♣♣♣ Adult ♣♣♣**

to be made on the following afternoon after the guided tour of the town. The treasure hunt will be organized in the areas around the school and in the city centre. It will lasts approximately 2 hours and will be a very funny way to explore the city centre and they would like to learn more about the city and the Italian culture





### **Half day - Aquarium, "Galata" the Museum of the Sea, Submarine "Nazario Sauro"**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

The Aquarium of Genoa is the Europe's largest exhibition of aquatic biodiversity to explore the world's most fascinating seas and waters: spectacular habitats, a petting pool, thanks full of all sort of animals for a real experience and not just a visit!

The visit will continue exploring the GALATA MUSEUM OF THE SEA and the SUBMARINE NAZARIO SAURO, very interesting especially for young students! Faithful reconstructions of a 17th century Genoese galley and a 19th century brigantine, the deck-house of a steamboat from the era of emigration and about six thousand original objects are ready to unveil the secrets and curiosities of the fascinating life at sea. The Galata Museo del Mare in Genoa represents one of the main sites in Europe dedicated to the sea and to the history of navigation. Genoese and non Genoese people will be able also to live the experience of getting on board Nazario Sauro, the first submarine to be turned into a museum while still afloat. This excursion includes a pre-activity briefing, a while activity (to better involve students in the excursion) and post activity session in the classroom to comment.



### **Full day excursion - Camogli and San Fruttuoso**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

Guided full day excursion to the beautiful Camogli (fisherman village along the coast) by train with our teacher. A stop to buy the delicious focaccia is a must and we will eat it on the beach. After lunch we will take the boat to reach the marvellous Abbey of San Fruttuoso. Between Camogli and Portofino, along the coastline of Portofino promontory, rises the famous Abbey of San Fruttuoso (reachable only by walking or by the sea): a unique place, where the work of man was successfully integrated with the nature. We will visit the Cloister, the Chapter House, the Church and the tombs of the Doria and we will enjoy the spectacular scenery. During summer season take bathsuit and get ready to swim in the beautiful gulf in front of the abbey.



### **Full day excursion – Santa Margherita and Portofino**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

Santa Margherita Ligure is located on the Riviera di Levante in Liguria, in the eastern part of the Portofino Promontory and in the inner part of the Gulf of Tigullio. The town, which is about 35 km from Genoa, is surrounded by hills covered with Mediterranean vegetation on which there are villas and gardens with views of the Dolphin Coast, connecting the city to Portofino. Part of the municipality of Santa Margherita Ligure is included in the Regional Natural Park of Portofino, the water in front of the promontory of Portofino is part of the Marine Protected Area of Portofino.

Upon arrival we suggest to visit first Santa Margherita.

Portofino can be reached on foot along the beautiful promenade going along the rocky coastline and beaches.



### **Full day excursion - Caves of Toirano!**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

The **caves of Toirano**, in the province of Savona, are a complex of karst cavities of tourist importance, particularly known for its variety of forms of stalactites and stalagmites, for their extension, for the skill with which the guides illustrate the tourist route along more than one kilometer, for the discovery of traces of homo sapiens by 12,000 years ago and remains of ursus spelaeus of about 25,000 years old. The cave complex is managed by the City Toirano



### **Full day excursion in Milan**

**suitable to Children ♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

We will leave to Milan by train and after a comfortable trip of 1 and half hour we will reach Milan. We will visit first the Duomo of Milan, that is the Milan Cathedral and is the fourth largest cathedral in the world and we will go up to the roof by the elevator. The roof is in fact open to tourists to have a view of some spectacular sculpture that would otherwise be unappreciated.

After the visit of the cathedral we will visit the Castello Sforzesco (Sforza Castle) where we will have lunch in the beautiful garden. The castle used to be the seat and residence of the Duchy of Milan and one of the biggest citadels in Europe, will be possible to visit the Sala Delle Asse with surviving ceiling paintings by Leonardo da Vinci.

This excursion includes a pre-activity briefing, a while activity (to better involve students in the excursion) and post activity session in the classroom to comment.



### **Half day - Sing a Song**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

A very nice seminar on the most famous Italian songs to sing all together accompanied by the guitar of our famous teacher Stefano! The teacher will speak about the story of the song, you will deep into the song lyric improving the vocabulary and special Italian expression and finally all together the class will song with the help of our guitar player.

It-s a funny way to seriously improve your knowledge of the language!



### **Half day – Cinema at School**

**suitable to Children ♣♣♣ Teenagers ♣♣♣ Adult ♣♣♣**

A nice way to spend the afternoon. For cinema lovers, for those who want to exercise in listening and understanding or to spend a rainy afternoon together. Watching a movie at school helps students to train their ability to understand and at the same time helps the socialization: at the end of the film always animated discussions, even with the teacher.