



ETSIAMN STAFF TRAINING PROGRAMME

NUTRITION AND HEALTH: SPANISH MEDITERRANEAN FOOD

Description

Nutrition and Health: Spanish Mediterranean Food is an intensive five-day course that aims to present and enhance the fundamentals of the Mediterranean diet culture from an applied point of view. Participants will have the opportunity to work directly in a professional kitchen under supervision of qualified staff.

Intended outcomes

Upon completing the course, participants will have both enlarged their knowledge in nutritional, cultural and health aspects related to Mediterranean Food, and strengthened their cooking and food handling skills.

Course structure

The course lasts 25 hours, divided into five hours of training per day (Monday-Friday, 09:00 – 14:00). Fees: 300 € per person, including study and training materials, a welcome paella meal, four additional lunch meals and a guided visit on the UPV campus. Extracurricular activities (not included in course fees): guided tour in old town Valencia, wine tasting training session and farewell dinner.

Course coordinator

Prof. Vicente Castell, Head of International Relations ETSIAMN. Lecturers are faculty from the UPV Department of Food Technology and professional cooks from *Valencia Club Cocina (VCC)*.

Teaching methods

Sessions involve short lectures, specific learning tasks, group work, and *Mise en place* active training. Small groups are created to ensure full practical engagement in all activities, from open market food buying to tasting different meals. All activities will be run in English.

Dates and location

July 9th – 13th 2012.

Place: *ETS Ingeniería Agronómica y del Medio Natural (ETSIAMN)*. Camino de Vera s/n. 46022 Valencia, Spain.

Valencia Club Cocina (VCC). Plaza San Felipe Neri, 6. 46021 Valencia.

Travel, living and accommodation expenses

Participants are expected to obtain *LLP-Erasmus Staff Mobility* grants from their home Institutions. The ETSIAMN will assist with booking lodging for participants.

Information

Please complete the attached pre-registration form and return it to

cbenavent@upvnet.upv.es.

Deadline: June 8th 2012.



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Draft course programme

MONDAY 9TH JULY

08:30 Reception of participants at the *ETSIAMN* International Office
08:45 Transfer to *Valencia Club Cocina* training center and welcome address
09:00-14:00 Session 1: Mediterranean Food & Nutrition. Practical focus: Valencia.
14:15 Institutional welcome meeting with Prof. Nemesio Fernández, *ETSIAMN* Director
14:30 Welcome *paella* meal
19:30 Guided visit on the UPV campus

TUESDAY 10TH JULY

09:00-14:00 Session 2: Spanish Medit. Nutrition & Food. Practical focus: West Andaluca.
19:30 Optional activity: guided tour in old town Valencia. Fee: 20 € / person

WEDNESDAY 11TH JULY

09:00-14:00 Session 3: Food Science. Practical focus: East Andaluca.
19:00 Optional activity: wine tasting training session at *ETSIAMN*. Fee: 20 € / person

THURSDAY 12TH JULY

09:00-14:00 Session 4: Food, Culture and Health. Practical focus: Cataluña.
21:30 Optional activity: farewell *tapas* dinner in Valencia. Fee: 40 € / person

FRIDAY 13H JULY

09:00-14:00 Session 5: Food Technology. Practical focus: Murcia.
14:15 Course certificates' award and course closure

Proposed accommodation - special rates for ETSIAMN guests - limited places

HOTEL ASTORIA PALACE – Valencia downtown

<http://www.ayrehoteles.com/es/hoteles/ayre-hotel-astoria-palace-valencia/el-hotel/home/reservas.astoriapalace@ayrehoteles.com>. Phone.: +34-96-3981000

Double room for single use + buffet breakfast + taxes: approx. 90 €/night

HOTEL NH LAS ARTES II –*Ciudad de las Artes*, 10 min bus lift to UPV or downtown

<http://www.nh-hoteles.es/nh/es/hoteles/espana/valencia,-es/nh--las--artes-ii.html>
nhlasartes2@nh-hotels.com . Phone: +34-96-3356062

Double room for single use + buffet breakfast + taxes: approx. 60 €/night

COLEGIO MAYOR GALILEO GALILEI – Right on the UPV campus

<http://www.galileogalilei.com/>

reservas@galileogalilei.com. Phone: +34- 96 335 20 00

Single room + continental breakfast + taxes: approx. 50 €/night

RE-HABITA ESPACIOS – Full equipped center-located flats

Contact address: vbm40fe@gmail.com. Phone: +34-685 86 31 21

1 to 12 people, bikes allowed, check rates and availability