

SportechAcademy

# FOOD SUMMER PROGRAM

SUMMER 2026

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# — FOOD

IN PARTNERSHIP WITH CONGUSTO INSTITUTE

AGES 15-18 | RESIDENTIAL & DAY | FOOD | ENGLISH B1+ | MILAN

The Italian Gastronomic Arts Summer Campus offers participants **hands-on experience** in Italian **cooking, baking, and pastry making**. The program also explores the **restaurant business** and new culinary formats, making it ideal for students aspiring to access **careers in the food industry**.

## ACADEMIC OPTIONS

- Italian Cooking & Culinary Innovation
- Italian Gastronomy & Food Business

## STRUCTURE

- Intensive 40-hour programme

## WHAT'S INCLUDED

- Practical and theoretical lessons
- Equipment and ingredients
- Field trips & excursions
- Supplementary activities
- Special events
- Accommodation: Aparto

## SPECIAL EXCURSIONS

- Milan sightseeing
- Visits to cheese factory
- Visits to Eataly
- Visits to Gelateria Artigianale

Congusto  
institute



# LOCATION

The Congusto Institute is located in Dergano district in Milan, in a large complex covering a total area of 1,500 square metres, easily accessible by public transport. All classrooms simulate a real professional kitchen or pastry laboratory. The school trains future catering and pastry recruits.



# ACADEMIC OPTIONS

## **COURSE 1: Italian Cooking & Culinary Innovation**

Available:

**June 28 – July 4**

**July 12 – July 18**

In this course, students dive into the vibrant world of Italian street food, mastering the preparation of iconic comfort dishes such as arancini, panzerotti, focaccia, and pizza al taglio. Beyond traditional recipes, participants explore creative culinary techniques to reinvent classics with a modern twist. Culinary competitions and the final Street Food Festival buffet provide the perfect stage to test creativity, teamwork, and presentation skills.

## 01

### **FUNDAMENTALS**

**MON**



History and gastronomic culture:  
Introduction to Italian cuisine

**TUE**



Introduction to fresh pasta:  
Making egg pasta and basic sauces

**WED**



Introduction to Cheeses and Pastry:  
Making Tiramisu

**THU**



Italian cuisine:  
Preparing Pizza and Focaccia

**FRI**



Complete lunch preparation  
and educational buffet with tasting

## 02

### **STRUCTURED PREPARATIONS & ACTIVITIES**



Preparing complex dishes  
and plating techniques



Local market visit and shopping workshop  
Insights into restaurant business and new formats



Focaccia &  
Pizza masterclass



Vegetable cutting and cooking techniques:  
Traditional appetizers recipes



Culinary competition  
among students

# ACADEMIC OPTIONS

## COURSE 2: Italian Gastronomy & Food Business

Available:

July 5 – July 11

July 19 – July 25

This course offers a comprehensive journey into the world of Italian gastronomy, blending culinary practice with cultural and entrepreneurial insights. Students learn through history-based tastings and cooking labs, gaining a deeper appreciation for Italy's food traditions. The program culminates with a culinary competition and the final Street Food Festival buffet provide the perfect stage to test creativity, teamwork, and presentation skills.

### 01

#### FUNDAMENTALS

MON



Sensory Tasting:  
From sweet to sour

TUE



Techniques for fresh pasta:  
cream and fillings

WED



Preparing desserts  
with puff pastry

THU



Italian regional plates:  
Preparing specialties like arancini

FRI



Creating soups and stuffed pasta:  
Agnolotti, tortelli, ragu napoletano.

### 02

#### STRUCTURED PREPARATIONS & ACTIVITIES



Advanced dessert  
preparations



Visit to an artisanal gelateria shop  
Insights into the  
restaurant business and new formats



Focaccia &  
Pizza masterclass



Manual training &  
Food photography



Culinary competition  
among students

# A TYPICAL DAY

| Sunday                                        | Monday                            | Tuesday | Wednesday | Thursday | Friday | Saturday                                        |
|-----------------------------------------------|-----------------------------------|---------|-----------|----------|--------|-------------------------------------------------|
| <b>ARRIVAL DAY</b><br>28/06<br>05/07<br>12/07 | Wake Up 7:00AM                    |         |           |          |        | <b>Check Out Day</b><br>04/07<br>11/07<br>18/07 |
|                                               | Breakfast 8:00AM– 9:00AM          |         |           |          |        |                                                 |
|                                               | Morning classes 10:00AM – 12:30PM |         |           |          |        |                                                 |
|                                               | Lunch 12:30–1:30PM                |         |           |          |        |                                                 |
| <b>EXCURSION DAY</b><br>05/07<br>12/07        | Afternoon classes 1:30PM – 4:30PM |         |           |          |        | <b>Excursion Day</b><br>04/07<br>11/07          |
| <b>Welcome</b><br>17:30–19:00                 | Free Time 5:00PM–7:00PM           |         |           |          |        |                                                 |
|                                               | Dinner 7:00pm – 8:00PM            |         |           |          |        |                                                 |
| Night Activities 8:00PM–10:30PM               |                                   |         |           |          |        |                                                 |
| Lights Off 11:00PM                            |                                   |         |           |          |        |                                                 |



# Accommodation

- Aparto Residence in the city centre
- Individual studio rooms En-suite bathroom and fully equipped kitchenette in all rooms
- Excellent modern facilities: TV rooms, game areas, gym, common rooms, terraces and study spaces
- House parents at night
- Joint social activities for participants from all programs



24hr front desk



Study rooms



Spacious  
Terraces



Onsite gym &  
yoga studio



Cinema &  
games rooms



Laundry