

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ

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МЕТОДИЧНІ ВКАЗІВКИ

**до самостійної роботи
з іноземної мови в галузі туризму
для студентів усіх форм навчання
на тему: *Food, culture and tourism***

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Пояснювальна записка

Самостійна робота з іноземної мови займає значне місце в аспекті професійної підготовки майбутніх фахівців туристичної галузі, оскільки іноземна мова є невід'ємною частиною їх професійної компетентності. Дана методична розробка включає збірку з чотирнадцяти статей з Інтернет джерел переважно про кулінарний туризм та гастрономічні тури. За висновками Міжнародної Кулінарної Туристичної Асоціації, їжа належить до кола тих туристичних інтересів, що на разі зростають найшвидше. Споживання їжі є настільки ж важливим, як розміщення, природа, клімат чи розваги.

Статті, які переважно зорієнтовані на читачів-мандрівників, мають інформативний, описовий та розважальний характер. Студентам важливо не тільки вміти читати і добре сприймати викладену інформацію, але й засвоїти спеціальну лексику туристичного тексту, звороти і структури, притаманні такого типу текстам, навчитися розпізнавати й розуміти культурно зумовлені слова та словосполучення, зокрема реалії, що пов'язані з традиціями культури та національної кухні, стилістичні засоби, властиві промотекстам. Набуті навички будуть у нагоді під час трансферу, презентації місця відпочинку, екскурсії тощо.

До текстів статей складено завдання практичного спрямування, які включають: читання, переклад, переказ, заучування напам'ять, бесіда за змістом прочитаного, узагальнення змісту, аналіз лексичного і синтаксичного складу; усні та письмові вправи у створенні власних текстів професійного вжитку, вміння висловлювати власну думку, пропонувати, просувати туристичний продукт, описувати та презентувати туристичний об'єкт.

Культурологічний аспект роботи передбачає вміння вірно вибрати варіант перекладу, врахування та застосування енциклопедичних, географічних, історичних, етнографічних та інших чинників у процесі роботи з текстом та поза ним. Методичні вказівки можуть бути рекомендовані для використання в самостійних домашніх завданнях, або частково на заняттях і вдома під час вивчення іноземної мови в галузі на другому – четвертому курсах залежно від рівня підготовки студентів.

Read and summarize the text. Express your understanding of cultural, regional, and tourism identity.

FOOD, TOURISM, AND CULTURE: THE KEYS TO SUCCESS OF A GLOBAL TREND

By María Eugenia Coppola

Food tourism is about much more than just enjoying a good meal, a pint of beer, or a glass of wine during a trip. It is a way of immersing ourselves into the culture and heritage of a region, making the experience memorable in a completely unique and personal way.

The success of this sector is linked to an increasingly noticeable trend: the search for authentic experiences among the growing number of travellers who are tired of *tourism for tourists*.

For all businesses linked to gastronomy, culture, and tourism, this couldn't be a better opportunity for those wanting to move forward, gain greater visibility, and attract more customers.

According to the Global Report on Food Tourism by the World Tourism Organization, the average tourist spends around a third of their holiday budget on food. This shows the degree to which this sector is involved with a visitor's in-destination experience. However, it's worth emphasising that not all visitors arrive at a destination solely to enjoy gourmet food, nor do all culinary businesses offer this experience.

So, what the real essence of Culinary Tourism?

The Ontario Culinary Tourism Alliance (OCTA) says that culinary tourism "includes any tourism experience in which a person learns about, appreciates, consumes or – dare we say – indulges in food and drink that reflects the local cuisine, heritage, or culture of a place".

This concept is particularly interesting if we contrast it against our modern society that is becoming more and more globalized, where products and services are quickly replicated in different corners of the world. In this context, food tourism becomes *the* defining characteristic of a region's identity.

Culinary tourists are not only interested in the food they're enjoying - which must be locally sourced, of course - but also want to know more about its history, its production and its journey to the plate. A clear example of this is the growing success of wine tourism. Through these experiences, visitors not only taste great wine, but also discover its origin, participate in

the grape harvest and even buy the product they helped to make. But, what is the main motivation for these consumers? According to Good Food Ireland: “Food Tourism and Culture have become the leading hook in travel, with authenticity the single most important movement driving consumer behaviour today”.

Read the text and define the main trends in food tourism. Identify your food tourist profiles. Translate the names of gastronomic tours into Ukrainian.

MAIN TRENDS IN FOOD TOURISM THAT WILL MAKE YOU WANT TO TRAVEL NOW

By travel maestro.

Raise your hand if you like food. Everyone has their hand up, right? Now keep your hand up if you fancy yourself a foodie traveller. No? You might be surprised to find out that you actually qualify. Food Tourism isn't only about savouring gourmet food created by toque-wearing chefs at Michelin-starred restaurants. In fact, gourmet foodies don't even make up 10% of foodie tourists. Other types of food experiences that surpass gourmet interests include farmers' markets, home cooking, pub food, and street food tours. So which type of foodie traveller are you?

To be a food tourist doesn't mean that the entire focus of your travel must be strictly on the food, but everyone has at least some interest in food – it's a necessity, after all. At some point on every trip, you're going to eat, so short of taking your own jar of peanut butter and eating it in your room, you can't avoid having some form of food tourism experience. The biggest trend in food tourism is not that it exists; it's the diversity of culinary travellers' interests and the way destinations are stepping up to meet expectations. Your inner foodie might identify with one or more of these 13 food tourist profiles:

- 1) adventurer – Andrew Zimmerman is your idol;
- 2) ambiance – wine tasting in an estate's wine cave;
- 3) authentic – traditional preparation of cultural favourites;
- 4) budget – street food in Bangkok;
- 5) eclectic – a little of this, a little of that;
- 6) gourmet – a fine dining experience in New York;
- 7) innovative – fusion cooking melding different cultures;

- 8) localist – all ingredients locally sourced as at Noma in Copenhagen;
- 9) novice – cooking means cereal or grilled cheese, but you're willing to learn;
- 10) organic – no additives, pesticides or irradiation used to produce food;
- 11) social – an Irish Pub or a food festival;
- 12) trendy – Nashville's Hot Fried Chicken or flavour-infused alcohol;
- 13) vegetarian – no meat or fish; vegans omit dairy as well.

The **Kentucky Bourbon Trail**, created in 1999, was a forerunner of the beverage trail genre, offering samples and tours at eight distilleries. Since then, alcoholic drinks have grown to be a significant part of food tourism in the U.S. The **Oregon Distillery Trail** incorporates 28 distilleries of craft spirits – everything from whiskey to gin to rum. The **Brooklyn Booze Trail** also highlights a variety of spirits, from whiskey and rum to grappa and hibiscus liqueur.

Virginia has connected its 250+ wineries into a network of **Virginia Wine Trails** so travellers can taste their way across the Commonwealth, enjoying winemaker's dinners and winery tours along the way. And it would be remiss to not mention the fabulous **California Wine Country** and its hundreds of wineries sprinkled through Napa and Sonoma Valleys.

In the last decade, Americans have embraced the craft beer culture and it's grown into a huge food tourism market. The cities of Portland, ME; Asheville, NC; and Portland, OR have positioned themselves at the top of the list of "**Best Cities for Beer Drinkers.**"

It's not only alcohol that draws food tourism. Many visitors to Seattle, WA make a point of checking out the first Starbucks, and Columbus, OH is on the scene with a **Coffee Trail** that boasts quality and sustainability.

Meal Sharing is a Growing Food Tourism Trend.

More people are looking for authentic culinary experiences to get a glimpse of someone else's kitchen techniques, as well as their lifestyle. When sharing meals, people engage on a much more personal level. Meal sharing food tourism options range from half day excursions to multi-day immersion programs.

They might come in the form of a market trip with a local chef, a truffle-hunting expedition, a cheese-making class, or a sustainability tour on

a farm. Cooking classes in a private home are favourite forms of food tourism. Hosts share their expertise and guests get to explore the local culinary traditions, then together they share the bounty of the work.

Culinary Storytelling is Fashionable.

Anyone who has ever seen Anthony Bourdain knows that food is a wonderful way to explore the local culture. You can learn about climate and lifestyles from local agriculture. You'll quite literally get a taste of local culture through the spices and traditional cooking styles. Food gives you insights into history, social issues, and even politics so that you gain a better understanding of the values and customs of the community.

Chefs practice culinary storytelling by using hyper-local ingredients to make a dish that can only be made in that way, at that place. Destinations tell their story by featuring their unique culinary specialties, be that their regional flavour of barbecue, their local seafood or their locally grown produce. Food tells a story about the place and food tourism is about recognizing and embracing that story as you taste your way through your travels.

So do you still think you're not a foodie traveller? When you're ready to plan your next trip, let the expert travel advisors at Covington help you customize your trip to match your foodie personality.

Read and translate the text, explain the meaning of cultural bound terms in English, choose one of food tours to learn by heart and dramatise it as a tour guide.

SOME FOOD TOURS IN EUROPE

Traditional dishes from the **Varaždin** area generally consist of a few simple ingredients, of which the most commonly used is wheat and corn flour in the famous Varaždin "klič", "mlinci", "štrukli" and "zlevanka". Peka is one of the best known traditional Croatian dishes, despite looking simple at first, Peka requires a lot of skills and experience. Gourmands regard food prepared under a peka as the ultimate in grilled dishes. But is it really the grill we all know?

At first glance, a peka seems like such a simple accessory - a domed lid shaped like a cupola. It can be made of metal, thinner or thicker, or even of cast iron, but true connoisseurs prefer an earthenware peka. Food cooked under peka, be it in a fireproof pot under the coals or directly on a stone

slab, is a hearty meat and vegetable dish. Usually veal, lamb or yearling beef covered with potatoes and other vegetables. Peka is one of the most authentic culinary experiences in Europe! You will have an unforgettable experience of preparing the PEKA (bell) because yourself participate in a process that takes at least 3 hours. Please advise if you are vegetarian, we will prepare vegetables from our garden. And of course, best enjoyed with a fantastic local red wine!

Experience Croatian Zagorje, and visit the historical site – the castle Trakoscan. Croatian Zagorje is known as the green gem of Croatia, together with astonishing nature, this part of the country is well known for its delicacies such as štrukle, turkey with mlinci, various traditional sweets, etc. Trakošćan Castle was built in the 13th century and was originally a small medieval castle.

Castle Trakošćan's cultural heritage, is protected as a historical entity, which consists of the castle, the building next to the castle, park and forest park with a lake. Today the castle is one of the few facilities in Croatia with preserved its own constitution, historically closely related to the architectural framework and the life of its owners. Trakošćan was built in the late 13th century, and according to legend, Trakoscan was named after the Thracian fortress (ARX Thacorum) which allegedly existed in antiquity. Another preserved legend says, it is named after the knights Drachenstein who in the early Middle Ages, ruled the region. In 1954 the museum was established with a permanent exhibition. Today the castle is owned by the Republic of Croatia.

Then we continue our trip to Varaždin. Within the relatively small area of the Old Town are preserved palaces, important public buildings, Baroque, Rococo, Classicist and Secessionist houses and villas and one of the oldest City Halls in Europe. The richness of the religious heritage tells another story about Varaždin as a city of bell towers which its inhabitants have strived for centuries to build. The angels that adorn alters, walls and paintings will appreciate every glance they receive. Varaždinska feudal fortress, from ancient times called Old Town, the most important historical buildings of Varaždin. It is the center of aristocratic estate, owner and legally separate from the free royal town of Varaždin.

Traditional Varaždin cuisine was influenced by Austria and Hungary, but during historical migrations other modifications and innovations that enriched it were introduced. Traditional dishes from the Varaždin area generally consist of a few simple ingredients, of which the most commonly

used is wheat and corn flour in the famous Varaždin "kličič", "mlinci", "štrukli" and "zlevanka". In order to enjoy typical delicacies, you will taste the best of Zagorje cuisine at the national restaurant "Zlatne gorice" at Gornji Kneginec. Along with the most tasteful dishes of Zagorje, you will try the wine sorts of this area.

Daytime or evening, when you come on our **food tours in Lisbon**, you will get to enjoy some of best Portuguese food and wine, guaranteed to get your taste buds tingling. To start, your local Portuguese guide will take you to a nice "Garrafeira" to enjoy a delicious Porto wine. Next, we will show you where to eat the best "Bifana" in town. The Bifana is one of the most amazing pork sandwiches ever created! Our Bifana will be served with a fresh "Imperial" (portuguese local beer).

The visit will continue in the heart of Mouraria district where you will enjoy the stunning view over the city and all the beautiful old tiles. Let's not forget to try some sardines and have a "Ginjinha" (portuguese local liqueur). The tour also take you to a visit of a shop where our guide will buy delicious Portuguese cured meat and the best selection of cheeses that you will eat after the visit!

Next, we will show you one of the best hidden gems in Lisbon, an old palace where you will taste some traditional handmade "Petiscos". The tour can't end without you tasting the famous and hand-made traditional Portuguese pastry "Pastel de Nata". Oh, and of course there's our delicious Secret Dish too!

When you come on our **Edinburgh Food Tour**, you will get to try many different types of Scottish culinary delights, guaranteed to get your taste buds tingling. Start your tour with a delicious and a traditional Salmon Tart. In the Grassmarket and then you will sample our most famous dish, Haggis, Neeps and Tatties.

Then we will meander past our world famous Edinburgh Castle and you will hear about its wonderful history and you can take advantage of this fabulous photo opportunity too. It wouldn't be a Scottish food tour without some authentic whisky, so step into our next venue to try a fantastic lowland single malt. Try our creamy cheese and taste our Edinburgh gin and discover why we love it so much. Our last stop is traditional afternoon tea with some local scones to wind down after a truly Scottish experience. Let's not forget our secret Scottish dish too...

When you come on our **Secret Food Tours in Rome**, you will get to try many famous Italian dishes, all guaranteed to get your taste buds

tingling. Firstly, your local Italian guide will take you to a delightful little café at the world famous Piazza Navona, to soak up the atmosphere and taste "brewed to perfection" Italian cappuccino or espresso.

Next you will try the best and most fresh pizzas in town (three types). Your personal guide will explain the history of the square and the surrounding areas including the Jewish Ghetto, Campo dei Fiori the oldest market in town, the medieval and intimate "off the beaten paths" neighbourhood, until the Jewish Ghetto, the birthplace of Roman cuisine.

Your tour will continue to a shop that specialises in Suppli, fried risotto balls and you will take a trip to the fantastic vegetable market at Campo Dei Fiori. You will get a detailed explanation of the main monuments we meet on our way and you will learn the connection with the local traditions and history. Taste two traditional Roman pastas in a small restaurant near the old Jewish quarter, and learn the real history of Spaghetti alla Carbonara. In one of the best delicacy shop in Rome you will enjoy the finest Italian cheeses, paired with the best wines. Nothing better is to finish the tour with a wonderful artisanal Gelato, made with the freshest ingredients, in the most charming area of Rome.

Read the text and learn the definition of food tourism, then tell how to combine food and travel in your country.

FOOD TOURISM AROUND THE WORLD: HOW TO COMBINE FOOD AND TRAVEL

International Culinary Tourism Association gives the following definition of food tourism: "Culinary Tourism includes culinary experiences of all kinds. It's much more than dining guides and restaurant weeks. It encompasses cooking schools, cookbook and kitchen gadget stores, culinary tours and tour leaders, culinary media and guidebooks, caterers, wineries, breweries, distilleries, food growers and manufacturers, culinary attractions and more. Authenticity is also of critical importance to culinary tourists." World Tourism Organization defines gastronomic tourism as a trip to a gastronomic region, for recreational or entertainment purposes, which include visits to primary and secondary producers of food, gastronomic festivals, food fairs, events, farmers' markets, cooking shows and demonstrations, tastings of quality food products or any tourism activity related to food.

The more we travel, the more sophisticated we become – and the more we need to experience a destination rather than simply see it. Gastronomic travel provides a perfect window for that experience. Even if gastronomy isn't the main reason for a trip, it often plays a key role. When you start plotting and planning what you'll eat where, you are engaging in some sort of foodie or gastronomic travel. Often, people interested in food and travel visit food destinations – those with a reputation for good products, well prepared.

When I'm planning a trip (most of my trips are food-related to some extent) there's how I make sure I have the most delectable experience possible. Firstly, buy a few cookbooks and try cooking a few dishes to get a feel for the ingredients. Closely related to the above point, plan to learn to cook and look into cooking trips. I've taken a cooking class in Tuscany and in Bangkok and loved every minute. You'll find private and group classes, lasting from several hours to several weeks, in proper culinary institutes or in hotels, restaurants and even in people's homes. And yes, my cooking has improved.

Then you may delve into cuisine tourism by reading up about food history or read novels that deal heavily with local foods. The Lonely Planet World Food books used to be great but they haven't updated it in years. Instead I'd recommend Jodi Ettenberg's Food Traveler's Handbook. Explore the specialties. Whether it's tapas or *tartiflette*, every destination has at least one culinary specialty you should try. Sometimes it's a stretch, like tripe or insects (but perhaps you're braver than I am...)

It's a good idea to learn about different kinds of cuisine – molecular gastronomy, for example, where food is deconstructed and reconstructed, or stacked food, or barbecue. How you cook something is at least as important as what you eat. And, of course, look for special events. Some restaurants offer an evening with their celebrity chef or a session visiting their kitchen. If a high-end restaurant is beyond your budget, plan for it as a one-time luxury.

I love cooking (despite the occasional accident) but a major part of any travel adventure is eating wonderful foods I haven't cooked myself. The advent of celebrity chefs and food and travel blogs, the proliferation of cooking shows and the Food Network and the popularity of the likes of Anthony Bourdain all help promote the discovery of new foods, making culinary vacations more popular than ever.

The 2016 Food Travel Monitor (a global study by the World Food Travel Association – here's their Face book page) says an unbelievable 95% of American travellers are interested "in some kind of unique food experience". I can only believe that these food tourism statistics are at least that high for travellers from other countries. The search is on for new experiences, especially for something that tastes like a true slice of local culture. And what can be closer to a culture than the way it eats? A foodie trip is cultural travel at its best. So... is Chinese food in Shanghai the same as you know it at home? Is your 'authentic' Thai corner eatery really authentic? Your food holidays should have the answer.

Culinary experiences don't only happen in restaurants. There are a growing number of culinary tourism destinations and I can't list them all so... here are a few of my favourites. One of the most common foodie finds will be a restaurant – big or small, modest or luxurious, street stall or in luxurious surroundings. Whether you're experiencing Noma for the first time (I haven't yet) or chasing the best burger in the city (the In and Out in Los Angeles), a sit-down meal is a central part of food tourism. Central, yes, but not the only culinary tourism experience.

Another great experience is to dine with locals. Plenty of organizations are popping up in cities around the world to match up travellers with locals. Not only do you get to taste home-cooked food but you'll also experience a slice of local culture. And meet people, which can be fun if you're travelling solo.

Street food can be extraordinary. Food tourism in Thailand and Mexico means superlative street food – I just find it more varied, tastier and fresher than anything you'll find sitting down within four walls.

You can visit a market, many of which provide far more than produce. The Mercado San Miguel in Madrid, for example, is designed around an eating experience, tapas and all. And while we're on the subject of Spain, you can also eat in a bar – that's usually where you have tapas, just like in the UK you can eat in a pub.

One activity I enjoy when I travel is visiting the local supermarket. Foods are often different and I'll get ideas – and inspiration. Just step into a supermarket in Japan and you'll immediately understand what I mean. A small supermarket or grocery store is also the best place to grab some local cheese, cold cuts and spreads for that all-important picnic along the Seine in Paris...

Read and summarize the text. Give your opinion on the tips for food travellers.

FOOD AND TOURISM GO TOGETHER: TIPS FOR A GREAT FOOD TOURISM EXPERIENCE

With the growing popularity of food travel, be cautious about the quality of what you get. As with everything else, popularity may breed contempt.

Try to fit in one tour guided by a local. There are many wonderful tours and classes led by expats or long-term residents (I thoroughly enjoyed this **food tour of the Lower East Side** in New York), but travel is also about coming into contact with the local culture so don't let that dimension pass you by.

Don't just be an onlooker. I've attended classes where one student stood at the front preparing everything while the others watched. You need to get your own hands wet and taste your own meal if you're ever going to understand exactly what went into preparing it.

Try different courses. Some places are known for starters – tapas and mezze for example – while others are known for stews or desserts. Focus each meal on a different course.

Avoid asking for ingredient changes unless you're truly allergic or despise something – especially in places where you know the chef pours her heart into her art. Each ingredient has its place and it's the package that makes the experience a marvellously balanced one.

Reserve or at least call ahead – especially if you have your heart set on eating in a specific place. I've at times been disappointed to find a place full, closed or otherwise unavailable. Your hotel desk can make the call if you don't speak the language!

Remember that food tourism includes drinks. Wine, of course, but I'm thinking *chocolate con churros* in Spain or Turkish coffee, as specialized as the food.

Check for cleanliness because standards differ. If things are a little messier than you're used to, that doesn't mean you're facing a health emergency. Still, keep an eye on hygiene.

Don't be afraid of street food. If it's cooked freshly, cleanly, at high heat right in front of you, it will be as safe as anything else you eat, possibly even safer than hotel food that may have skipped a step in the cold chain.

Beware the much-translated menu. This isn't always the case but I've found that a menu translated into a dozen languages screams 'tourist trap' – and while I know they're not all bad I'd rather eat where mostly locals go.

Buy a local cookbook before you leave, along with a few special spices or condiments. Wrap these well in foil and plastic or your clothes may smell of coriander for weeks (and you'll get the airport sniffy dogs all excited).

Look for variety in a food tour, course or experience. This **Istanbul food tour** had me sample more than two dozen dishes over two continents. Viator has **plenty of food tours** in just about any city if you're hungry!

Read the text and identify the main reasons for food lovers to travel to South America.

CULINARY TOURS: SOUTH AMERICA OFFERS REMARKABLE EXPERIENCE

While one traveler will like nothing better than an intense weekend break in the city to soak in the local arts, others will prefer to tour a wider region at a more leisurely pace to explore a country's varied culture or cuisine. Culinary tours are big business and there are always plenty to choose from as different operators compete to offer the best experiences and local produce in a complete package. You could choose to be among the thousands travelling the vineyards of Argentina or decide to learn how to make an authentic feijoada in Rio but here are four unique culinary tours of South America with a slightly different taste.

“Taste of Peru”: a six-day tour from the International Kitchen.

The ability for guests to immerse themselves in the cuisine of another nation is important for any culinary tour but this adventure into Peruvian food culture really throws guests into the heart of the action and gives them a variety of experiences. At the start of the week, visitors are given a challenge to negotiate local markets to find the perfect ingredients for a Peruvian classic; by the end of the week they will have learnt many other skills at the cookery classes and cocktail-making course, where a leading

sommelier teaches the tricks to making infamous concoctions like the Pisco Sour. Add to this the sightseeing trip to Machu Picchu, and a high-class, 7-course Novoandina dinner with a modern twist at the MAP cafe, and this is clearly a great chance to experience the breadth of Peruvian cuisine in one action-packed week.

“Taste of Uruguay”: a four-night tour from Adventure Life.

While the Peruvian masterclass shows the diversity of the country's culinary culture from the markets to 5 star restaurants, this Uruguayan tour highlights some of this particular nation's best offerings via their European connections. Uruguay is an unusual choice in itself when more popular destinations are on offer but this historical look at local delicacies could be worth the gamble. Included in the tour are a trip to the fifty-year-old Zubizarreta Winery, the origin of one of Uruguay's most celebrated labels and a chance for guests to learn about the top-quality grapes imported by French immigrants, and a chance to sample the exquisite blue cheeses of the Martilu or La Brida Farms that were forged by Swiss immigrants who settled there after the Second World War. Also included with this tour is the chance to go sightseeing in Montevideo and have dinner in one of its many restaurants.

“The 8 day Culinary Tour in Floripa”: an eight-day tour from eFoodys Culinary Vacations.

As is so often the case, this Brazilian package lets holidaymakers experience local food through the areas heritage; however this Floripa-based culinary tour visits communities that are not automatically associated with Brazil to celebrate specific local customs and cuisines. There are many day trips, like the chance to sample apple products with a leading producer, lunches at top restaurants and other experiences to enjoy over this carefully-crafted eight day vacation but stand-out stopping points to look forward to are the “Oyster Experience”, where guests are treated to a presentation on local cultivation as well as a tasting session, and a trip to German-speaking Pomerode. Here, visitors get to experience the unique culture through architecture, locally-made German food this is passed down through immigrant families and a trip to an authentic kaffehaus.

“Santiago to Buenos Aires”: a twenty-one-day tour from Keystone Journeys.

Last but not least we come to an example of a culinary tour for people that want a really long adventure in South America and like the idea of experiencing the cultural differences and varying cuisines between two

nations, rather than an immersive holiday in a single region. With 21 days of travelling, sightseeing, tasting and learning there really is a lot to enjoy on this trip between capitals – from lessons on matching food and wine to a trip to the Mendoza Harvest Festival – but the unique selling point has to be the stark contrast between the day in the Chilean Casablanca and Colchagua Valleys and the finale in Buenos Aires. The former is a chance to taste local wine in a tranquil setting aboard a steam train; the latter is the exciting and fiery combination of an Argentine cooking class and tango demonstration.

**Read the text and underline the traditional dishes of the destinations.
Learn the introduction and description one of the tours.**

HEADING EAST AND DISCOVERING LOCAL CUISINE

If you are a foodie and love experiencing international cuisines, then a culinary tour or vacation is your best bet to explore a country and its dishes. Food is an integral part of any culture, and it is amazing how different and exciting food can be around the world. Eastern Europe is one such destination which has lots of history and has a rich culture. The cuisines and tastes of Eastern Europe are quite distinctive and popular across the world. So if Eastern Europe is on your radar as the next culinary tour destination, we have a few ideas for you:

Poland Culinary Tour

Poland is the 7th largest country in Europe with diverse topography, one of the five deserts in Europe, lake valleys and one of the oldest mountain ranges in the world. There are quite a few culinary tour operators for Poland, out of which Poland Culinary Vacations offer an interesting customized cooking holiday throughout various regions in the country. The tours offered by them are largely country side vacations with a slow holiday approach, wherein you can soak in the local culture and culinary flavors to the fullest.

You can cook along with local villagers and gourmet chefs, making it a complete culinary experience of Polish cuisine. The trip covers both rural towns and modern cities, giving a diverse experience of the country. Some of the highlights of this trip include: visiting Polish food festivals and neighborhood markets, tasting of local delicacies including handmade Bryndza and Oscypki cheeses, lamb dishes and highland tea, cooking local dishes with village women, sampling rare delicacies from family farms and

local artisan producers: bread, sausages, cheeses, preserves, world renowned vodkas, honey wines etc., going on mushroom and blueberry hunting, learning about local crafts, visiting famous cultural sites throughout Poland, learning about history and tradition of Polish people, and stay at 4 or 5 star hotels.

Hungary Culinary Vacations

Hungary is a beautiful country and one of the popular tourist destinations in central Europe. Budapest, the capital of Hungary, is known for attractions such as Buda Castle and thermal baths on the bank of Danube River. Hungary is associated with rich culture and food. There are a few tour operators that organize culinary tours there.

Taste Hungary is one of the interesting culinary tour operators, who specializes in organizing customized food and wine tours. The tours organized by them are typically for small groups of up to six participants; however tours for individual or large groups can be arranged as well. The tour focuses on real food lovers and it lets the participants enjoy the real feel of Hungarian cooking. There are cooking lessons in Hungarian homes, giving them first hand feel of Hungarian style cooking. The tour includes travelling via public transport or on foot. Trips outside Budapest are covered by car. The tours are totally customized and can be designed as per participant's requirements.

Bulgaria Culinary Vacations

Bulgaria is a picturesque country which nature has blessed with beauty. Like most European countries, Bulgaria has rich culture and interesting history attached with it. Bulgarians love their food and wine and there is no better way to explore Bulgaria than to go on a culinary vacation. Rozzi Travel organizes culinary tours in Bulgaria. They have multiple options of culinary tours which are designed for the participants to relax and enjoy the country and its cuisine.

The tours organized by them are typically for small groups of 6 to 12 people. The tours are usually planned for over a week or so period, so that the participants can explore the country at slow pace and can soak in the flavors of local delicacies. The culinary vacations in Bulgaria focus on giving exposure to participants of home cooked food items, such as Katmas, Banitsa, homemade jam, cheese, yogurt and bread. The culinary tour lets the participants take lessons on local cooking along with locals or gourmet chefs. The tours also include visit to local wineries, which are known for their quality of wines. The culinary vacations to Bulgaria let you explore

local delicacies and beautiful and historic places in Bulgaria at relaxed and easy going pace.

Read and retell the text. Choose the right words to promote and recommend the destination to Ukrainian customers.

PREPARE YOUR TASTE BUDS FOR ANDALUCIA CULINARY TOURS

By Tina Baird <http://www.flavoursofspain.net>

Chef Mike Powell and his wife Hilary are passionate about Andalucía Spain, its culture, history, art and cuisine, and they love to share it with guests by hosting art and culinary vacations, aptly named ‘A Flavour of Spain’. Guests are welcomed to savour and explore southern Spain through these vacations, with very personal and up close experiences provided by hosts Mike and Hilary.

Andalucía is known for its sun-drenched whitewashed villages, olive groves, Moorish architecture, flamenco music and Mediterranean cuisine. Guests have the opportunity to explore Spanish culture, while enhancing and nurturing either their artistic or culinary talents at a leisurely pace in small group settings. All Flavour of Spain holidays take place at El Molino, The Old Mill, which is a beautifully renovated three house estate nestled in a rural valley surrounded by a trout stream, olive groves and white villages. It is hour equal distance from Malaga and Granada.

The days are set up to provide plenty of time for art and cooking classes, personal time, fully escorted excursions and relaxation. There is always time to linger over lunch, tapas, and dinners; to swing by the stream or rest in the hammock under the pomegranate tree; to swim in the pool and watch the sheep being herded on the hillside; to walk to the nearby villages or hike in the hills; and to finish your days with an evening stroll on a quiet country road that winds through the olive groves.

Food is central to the Spanish way of life. The Foundation is olive oil, the Heart is the legacy of the Moorish culture, and the Magic is the Tapas ritual. Spain’s gastronomy is a wealth of colors, flavours and textures. There are only a few countries that have such a diversity of landscapes, wine types and cuisine as Spain.

Mike is passionate about Spanish food, its freshness, the simplicity of preparation, and the quintessential flavours of Southern Spain...the

Mediterranean diet at its best. The Tapas ritual is a digestive aid in itself. The sherry and tapas work their magic and take away hunger pangs, as well as creating the time for people to air their problems and frustrations, joys and pleasures, releasing the safety valve that has been forgotten in modern life.

Cookery vacations include a mix of hands-on cooking sessions and demos; wine tastings; visits to local food and fish markets, wineries, Rute Museo de Jamon (ham museum), and to the Baena organic olive oil mill; and excursions with sight-seeing, shopping, dining out and even a flamenco show. During the cookery vacations, guests discover the joys of Mediterranean food using the finest local ingredients and learning the secrets of local dishes and wine pairings.

Also, Mike and Hilary put together custom private cooking holidays, so if a wine club, culinary group, group of friends or business associates wants to create their own cooking vacation in Spain, Mike and Hilary will customize every detail to suit the group, including add-ons such as Spanish language lessons, spa experiences, and additional excursions.

For the art vacations, even though Mike himself is an artist, he is too busy preparing his exceptional meals for guests, so highly successful artists lead the workshops. If you want to spend a couple of weeks on an art or culinary vacation in the countryside in the south of Spain at a lovingly restored Old Mill, spend your days painting or learning to cook beautiful Spanish cuisine, explore Spain in small escorted groups, discover the joy and health of delicious Spanish cooking, join hosts Mike and Hilary in Spain on A Flavour of Spain Vacation. They have brought together the place, instructors and opportunities for you to experience the cuisine and culture of Andalucía and to inspire your culinary and artistic abilities. Through Spanish country cooking and Spanish-inspired recipes, excellent art teachers at a tranquil country setting, they will stimulate your artistic talents and encourage them to flourish.

Read and make a plan to the text. Underline or copy out the key words and collocations.

BULGARIA, MACEDONIA AND ALBANIA: “OLD EUROPE” GEMS OF THE BALKANS

By Alison Gardner

Over several years, I have had the privilege of exploring and even living in much of southeast Europe ... from Bosnia and Herzegovina, Croatia, and Slovenia to Montenegro, Hungary and the fascinating back-in-time Transylvania region of Romania. However, several seldom-visited countries in that region of Europe still remained on my travel bucket list when I noticed a new ElderTreks (eldertreks.com) exploratory trip of 22 days promising me a taste of “Old Europe” in Albania, Macedonia and Bulgaria. I signed up! A detour of a couple of itinerary days to the island of Corfu (in Greece) did make a strange but tempting bedfellow with the other three countries, but it is, after all, only a brief ferry ride from Albania’s extreme south coast.

While all of ElderTreks’ small-group tours for 50+ aged travelers are culturally, educationally and physically challenging to varying degrees, their first-time exploratory tours offer an extra element of breaking new ground. Even the most talented trip designer cannot anticipate the flow and content of a trip until clients are actually there in the bus, eating in the restaurants, tromping through the cities, towns and countryside, and sleeping in selected accommodations. On an exploratory trip, everyone needs to come with a sense of adventure and good humour, and the lead guide needs to have all the flexibility of a circus acrobat when it comes to making last minute itinerary changes!

The three key countries on our tour border one another while stretching from the Adriatic/Ionian seas to the Black Sea. I anticipated that they would be quite similar in terms of a richly-layered ancient to modern history, cultural outlook and ethnicity as well as religious persuasion and even geography. To some extent that perception is true ... after all, they have been occupied by many of the same conquerors over a period of 2,500+ years, some of which brought now entrenched customs and state religions. And the final layering of post-WWII Communist rule until recent decades has also left its legacy – a form of anti-religion religion, one might say – still measurable in a way that many other former Communist European countries have largely left behind.

Indeed, we experienced the cobblestone streets of history, Greek, Roman and Byzantine ruins, cosmopolitan capital cities, quaint unspoiled towns, medieval monasteries and castles, UNESCO World Heritage Sites and pristine nature.

I would call the 20th century **Albania** story the most unusual in that “Communist” leader Hoxha effectively closed the borders to visitors and

citizens alike, barring trade and ideologies during his paranoiac 44-year rule. He made the country the most isolated, poorest and educationally-backward country in Europe until his death in 1985. He played no favourites with regard to religion, not just in terms of banning Islam and the Albanian Orthodox faith, but destroying or vandalizing almost every religious building in the country, no matter how historical or culturally significant. On the other hand, he demonstrated a great fondness for dome-shaped cement bunkers which he ordered built by the thousands in towns, cities and the countryside, telling his citizens that Albania needed to protect itself from invasion from the rest of the world because other countries were jealous of Albania's success.

During our time in Albania, we visited many new mosques and churches springing up throughout the country and talked with their religious leaders. Clearly, Mr. Hoxha failed to stamp out the people's faith. Today, 70% of the population is Moslem and 30% Albanian Orthodox. He also failed to permanently dampen the spirit of Albania, thanks in large part to the vast numbers of countrymen who emigrated abroad and made successful lives in many countries. Between 1990 and today, they have poured money into building homes and businesses, arguably making Albania the most economically vibrant and urbane of all three countries we visited.

Macedonia, a part of the Former Yugoslavia until that federation's dramatic implosion in the early 1990s, also has a deep cultural, historical and religious story that comes from being at the crossroads between Asia and Europe. The population is largely Macedonian, a Slavic-speaking Eastern Orthodox majority. However, there is also a 25% Albanian minority which is largely Muslim, again reflecting the 500-year regional rule of the Ottoman Empire.

For three days and nights, the picturesque lakeshore town of Ohrid served as headquarters for our daily forays out to historical sites such as the expertly-excavated city of Heraclea, nearby wilderness parks, and impressive Macedonian Orthodox monasteries, some even in caves. See an article in our collection about Macedonia's Lake Ohrid area with one of Europe's deepest and oldest lakes.

Despite joining the European Union in 2007, **Bulgaria** still seems the most frozen in Communist time of the three major countries visited. Nevertheless, it offered such highlights as the 10th century Rila Monastery, a magnet for visitors from Bulgaria and all of Southern Europe. We

descended deep into the precarious, blackness of Devil’s Throat Cave, and visited Plovdiv, one of Europe’s oldest cities. Making news very recently, it is being hailed by Lonely Planet as “that rarest of beasts: a genuine hidden gem in Europe.” LP has announced it as one of their top ten cities in the world to visit in 2015. The “hidden” part of the description may not stand for long.

With a stroke of boldness characteristic of ElderTreks, the refined, non-exploratory itinerary (eldertreks.com/tour/ETTD000488) for this tour has now added a two-day visit to **Kosovo**, Europe’s youngest country. Just north of Macedonia and east of Albania, Kosovo is an exciting detour to a country whose tourism potential is barely on the radar. With a maximum of 14 people, this September tour of 22 land days departs from Sofia, Bulgaria and ends in Tirana, Albania. It will be offered once in 2015 and once in 2016 with guaranteed departures.

Editor/journalist, Alison Gardner, is a global expert on nature-based vacations and cultural/educational travel. Her ‘Travel with a Challenge’ web magazine, www.travelwithachallenge.com, is a recognized source of new and established operators, accommodations and richly-illustrated feature articles covering all types of senior-friendly alternative travel.

Read and translate the text. Find the facts to prove the importance of food in tourism experience.

CULINARY TOURISM: FOOD AMONG TOP TRAVELERS’ INTERESTS

Instances of architecture, landscape, museums, hospitality are some aspects of what attracts a tourist at a particular travel destination. In the recent times, we see the growing importance of culinary tourism in the economy of tourist hot spots. Culinary tourism provides the tourists an opportunity to experience the exotic cuisines of a particular place. It is as important for tourists as aspects like accommodation, scenery, climate etc. as the tourists often dine outside. Most of them prefer to sample the local exquisite dishes. It is therefore, a great way to catch the fancy of the visitors. Food is one of the fastest growing interests among travelers according to the International Culinary Tourism Association. The Association offers the following evidence in support of the tremendous growth in the culinary tourism industry:

The number of consumer requests received via the Association's website continue to grow and are nearly at their 2008 (pre-Recession) level. The number of consumer-oriented restaurant information websites has grown from less than a dozen in 2003 to 173 today. The number of culinary tour operators around the world has grown from just a handful in 2003 to nearly 150 today. The Association's membership has grown to more than 16,000 food and tourism trade professionals since 2003, when the Association was founded.

Culinary tourism definitely comprises of gourmet food but is not limited to it. It aims to provide a memorable experience for the tourists. Of all foodies, only 8% of them are gourmet food enthusiasts. Therefore, they clearly comprise the minority. Culinary tourism is a great way to exchange cultures. To develop the culinary tourism aspect of any destination, a fourfold action plan can be adopted.

Parking Spots – A lack of parking spots can discourage tourists and many would drive away even without taking a second glance. To stop that, the local restaurants should provide ample parking space and advertise it too. Providing valet service is also a good strategy.

Ground Breaking Ideas – Way of presentation, imagination and novel notions can catch a tourist's attention. Kedonganan - Jimbaran is a fishing village in Bali that has been remodelled as a hot seat of culinary tourism. There are 24 cafes dotting the shores of the village that provide seafood delicacies.

Good Relations with the Locals – It would pay real well to treat the locals nicely. Employing them in the restaurants or collaborating with them would help. This would prompt them to redirect tourists to dining places and thus bring in a boom in business. **Collaboration with Other Restaurants** – It is unwise to regard other restaurants as competition. Instead if many restaurants collaborated with each other to form a chain and entered a business relation, then it would be much more profitable for them. In places like South Africa, Argentina, Brazil, India, Egypt, Myanmar the culinary tourism industry is gaining rapid popularity. It is an extremely viable option for cultural exchange and economic revival of a place.

Read the text and recommend Italy as a tourist destination to your clients. Identify the main reasons for choosing this country.

ITALY IS A PROMISING DESTINATION FOR HONEYMOON TRAVELLERS

Over the years, Italy has built a strong reputation as the land of romance and became the desired destination of numerous honeymooners across the globe. Rich in history with stunning architecture and scores of intimate activities to bond with, these must-see spots should definitely be on your honeymoon bucket list.

A gondola ride on the waterways of Venice is something that has gained a legendary status amongst hardcore romantics. The ride encompasses a distinct aura of serenity and romance in its atmosphere that can be best experienced and not described. But that's not all when it comes to Venice. While your days will be spent in the midst of the most popular shopping areas in Europe, the city puts on a fairytale vibe as the night descends.

For side of history along with regular adventures, Tuscany is the region to head to. Florence, especially, attracts the most eyeballs in this region with its wealth of history, art and culture. But if history doesn't interest you, soak in the peaceful environment of Boboli Gardens or visit Ponte Vecchio, for a stunning view of the river flowing through the city.

If your mutual wanderlust impulses still refuse to be satisfied, head into the countryside of Tuscany for a romantic day excursion. The beautiful Medici villas, wine tastings at few of the many vineyards on the outskirts or a visit to some of the most picturesque villages and towns are some of the many experiences you can seek out here.

The moment once reaches Amalfi Coast; they can't help but become dazzled by its picturesque coastline stretches that remain untouched and fascinatingly beautiful to gaze at. Situated across a steep landscape, the coast is dotted with beautiful towns and villages like cherry on a cake. For best views of this enchanting coast, check out the various viewpoints on the cliff. Or better, take a short cruise to the locations along the coast and breathe in the fresh sea smell up close and personal, with your partner alongside, for some quiet yet perfect moments.

Located in the northwestern corner of Italy, Piedmont offers views of mountain ranges that make up the Alps. The timeless aura of the castles and palaces scattered in this region has the power to take you and your beloved into an ambience that brings you closest to fairytales. Away from

the hustle and bustle of famous Italian cities, seek out this wondrous experience of an untouched beautiful side of Italian culture.

Hands down, one of the busiest cities in Italy, Naples is where you can truly experience the frantic energy of busy Italian life. For a city that saw the origins of pizzas, you can sure expect some of the most scrumptious delicacies in the restaurants here. As for the fun scale, Naples ranks pretty high up with countless shops, nightlife opportunities and beaches to hang out around.

Saving the most popular for the last, Rome is a city we all have heard of at some point in time. One just can't get enough of this city that's brimming with so many incredible sights, cultures and experiences packed in one location. As you walk hand in hand exploring this incredible city with your better half, you are sure to find yourself lose track of time as the strong cultural ambience sweeps you off your feet just like the time when you first fell in love.

Viren Batra, CEO & Co Founder of nirvana excursion said, "Italy is an enchanting amalgamation of popular bustling cities and laidback secluded regions that leave you feeling welcomed, relaxed and absolutely ready to take on the world, being an extremely popular destination, though, it can get quite crowded with tourists, unless you know the right time to travel and the right places to visit."

Read the text of the itinerary and design a similar one in Ukrainian cultural environment.

JOIN RESTAURATEUR CARMEL RUGGERI AS SHE TAKES YOU THROUGH HER PART OF THE WORLD, HER ISLAND, SICILIA

Immerse yourself in Sicilian food and culture through Carmel's eyes and that of her Sicilian family. "Sharing pure and simple local food and immersing them in the true rustic charm of my Sicily. The cannoli, the cheese, the tomatoes... simple produce you will never ever forget. My family will open their homes to you and share the warmth and feasts that I experience every time I visit. There is so much to do and see on this picturesque island," says *Carmel*. "I'm offering you a taste of Sicily's great food and inevitably pure enjoyment. The Sicilians are warm people and I promise, you will leave your heart there just as I have so many times before."

Share a once-in-a-lifetime experience on the beautiful island of Sicily, where the mountains meet the sea and family and food are its heart and soul. This tour commences in the undiscovered south coast of Sicily, at the small fishing village of Scoglitti, and explores the beautiful attractions of Siracusa, Noto and Agrigento. Here is the itinerary of the tour.

Friday 8 June – Catania to Scoglitti

We meet at Catania Airport for a bus trip to the undiscovered south coast of Sicily to the small fishing village of Scoglitti overlooking the Mediterranean Sea. Here we settle into our beachfront hotel for lunch on the beach where we sample the first of our many Sicilian delights prepared by cousin Carmel, who also gives us our first cooking class.

Carmel will then take us on an afternoon walk around the town, our home for the next seven days, including a stopover at the fish markets. We will of course stop for our first gelato at Carmel's cousin Franco's bar.

In the evening, dinner at one of Scoglitti's best restaurants for a 15 course degustation. Inclusions: lunch & dinner.

Saturday 9 June – Modica, Valle Dell'Acate winery and Ragusa Ibla

We spend the morning discovering the beautiful Baroque Valley of Ragusa, Modica. Here we visit Antica Dolceria Bonajuto, the oldest chocolate factory in Sicily founded in 1880. *The New York Times* called it "...chocolate of astonishingly pure, powerful flavor."

We then visit the Valle dell'Acate winery run by the Jacono family where our host Giovanni Carbone takes us through the original 19th century palmento for a tasting of Frappato, Nero D'avola and Cerasuolo, Sicily's only DOCG wine, this is followed by a light rustic Sicilian lunch.

This evening we take a walk through the cobblestone town of Ragusa Ibla, always a tour highlight. Ragusa Ibla hosts a wide array of Baroque architecture including palaces and churches. We enjoy a special dinner at one of the locals' favourite trattoria. Inclusions: breakfast, lunch & dinner.

Sunday 10 June – Scoglitti

Today is all about family. We enjoy a traditional Sicilian Sunday lunch feast at Carmel's aunt's home, where food and wine will be aplenty. We try the famous traditional Sicilian digestif Averna, which comes from nearby Caltanissetta.

Before lunch, Zia Maria and cousin Carmel will demonstrate how they make Sunday sugo, fresh pasta, caponata, Ragusani scacce (folded

pizza) and sfingi, a type of Sicilian donut. Time to roll up our sleeves, join in and have some fun cooking.

Afterwards we enjoy a stroll, “the passeggiata” with the locals. Free time in the evening for more strolls and/or a visit to a pizzeria, restaurant or gelato bar at your leisure. Inclusions: breakfast & lunch.

Monday 11 June – Siracusa and Noto

This morning we head to the fish markets in Ortigia on the East coast of Sicily. This is followed by a stroll through the beautiful Ortigia, a small island which is the historical centre of the city of Syracuse. The island, also known as Città Vecchia, contains many historical landmarks including the spectacular Duomo di Siracusa. We wander through the narrow medieval lanes and head to lunch at one of Ortigia’s famous trattorias.

We spend the afternoon at the UNESCO heritage town of Noto, one of Sicily’s most beautiful towns, flanked by grandeur baroque palazzi and churches. We visit the famous Caffè Sicilia, home of Sicily’s most famous pastry chef, Corrado Assenza. Tonight it’s pizza night.

Tuesday 12 June – Agrigento

This morning we make our way to the region of Agrigento, stopping on the way at Baglio del Cristo di Campobello winery for a tasting. Campobello is one of Sicily’s biggest wine exporters to Australia.

Today is Carmel’s birthday, so it’s only fitting that we celebrate it in style with a long lunch at one of her favourite spots on the south west coast of Sicily, Lido Canaima located in Montallegro. Carmel’s dear friend Chef Leonardo will prepare an amazing lunch with an endless supply of Aperol Spritz.

Late this afternoon we head to the Valley of the Temples to explore one of Sicily’s most famous historical attractions and a UNESCO World Heritage Site consisting of eight temples built between about 510 BC and 430 BC. This archaeological park and landscape is the largest archaeological site in the world with 1,300 hectares. We make our way back to Scoglitti in the early evening. Inclusions: breakfast & lunch.

Wednesday 13 June – Scoglitti

We head to the local pasticceria in town for a traditional Sicilian breakfast, granita with brioche. Here pastry Chef Stefania demonstrates how to make ricotta cannoli.

Then we are off to the local ricotta farm to see how Sicily’s favourite cheese is made, like only the Ragusani know how to make it. Here we sample the most delicious ricotta at various maturity levels.

We then visit an eggplant and tomato farm where tomatoes have been cultivated for decades. Ragusa is perfect for the tomato farms with its arid, sandy, flat land. We take a walk through the “serre”, tomato houses and then enjoy a delicious rustic BBQ lunch featuring tomatoes of course and delicious pork and fennel Sicilian sausages. Tonight we have our farewell dinner.

Thursday 14 June – Scoglitti to Catania

Breakfast at hotel. Our Sicilian Food Tour concludes. Shuttle will depart at 9am for Catania Airport from the Scoglitti hotel.

7 days and 6 nights. Style: Classic relaxed fun and food

Included in price: 6 nights in standard hotels; private vehicle with a professional driver; 6 x breakfasts per person; 10 x main meals (lunch/dinner) per person; all activities specified in the itinerary, including entry fees and local guides where appropriate; personal services of restaurateur Carmel Ruggeri, a bilingual Italo Australian whose heart lives in Sicily. To book please email info@sicilianfoodtours.com.

Read and translate the text. Pay attention to proper names, exotic words, food collocations.

TEN GOURMET GETAWAYS THAT OFFER UNIQUE FOOD EXPERIENCES, PLUS WHERE TO EAT, SLEEP, SHOP AND DRINK

By Roger Norum

Oxford, UK

Home to medieval limestone buildings, fields, canals and some of the country's most beloved pubs, this quintessential university city also has an excellent local food scene with thriving farmers' markets at Gloucester Green, Cowley and Wolvercote, and a number of restaurants, such as The Vaults, that locally source or even grow their own produce. Set in an 1898 Victorian conservatory, Gee's is an Oxford culinary landmark serving locally sourced, seasonal British dishes such as pan-fried river trout in brown shrimp butter with steamed spinach, £15.50, and duck confit, celeriac mash and caramelised shallots, £17.25, plus a great value two-course dinner menu, £23.50, served Monday to Saturday.

The stalls and shops of the 18th-century Covered Market include Pieminister with their award-winning Chicken of Aragon pie

with roast garlic, vermouth and tarragon, £3.95 (add mash and gravy for £1.85), and Oxford Cheese Shop for the semi-soft Oxford Blue. At 769 years old, The Bear Inn is Oxford's oldest pub. Come for pints of Scholar and Prospect ales from the local Shotover Brewery, both £3.40. (01865 728 164; 6 Alfred St). Bedrooms at Ethos come in neutral tones and floral prints and feature king-sized beds with leather headboards, power showers and kitchenettes. A breakfast basket stocked with muffins, fruit and orange juice is delivered each morning. Doubles from £102.

San Sebastian, Spain

On the Southern coast of the Bay of Biscay with gorgeous beaches and an enchanting promenade, this culinary powerhouse offers scores of pintxo bars and more Michelin stars per capita than anywhere in the world. Its Cantabrian Sea is known for Bonito tuna, baby squid, crab and tender, silky anchovies. Learn to cook local seafood dishes such as txangurro al horno (baked spider crab - see recipe), with San Sebastián Food, classes and tours from £55.

Modern, lively bistro La Fábrica offers local dishes such as txipirones rellenos en su tinta (squid in black ink sauce), koxotxa (hake cheeks in parsley sauce) and marmitako (fisherman's stew) as part of their bargain three-course dinner, £20, including wine. Pick up some sliced Jamón Ibérica de Bellota, from £57.66/kg, txistorra (Basque chorizo), £1.95, and Masia El Altet extra virgin olive oil, £12.95, from gourmet deli Zapore Jai. Look for Eusko Label products, which ensure Basque authenticity.

Head to traditionally decorated and local-frequented pintxo bar Gandarias for sagardoa, tangy Basque cider, 85p, locally harvested Txakoli white wine, £1.35, and patxaran, a sloe berry and anise liqueur, £2.53. Effusive innkeepers Leire and her mother Carmen run Bellas Artes, a smashing little guesthouse with comfy, simple doubles featuring exposed brick, tiny balconies and fresh flowers. Doubles from £60.

Dublin, Ireland

Dublin's food revolution has brought the Irish capital numerous specialist shops, great restaurants, cute cafés and cookery schools – to say nothing of the many pubs that have been there for centuries. Spend a while getting to know the city's culinary secrets on a tour with Fabulous Food Trails. Following his reign at Mint, Michelin starred chef Dylan McGrath now presides over casual Rustic Stone. Try his lean sweet chilli peppers stuffed with tuna tartare and avocado, £2.75, then a beef fillet topped with

mushroom duxelles and hollandaise of chervil and tarragon, £24.70, served sizzling on polished hot stones.

Pick up sausage rolls at Lolly and Cooks, £3, brown soda bread at upmarket Fallon & Byrne, £1.53, and Killeen goat cheese, £22.15/kg at Sheridans. Beshoff serves what many Dubliners consider the world's best fish and chips, £6.40. Down a Guinness at fabulous conversion The Church, where Handel practised his Messiah. Fitzgerald's is good for cinnamon and whipped cream hot chocolate, £3.83. After eating at Michelin-starred Chapter One, finish a meal with the city's best Irish coffee, £6.

Number 31 is set off a quiet mews and features a sunken lounge and lush gardens. They have won awards for their breakfasts, served on a glassenclosed terrace, of kippers, homemade granola, mushroom frittata and cranberry nut loaf. Doubles from £115.

Bordeaux, France

Built on the banks of the Garonne (and used by Haussmann as a model for Paris), grand 18th-century Bordeaux needs little introduction to wine lovers. You can arrive at many of the region's 8,000 chateaux in under an hour from the city centre; try a day tour with 33Tour Bordeaux Chateaux, from £75.80. High ceilings and exposed stone walls set the tone at atmospheric bistronomie specialist Bouchon Bordelais. Their changing lunch menu has different dishes and prices for women (quiche aux poireaux, £6.80), and men (sausage with lentils, £7.66). In the evenings, try the quintessentially Bordelais escargots in red wine sauce or pickled vegetables sautéed in mild spices, followed by pineapple marinated in a light mousse, two courses, £21.30.

Shopping haven Rue des Remparts is home to M le Macaron, whose many macarons include foie gras, chocolate and lychee ginger, from 93p. For fabulous quality local wines, L'Intendant (2 Allées de Tourny; +33 5 56 48 01 29) stocks 15,000 bottles, from 2007 Château Belle-Garde, £4.25, to 1937 Château d'Yquem Sauternes Grand Cru Classé, £3,830.

Head to the ground floor of the Bordeaux Wine Council's 18th-century building, where contemporary Bar à Vin sells wines by the glass, such as 2005 Château le Bernat Saint-Emilion Puisseguin, £3. Near the city's handsome public gardens, the chic La Maison Bord'eaux has a wine bar and restaurant, with grands vins and fromages menus. The hotel is run by a family of vintners who can organise private tours of châteaux in and around Médoc, Graves-Sauternes and Saint Emilion Pomerol. Doubles from £125.

Palermo, Sicily

This spectacular city of Baroque churches and Arab-Norman palazzos is renowned for its *cibo da strada*, or street food. Pick up a *pane con la milza*, a roll filled with chewy strips of fried spleen, or *panelle*, crispy, savoury fritters made from chickpea flour, at the Vucciria or Ballaro' markets. Located in a dimly lit basement near the Giardino Inglese, unpretentious and family-run Cin Cin is an award-winning local institution, with a menu that features sweet and sour vegetable potpourri with toasted pine nuts and fresh ginger, £6, and the classic Palermitano dish *bucatini con sarde* (pasta with sardines), £6.80. Order the homemade Marsala and raisins *semifreddo*, £4.25, and a *Donnafugata Ben Ryé Passito di Pantelleria* dessert wine, £3.40. The chef also runs market cooking classes, £127.70 per person.

Scoff scoops of *gelato* in various flavours, including hazelnut, jasmine and mulberry, £1.19, from *Gelateria Da Ciccio* (Corso Dei Mille 79; +39 091 616 1537). Order street food, such as *pane con la milza*, £2.13, and *panelle*, £1.70, to go from *Antica Focacceria S Francesco*. Try famous Sicilian *cannoli*; tubular crusts with sugar and *ricotta* filling, £1.27, at Il Capo market.

The *aperitivo della casa* (house drink) at Oliver Wine Bar is a spritz, made with *Aperol* and *spumante* or *prosecco* or even beer. (Via Francesco Paolo Di Blasi; +39 091 625 6617)

The stately Centrale Palace Hotel, has been restored with antique furnishings and Bohemia crystal chandeliers. Book a candlelit table at their terrace restaurant *Ai Tetti*, which has great views to the old city - and a divine *tagliatelle aux cèpes* with *parmesan*, £13.60. Doubles from £130.

Riga, Latvia

Home to one of the largest open-air markets in Europe, Latvia's capital Riga exhibits Slavic and Germanic influences in both architecture and cuisine. Expect plenty of pork, potatoes and cabbage in dishes such as *pirags* (bacon-stuffed pastries) and *asinsdesa* (blood sausage with cowberry sauce), and national dish, herring. Learn more on Eat Riga's food tours, from £15.

Sourcing ingredients from small farms, day-boat fishermen and a backdoor garden, British-Latvian Martins Ritins is the country's most lauded chef and president of Slow Food Latvia. Enter the minimalist décor and changing mood lighting of his restaurant *Vincents* to order bone

marrow brûlée with local Burgundy escargots and Madeira wine sauce, £8.70, or foie gras ravioli, £15.80.

Visit Latvijas Balzams to pick up Latvians' favourite herbal liqueur, the gooey bitter Riga Black Balsam, from £3.50 a bottle. It has the viscosity of molasses and a unique and acquired taste that hints of peppercorn and raspberry. Mix with schnapps or coffee, or pour over vanilla ice cream.

Just by Riga's old city walls and looking onto the Dome Cathedral, the comfy, chic B-Bar serves Allazu Kimelis (caraway liqueur), £2.40, karstvins (hot mulled wine), £4.40, and local beers, including the smooth, clean Aldaris Luksus, £3 for half a litre - or the more traditionally brewed Uzavas and Valdempils beers. Popular during the day with smart 30-somethings who come for the three-course business lunch, £7.80, and dishes such as pork fillet in cream sauce or baked salmon with rice.

Located adjacent to the enchanting 19th-century shopping area of Bergs Bazaar, Hotel Bergs is a boutique five-star hotel with 38 sleek rooms and suites. Its veranda restaurant offers a Culinary Adventure menu, £30, featuring pike quenelles in tapioca with dill oil and crayfish velouté. Doubles from £114.

Sofia, Bulgaria

The Bulgarian capital's handsome collection of Byzantine churches and Soviet-era monoliths is the perfect backdrop for its varied restaurants, many of which reflect the country's diverse, multi-cultural history. Chefs meld flavours from the country's Ottoman past into folksy, Slavic meat-and-veggie recipes from the countryside. Be sure to try mish -mash, an omelette of eggs, peppers, tomatoes and Bulgarian feta.

In a low-roofed whitewashed room adorned with many rural artefacts, Pod Lipite, which means 'under the linden trees', has great traditional Bulgarian meals accompanied by lilting traditional folk music. Try the veal tail soup, £2.10, shopska salad with sirene (a salty sheep's cheese), £2.25, or Govedartsi pork knuckle with potatoes and white wine sauce, £7.31.

Bio Bulgaria is Sofia's first organic food store. Their own line of products includes kiselo mlyako, local organic yoghurt, 75p, that tastes great mixed with their honey, £4.90. They also sell 25g packets of organic Mursalski Mountain Tea, £1.55, a Balkan specialty.

Visit new Viennese-styled resto-enoteca Vinarna Vkusnata Hapka (Bul. Praga 24, +359 02 480 9324) where caterer to the stars Tsveta Arnaudova has selected some 150 wines, many of them top Bulgarian

vintages. Try a glass of the awardwinning, herby Sakar Mountain Terra Tangra Cuvee 2006 red, £2.60. Set on Sofia's central shopping street, Les Fleurs is one of Sofia's most colourful hotels, with 31 Italian-designed bedrooms in understated floral kitsch. Well located, within a range of great local restaurants. Doubles from £122.

Bratislava, Slovakia

Onion-domed towers and rolling vineyards define the landscape of this buzzy, medievalmeets-modern capital. Potatoes, cabbage and sheep's cheese form the basis of traditional Slovak cuisine, and the best-known dish is bryndzové halušky, small potato dumplings filled with cheese and speck. Slovaks also produce great brandies, including the juniper Borovicka and plum Slivovica, matured for 12 or more years.

Hovering 85 metres above the Nový Most bridge, saucer-shaped restaurant UFO Taste mixes a white acrylic discotheque aesthetic with breathtaking city views. Inventive dishes include salad of confit rabbit leg, baby lettuce, bacon chips and pomegranate, £12.77, and roast rack of boar with sauerbraten and bread stuffing, £19.60.

You'll find sweet raisin wine, £9.37, and medium-sweet dessert wine, £22.14, made from locally harvested Pálava grapes at the Elesco vineyards' wine shop. The winery's bright, airy restaurant next door serves potato piroshky, ravioli stuffed with mushrooms and served with sour cream, £5.10.

Expect exposed beams and photos from the original brewery on the walls at the re-opened three-floor Bratislava Burgess Brewery. Drink its own Bratislavský ležiak lager, £1, and black Sessler beer, £1.45, or the popular unsweetened apple brandy, Jablkovica, £2.55. They also have local bar food, such as bryndzové halušky, £5.20, and utopenec, a kind of pickled sausage with garlic, spring onion and chili peppers, £2.81.

Opened in 2010, the Kempinski Hotel River Park has 231 rooms and suites featuring bay-window views of the Danube and high-tech, push button bathrooms. It has a heated indoor pool on the roof, free town transport in a Rolls Royce and two great restaurants, ARTE and River Bank. Bargain doubles from £124.10.

Bruges, Belgium

Boasting some 52 individual chocolate shops, Belgium's unofficial chocolate capital is perfect for travellers looking to sate sweet-tooth cravings. But Bruges's meandering cobblestone streets and canals are also

great for sampling two street-food Belgian standbys: Belgian frites (£2.12) and steaming waffles with hot caramel (£2.55).

De Vlaamsche Pot is run by celebrity chef Mario Cattoor. Try his Zeeland mussels served with celery, onion, parsley and crushed pepper, £14.90, and Stoofvlees op z'n vlaams, Flemish beef stew, £13.20. Many of Mario's dishes have come straight out of his gran's recipe book and into his own best-selling cookbook.

Take a local beer home. At de Bier Tempel, you can choose from 600 different types of bottled beers. Come for dainty boxes of 17 Belgian chocolates, £10.22 at The Chocolate Line and see pralines being made in their workshop.

You don't come to the simple, worn Café 't Brugs Beertje to grab a beer; you come to nurse and treasure one. Among vintage billboards, they sell several hundred of Belgium's finest brews, including the bitter, malty blond Delirium Tremens, £2.75.

Once serving as the city's butter market, the renovated Boterhuis offers 11 rooms with exposed wood flooring, traditional furniture and wide double basins in the bathrooms. Serves a large breakfast buffet, packed with meats, cheeses, and kramiek, the local brioche. Doubles from £82.

Bergen, Norway

In medieval times, Norway's second city was one of Europe's centres for maritime trade; now it's the country's seafood capital, with dishes such as cod, monkfish and lutefisk (traditional Scandinavian dried white fish treated with lye) appearing on local menus. It's also the quintessence of rustic Scandinavian charm, thanks to a colourful quarter of wooden wharfside warehouses and cellars dating from the 1700s.

A short walk from the UNESCO-listed harbour is the newly renovated, rustic chic Hanne på Høyden, where award-winning chef Hanne Frosta comes up with organic, exclusively Norwegian-sourced products. Try her pumpkin soup with birch oil and apple-glazed red onions, £11.90, and seasonal berries and fruit compote with gooseberry sorbet, £12.99.

The orange-tarped stalls at the bustling outdoor harbourside Fish Market sell prawn baguettes, £5.50, and fish cakes, from £9.60. You can also get vacuum-packed bags of salmon to take home, from £21.50/kg for farmed, £43/kg for wild. Visit the city's recently opened organic food shop Reindyrka for goodies such as Isrosa's winter ice-cream, with spices, pineapple and chocolate.

Linje Akvavit (Aquavit) is aged in oak casks on ships that cross the equator; the rough seas and changes in climate add flavour to the concentrated potato-based spirit. To try a glass, £8, visit the Femte I Andre Bar, one of Norway's best stocked and most respected cocktail bars.

Sisters Yvonne and Renate run the refined b&b To Søstre. White wooden walls and bare wooden floors form the backdrop to the two double bedrooms (shared bathroom) and the ensuite attic loft. It is best known for breakfasts of homemade breads and jams, smoked mackerel and salmon, reindeer sausage and muesli. Doubles from £119.

Read the text and clarify the peculiarities of each food tour. Explain the meaning of exotic words.

15 FOOD TOURS WORTH THE TRAVEL

By Margaret Loftus

Treat your taste buds to a global tour of flavours with these food itineraries. The only prerequisite: a healthy appetite.

Craft beer calling in Asheville, North Carolina

Combine mineral-rich mountain water and a cool-kid community hopped up on the latest in artisanal suds, and you have craft beer mecca Asheville. With more than 25 breweries, this mountain town makes finding a favorite ale daunting. Guide Cliff Mori leads beer enthusiasts on walking tours of the small-batch brewers in the downtown South Slope area. Come thirsty: You'll try seven to 10 beers, from IPAs to barrel-aged sour beers.

Sashimi and you in Japan

Ask worldly chefs to name their favorite food city, and the answer always seems to be Tokyo. Japan's capital bookends this private food-centric odyssey that includes sake tastings in the old town of Takayama, picking tea leaves in Kyoto Prefecture, and a crash course in ramen prep in Osaka.

Cuisine revolution in Cuba

Cuba has been forging new culinary paths and celebrating its traditional foods as it opens its doors to the wider world. This gastronomic survey of the island samples the Cuban-Mediterranean fare at Atelier, a *paladar*, or privately owned restaurant, in Havana's Vedado neighborhood, and such plates as seafood-papaya lasagna at the paladar

La Guarida. Work up an appetite between bites by learning salsa moves from a local pro and how to make the perfect daiquiri with a bartender from the famed El Floridita. A bonus: Your ride is a '57 Chevy.

Say cheese – and chocolate in Switzerland

Travel from the 800-year-old lakeside town of Lucerne to the ski resort of Zermatt for an immersion in Alpine culture and cuisine, including a visit to Maison Cailler, the home of Switzerland's oldest milk chocolate brand; a tour of the walled medieval cheese village of Gruyères; and a raclette tasting at the 16th-century Château de Villa, east of Geneva in the canton of Valais.

Fiesta fare in Oaxaca, Mexico

Chef Susana Trilling shows off the flavourful heritage of Oaxaca, her adopted home, by guiding cultural tours and leading classes in everything from making *queso* to mastering mole sauces. Her seven-day “Dia de Muertos” course combines culinary lessons with field trips to learn about Day of the Dead customs

Backcountry bounty in Kenai peninsula, Alaska

Alaska's Kenai Peninsula is the land of king salmon, Kachemak Bay oysters, and a wide variety of wild edibles, from berries to mushrooms to seaweed. Visit a bivalve farm, forage in a forest of Sitka spruce trees, and learn to cook such local dishes as salmon bacon in rhubarb lacquer with chef Kirsten Dixon of the Tutka Bay Lodge, a National Geographic Unique Lodge of the World.

Curry in context in India

Spectacular sites such as the Taj Mahal combine with flavor-packed dishes on this “real food adventure” that has you sampling *parathas* (flatbreads), *chaatsnacks*, and Goan fish curry; preparing a traditional meal in Udaipur; and visiting a spice farm in Goa.

Tomato queen in Sicily, Italy

The Anna Tasca Lanza cooking school, based in a farmstead east of Palermo, has been teaching the finer points of Sicilian cooking for more than 25 years. Fabrizia Lanza offers a workshop around that Italian kitchen staple, tomato paste. Breaks from canning include jaunts to a local cheesemaker and a coffee roaster.

Chilling with master chefs in Chile

Lauded in the food world as the latest star in South America's culinary constellation, Chile finally is getting the love it deserves. Find out what the fuss is about on one of a series of tours inspired by the

television series *MasterChef*. Browse the Central Market in the capital city, Santiago, where you can try conger eel chowder that inspired Pablo Neruda's ode to *caldillo de congrio*; sip Carménère wine in the cowboy country of the Colchagua Valley; and cook lunch with Chilean food ambassador Pilar Rodriguez.

Medina dining in Fes, Morocco

Your base is a traditional *riad* (courtyard residence) in the old quarter of Fes, Morocco's cultural heart. From here, explore Roman ruins and the Berber town of Azrou when not cooking North African classics such as *tagine*, couscous, and *zaalouk*, a dip made with eggplants and tomatoes.

Toasting the Caucasus in Georgia

With its ancient winemaking culture and hearty cuisine anchored by *khachapuri* (cheese-stuffed bread) and *khinkali* (brothy meat dumplings), the republic of Georgia has been wooing visitors to the Caucasus Mountains. This itinerary explores four regions of the country, including the wine country of Kakheti, where ceramists make *qvevri*, the huge earthenware vessels used to ferment wines.

The ways of wonton in Hong Kong

Traveler contributor Daisann McLane designs private food tours (three people max) that reveal the culinary nuances of such culturally vibrant Hong Kong neighborhoods as Wan Chai, Sheung Wan, and Sham Shui Po. Tastes run from egg custard tarts to pork and dim sum.

Where great flavours converge in Croatia, Slovenia, and Italy

A series of treks from Zagreb, Croatia, to Venice, Italy, traverses one of the richest culinary corners of Europe. Highlights include the Istrian Peninsula, known for its olive oil and truffles, and the Collio wine country that straddles the hills of Slovenia and Italy, famous for its bottles of big reds. Also on the itinerary: day-trips to the Škocjan Caves, a World Heritage site, and Slovenia's capital of cool, Ljubljana.

To market to market in Hoi An, Vietnam

Hoi An, a town on Vietnam's central coast, is considered one of the country's food hubs. Learn why on a guided walk through the Tan An markets, meeting vendors and tasting *dau hu*, a warm tofu custard served with ginger syrup, and *sinh to trai cay*, a shake made with fruit, condensed milk, and ice.

Bikes and bottles in Western Cape, South Africa

This cycling tour of the wine country outside Cape Town routes you to producers in Robertson Valley and the Stellenbosch region, such as Kanonkop, known for its Pinotage. Also on offer: a visit to the Klipdrift brandy distillery and a whale-watching excursion.

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