



ALMA HIGHER EDUCATION

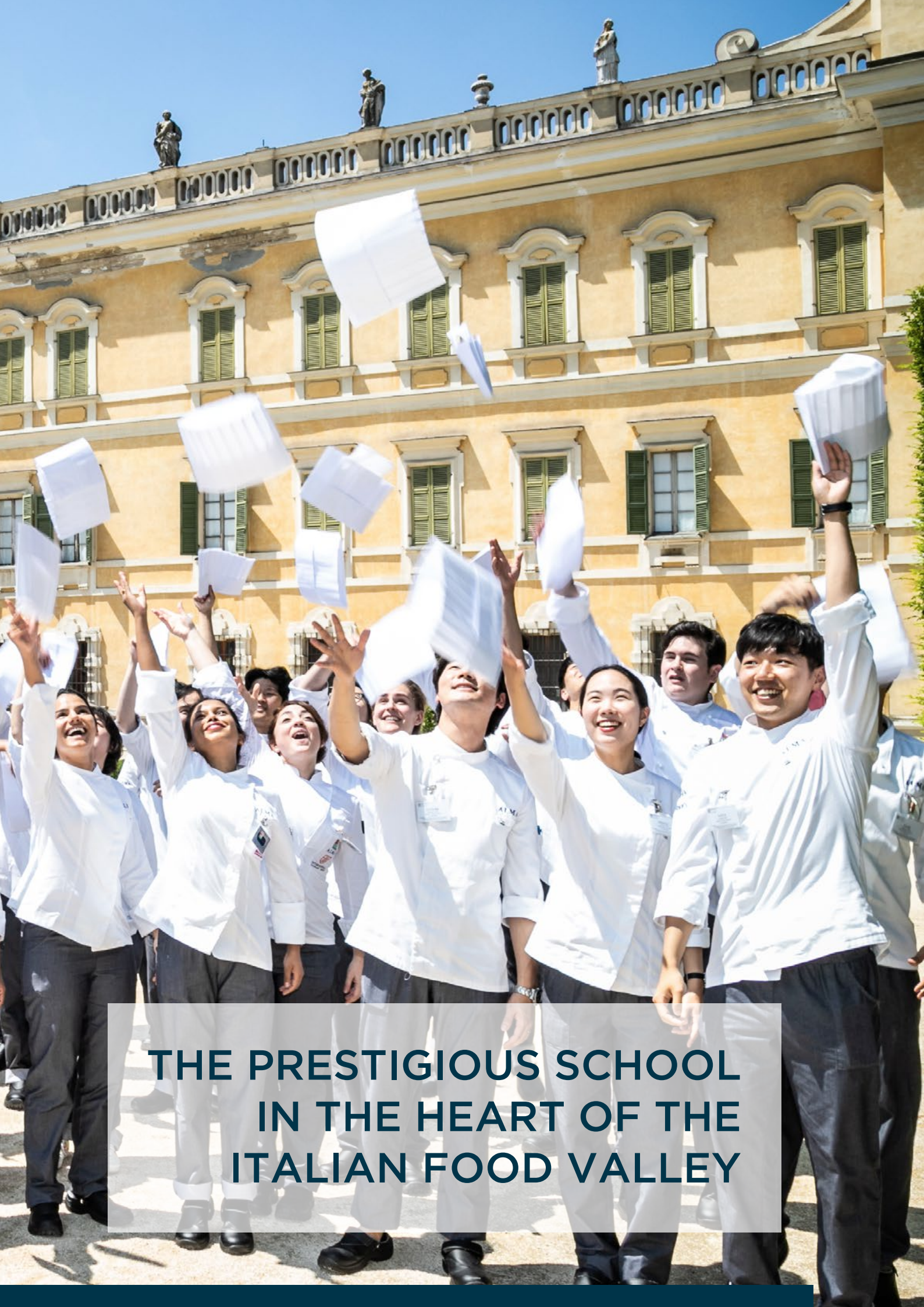
**INTERNATIONAL PROGRAMS  
IN ITALIAN CULINARY ARTS**

**A L M A**

THE SCHOOL OF ITALIAN CULINARY ARTS







**THE PRESTIGIOUS SCHOOL  
IN THE HEART OF THE  
ITALIAN FOOD VALLEY**



## **ALMA** **The School of Italian Culinary Arts and Hospitality**

ALMA - The School of Italian Culinary Arts is Italy's most authoritative training centre for Italian Culinary Arts, Hospitality and Wine.

Since its foundation in 2004, ALMA has been training the future generations of catering professionals.

Located in the heart of the Food Valley, in the countryside of Parma, UNESCO "Creative city of gastronomy", ALMA is deeply rooted in its territory and promotes the Italian agri-food heritage through high-level teaching.

ALMA's headquarters is inside the stunning Ducal Palace of Colorno, which has been respectfully restored to meet the highest standards for the catering industry and furnished with the latest equipment and technology, turning a castle in the ideal setting for training students.



## **NEXT GENERATION CHEF** **ALMA creates the professionals of the future**

Embarking on ALMA training courses means much more than simply attending a higher education institute. ALMA is not only a place of study, practice, discipline and development, but also a constant reference point throughout its graduates' careers.

Training the Next Generation of catering professionals is ALMA's daily commitment, creating an education and culture around food and wine based on the values of sustainability, food sovereignty and consumption habits, the heart of our identity.

ALMA welcomes young students from all over the world, with different educational backgrounds, and teaches them to become catering professionals who are knowledgeable, responsible and able to immediately enter the industry, equipped with both technical skills and a system of strong values that is increasingly demanded in this professional sector.



# THE PHILOSOPHY OF ALMA

## THE ORIGINS - GUALTIERO MARCHESI

*"Dear students, dear teachers, dear friends, (...) I feel part mother and part father of this wonderful school. People come here to learn the foundations of the profession, and to acquire the techniques needed to honour Italian cuisine and render it great. Great things can only be achieved through hard study and tirelessly practising the craft..."*

Gualtiero Marchesi has left his mark on history, by renewing the concepts of classic cuisine with commitment, resulting in its evolution. He was able to interpret a cuisine at the same time in line with the trends, still remaining personal and coherent. He has received numerous awards throughout his career and he was the first Italian chef to receive 3 Michelin stars.

Globally recognised as the "father of Modern Italian Cuisine", he was the Dean of ALMA since the opening of the school and until 2017. He always valued teaching and educating the new generations of professionals and he actively participated in the school's educational activities, strongly believing that:

*"Example is the highest form of teaching"*



# SCIENTIFIC COMMITTEE

## THE CONNECTION TO ITALIAN HOSPITALITY

The Maestro left his legacy to us, and indeed to Italy as a whole. We are indebted to him for bringing Italian Cuisine into the modern age and we must continue on the same path.

This important task has been entrusted to a Scientific Committee made up of great professionals in the fields of food, wine and hospitality, figures able to rise up as a model for students, a point of reference and inspiration. At the head of the Scientific Committee is the President of ALMA, Enzo Malanca, the General Manager, Andrea Sinigaglia, and the Director of Education, Matteo Berti.

The Committee's goal is to ensure that ALMA's educational offer remains up to date, as part of a drive to stay at the cutting edge of culinary and hospitality evolution and to continuously engage with the industry.



**DAVIDE  
RAMPELLO**

Culture

**PAOLO  
LOPRIORE**

Cuisine

**EZIO  
MARINATO**

Bakery

**MARIELLA  
ORGANI**

Hospitality

**DAVIDE  
COMASCHI**

Pastry

**ANDREA  
GRIGNAFFINI**

Wine

# THE VALUE OF ALMA

## THE "ALMA METHOD"

ALMA has developed an innovative and comprehensive teaching method to let students live a true formative Italian experience. All our courses are based on the following pillars:

- deep understanding of Italian history and culture;
- direct experience of products and raw materials;
- command of techniques and processes;
- rooted knowledge of recipes and traditions;
- guidance by the most eminent Guest Chefs;
- small groups with dedicated teaching personnel and tutoring





# THE VALUE OF ALMA

## CERTIFICATIONS

- ALMA undersigned a Memorandum of Understanding with the Italian Ministry of Education
- ALMA is certified by the Emilia Romagna Region under code 5290 for training programmes
- ALMA is certified ISO 9001:2008 by SGS for the planning and provision of training programmes designed for hotel and hospitality operators

## COLLABORATIONS

- Collaboration with the University of Parma to promote the region
- Participation to the steering committee of Parma “City of Gastronomy”
- Participation to the “Planning Table” of the Italian Ministry of the External Affairs and of the International Cooperation for the activities of the World Week of Italian Cuisine
- Collaboration with the Italian Trade Agency for the worldwide promotion of Italian agri-food heritage



## AWARDS

ALMA has been acknowledged as an authoritative and reliable centre of higher education in the fields of cooking and hospitality by the awards it has received along the years:

- Grand Prix of Food Culture - 2015 by the Académie Internationale de la Gastronomie
- Tourism Award in the Italian Cuisine - 2016 by the Italian Chamber of Commerce in China
- Best Platform Launch - 2018 by HOSCO
- Best Higher Education School in Hospitality - 2018 by Food and Travel Italia Magazine



ALMA boasts a historic collaboration since the early years with the Italian Trade Agency (ITA) and the Istituto per il Commercio Estero (ICE). To date, events such as the Week of Italian Cuisine in the World, as well as other institutional appointments to promote the Italian spirit abroad, are shared initiatives capable of conveying an image of our country as strongly linked to the territory, tradition and, at the same time, manufacturing and innovation.



# PRESTIGIOUS HEADQUARTERS

## CONVENIENT LOCATION

ALMA's headquarters are situated just outside Parma, in the heart of the Food Valley, an area with the highest concentration of Italy's major food producers and gastronomic excellences. The city of Parma is UNESCO "Creative City of Gastronomy", and was also appointed as "Capital of Culture 2020".

## STATE-OF-THE-ART TECHNOLOGY

The campus covers an area of more than 5,000 square meters and its classrooms are equipped with the latest equipment and technology, the ideal place for training students. The facilities include several demonstration rooms and training rooms, 3 teaching restaurants, the Pastry Center with specific pastry and bakery laboratories, and the Wine Academy with a dedicated tasting room and a rich cellar. Just outside of the campus students can access the ALMA Library, with more than 12.000 books, the biggest cultural hub in Europe dedicated to enogastronomy.

## EXTRA SERVICES

ALMA offers extra services to the students for their everyday school life, such as an online teaching platform and wifi connection throughout the campus, a dedicated Café and a store for tools and equipment. Furthermore, the school can offer students accommodation in the ALMA Housings residences.



# WHY STUDYING IN ITALY AND THE ITALIAN CUISINE

Being born in Italy means being surrounded by an endless multitude of beautiful things.

Italy is the only peninsula in the world to extend, elongated from north to south, at perfect latitude, closed within a good sea.

Good because the winds of this closed sea are good. Thanks to these winds, Italy's agri-food biodiversity holds a series of records second to none on the planet:

**7000 species of vascular flora**  
**58.000 species of living animals**  
**1.200 autochthonous grape varieties**

Over 500 olive cultivars  
140 durum wheat cultivars  
Then there is Italy's cuisine: new (300/400 years at most?), fresh, light, tasty but digestible. From the filling used in a tortellino to that used in an agnolotto, from the way of maturing cured meats and cheeses to soups, polenta, cod and anchovies. This is wonderful, this is pure beauty.

*From "Nel Blu", Oscar Farinetti, founder of Eataly, 2015*



## LIFE CLIMATE SMART CHEFS

ALMA is partner of Climate Smart Chefs, the European project receiving funding from the LIFE Programme of the European Union. It aims to contribute to the development and implementation of the EU Climate Policy and the Farm to Fork (F2F) Strategy by actively involving European chefs as promoters of low emission, nutritious and affordable diets, and to promote a mainstream debate on food as a key factor for climate change mitigation. Key project activities include:

- the implementation of a high-level training course for chefs
- the development of a digital tool to design climate smart menus
- the creation of an Award dedicated to climate smart chefs and local initiatives promoting sustainable diets
- the creation of an EU Network of chef associations
- the implementation of the Life Climate Smart Chefs Vision 2030, a strategic paper aimed at providing policy recommendations and supporting EU Climate Policy.

# WELCOME IN THE HEART...



## NEAREST AIRPORTS

- Bologna
- Milano
- Bergamo
- Venezia



## SEASIDE (1 day trip)

- Cinque Terre
- Versilia
- Riviera Romagnola



## VALLEY AND MOUNTAIN REGIONS

- Emilia Romagna
- Valle d'Aosta
- Piemonte
- Lombardia
- Trentino Alto Adige
- Friuli Venezia Giulia



## FOOD SPECIALITIES

...everywhere!

Discover and help yourself!



## MAIN CULTURAL CITIES (1 day trip)

- Torino
- Milano
- Bologna
- Venezia
- Verona
- Firenze
- Roma



# ...OF THE ITALIAN FOOD VALLEY

The map shows Italy with several regions highlighted in different colors: green (Northwest), blue (Northeast), yellow (Central), orange (South), and light green (Sicily). A yellow pin with 'PR' is located in the Emilia-Romagna region. Lines connect the map to various city photos and distance labels.

**Genoa** 209 km

**Milan** 128 km

**Venice** 246 km

**Florence** 186 km

**Rome** 500 km

**Palermo** 1353 km

**PARMA Food Valley**

**ALMA**  
LA SCUOLA INTERNAZIONALE DI CUCINA ITALIANA

**PARMA! UNESCO City of Gastronomy**

*\* Parma is seat of the European Food Safety Authority (EFSA) and is declared by Unesco as the "Creative City of Gastronomy"*

**PARMA 2020**  
la cultura batte il tempo

# INTERNATIONAL NETWORK

ALMA's heart is Italian, deeply rooted in the Food Valley, however the School has an international reach thanks to its longstanding partnerships with some of the leading Culinary Arts training centers, universities and institutions around the world.



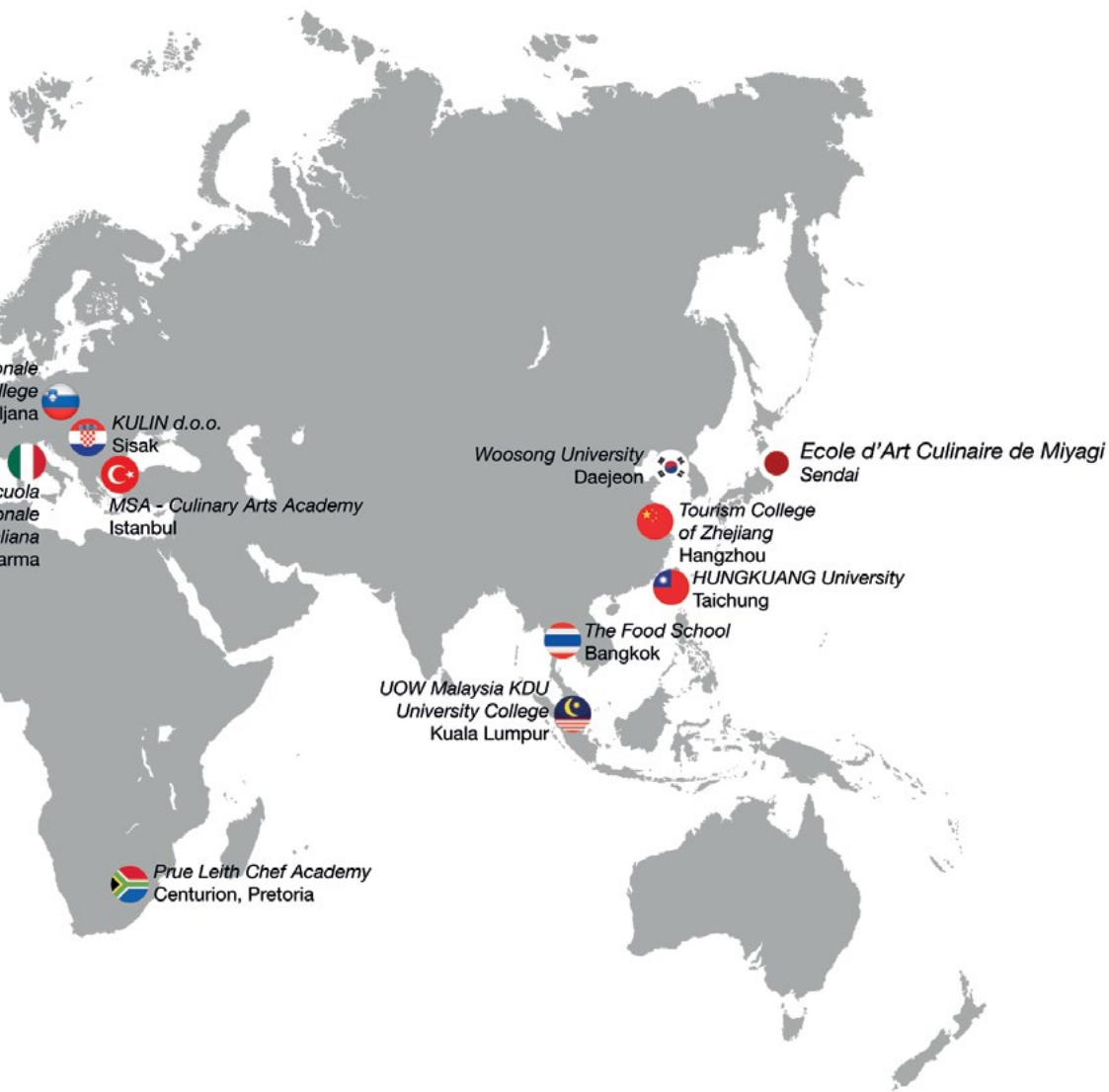
## THE FOOD SCHOOL

First ALMA international branch



# INTERNATIONAL NETWORK

Collaborating with partner schools, ALMA organises courses for international students to become Ambassadors of the authentic Italian Cuisine, committed to safeguard, protect and disseminate knowledge on Italian-made products in the world and fighting against imitations and Italian sounding products.









**ALMA OFFERS DIFFERENT PROGRAMS TO INTERNATIONAL STUDENTS WHO WISH TO LEARN ABOUT THE ITALIAN GASTRONOMY, TO SUIT DIFFERENT NEEDS AND PROFILES.**

## **ITALIAN CULINARY ARTS**

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Dedicated to those who wish to start or enhance their skills as chefs of Italian Cuisine – the path to become a true professional.

**ITALIAN CULINARY PROGRAM**  
**UNIT 1: THE FOUNDATIONS**  
**UNIT 2: THE PROFESSIONALS**

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## **ITALIAN ICONIC COURSES**

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Dedicated to those who wish to delve into specific topics of the Italian gastronomic tradition – a full immersion on your true love.

**ITALIAN PASTA PROGRAM**  
**ITALIAN PASTRY PROGRAM**

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## **TAILOR MADE PROGRAMS**

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# ALMA STORIES

## **YEN-JU LIN - *Taiwan***

The Italian Culinary Program is the course I chose. (...) Also because the course is arranged three to four days a week, I have more time to review the courses, study books (the school library is also one of the main reasons why I chose ALMA), travel around and find the taste of Italy. The biggest difference from other schools is the provision of the course "Italian History and Food Culture", which allows me to approach to the cuisine from the historical and cultural points of view and to be closer to Italy. (...) If now I want to answer "What is Italian cuisine?", I believe I can find the outline based on history and traditional culture, land and ethnicity, and the palate I built here in Italy.

## **EVGENIIA LARINA - *Russia***

The program is quite complex but really well balanced between cooking lessons, classes about history and culture and field trips to get to know better local products like wine, Prosciutto di Parma or Parmigiano Reggiano and understand how to use them perfectly in our preparations.

## **LILLIAN OSSOLA - *USA***

The general atmosphere with my classmates also makes the difference: we are all from different backgrounds and mostly from different countries, which ends up in different approaches and techniques that make everyone learn even more.

## **BINITA DEBNATH - *India***

I have always wanted to learn Italian cuisine, that's why I decided to attempt ALMA. I started to study its philosophy and courses, shaped by talented Italian chefs according to the principles by Maestro Gualtiero Marchesi. ALMA is about cuisine, is about food. A food culture grows here, and this concept comes from the Italian tradition. I enjoyed my experience from many points of view, especially due to the fact that I have been living it from both the student and the teacher perspective.

## **ELENA ZENG - *China***

I started with the Cooking Techniques Course, after that I did an internship in ALMA assisting the teaching chefs and then I started my Advanced Course of Italian Cuisine. Not knowing exactly how this job works at the beginning was not easy, however, due to one of my classmates I got better and better because she helped me to improve my method and organization while I was teaching her my precision. It was a hectic but amazing period, where I grew significantly from both the personal and professional point of view.

# ITALIAN CULINARY ARTS

## ITALIAN CULINARY PROGRAM

### UNIT 1: THE FOUNDATIONS

This 4 month module is dedicated to all students passionate about Italian Cuisine that would like to start a career in the catering industry, but have no previous experience in the sector. It focuses on the foundations, the basic techniques and the real taste of the Italian Cuisine. Our teachers will guide students in the depth of history and around the territory, lead them during tasting experiences as well as through hands-on sessions to master their skills. It is preparatory to the Italian Culinary Program - Unit 2.

#### COURSE STRUCTURE

- In-school lessons phase
- Traineeship phase
- Final assessment

#### REQUIREMENTS

- At least 18 years of age (a motivational letter is required to applicants older than 40 years of age)
- High school diploma
- Intermediate knowledge of English language

#### CERTIFICATION

- Certificate of Attendance of “Fundamentals of Italian Cuisine - products & techniques”
- Certificate of Skills

#### COURSE CONTENT - Modules:

- 1 \_\_\_\_\_  
Cooking practice and recipes: demonstration and hands-on sessions
- 2 \_\_\_\_\_  
Food studies and Italian culture
- 3 \_\_\_\_\_  
Italian wines
- 4 \_\_\_\_\_  
Italian Experience: language and territory



# ITALIAN CULINARY ARTS

## ITALIAN CULINARY PROGRAM

### UNIT 2: THE PROFESSIONALS

This course is dedicated to all students who wish to enter the catering industry as real professionals with a high-level specialization in Italian Cuisine. This 8 months module aims at giving international students a comprehensive Italian Experience. Students will master traditional recipes, meet the greatest Italian Chefs, deepen their knowledge of Food Studies and Italian wines. Students will be encouraged to enrich their gastronomical experience by travelling and making full use of the library in their spare time. The program includes a traineeship, hosted by the most renowned restaurants in Italy, including Michelin starred restaurants, thus completing the professionalizing experience in a real working environment.

#### COURSE STRUCTURE

- In-school lessons
- Traineeship phase
- Final exams

#### REQUIREMENTS

- At least 18 years of age (a motivational letter is required to applicants older than 40 years of age)
- High school diploma
- Intermediate knowledge of English language
- Experience in the sector/completion of UNIT 1

#### CERTIFICATION

- Professional Diploma “Cook of Italian Cuisine – Advanced Level”
- Certificate of Professional Qualification of “Operatore alla Produzione Pasti – Level EQF 4”

#### COURSE CONTENT - Modules:

1 \_\_\_\_\_  
Cooking practice and recipes: demonstration and hands-on sessions

2 \_\_\_\_\_  
Pastry and Bakery practice and recipes: demonstration and hands-on sessions

3 \_\_\_\_\_  
Guest Chefs lectures: meet the greatest chefs of Italian Cuisine

4 \_\_\_\_\_  
Food studies and Italian culture

5 \_\_\_\_\_  
Italian wines

6 \_\_\_\_\_  
Nutrition and HACCP

7 \_\_\_\_\_  
Italian Experience: language and territory

# ITALIAN ICONIC COURSES

## ITALIAN PASTA PROGRAM

This 3 weeks unique course will offer students the possibility to enter the world of Italian pasta production, learning specific techniques for both dry and fresh pasta as well as how to deal with production for direct sales and catering service.

This is the perfect chance for all international students who wish to learn the techniques of pasta making and production both for fresh pasta laboratory and catering to have a real professionalizing experience and make a step forward to entrepreneurship in the industry.

### COURSE STRUCTURE

- In-school lessons
- Optional traineeship

### REQUIREMENTS

- 18 years of age or older
- Intermediate knowledge of English language

### CERTIFICATION

- Certificate of Attendance “Italian Pasta Program”

### COURSE CONTENT - Modules:

1 \_\_\_\_\_  
Pasta making: introduction to the use of special machines for filled, extruded and laminated pasta

2 \_\_\_\_\_  
Pasta making: insight to the use of special machines for filled, extruded and laminated pasta

3 \_\_\_\_\_  
Italian fresh pasta : the use of the rolling pin

4 \_\_\_\_\_  
Pasta in an Italian restaurant



# ITALIAN ICONIC COURSES

## ITALIAN PASTRY PROGRAM

The 4 weeks course is aimed at international students who wish to become pastry chefs, and focuses on building consistent knowledge of pastry making. The program is the gateway for all those who want to start a career in the world of pastry making but do not have previous experience in this field. This program represents the chance to build strong foundations in this field and be ready to access the industry with a focus on the Italian tradition in the pastry world, thus having a unique specialisation in the sector.

### COURSE STRUCTURE

- In-school lessons
- Optional traineeship

### REQUIREMENTS

- At least 18 years of age (a motivational letter is required to applicants older than 40 years of age)
- High school diploma
- Intermediate knowledge of English language

### CERTIFICATION

- Certificate of Attendance “Italian Pastry Program”

### COURSE CONTENT - Modules:

1 \_\_\_\_\_  
Focus on creams, shortcrust pastry and sponge cake

2 \_\_\_\_\_  
Chocolate and its applications

3 \_\_\_\_\_  
Focus on puff pastry, bignés, monoportions and Italian style small pastry products

4 \_\_\_\_\_  
Italian artisan gelato

5 \_\_\_\_\_  
Food studies and Italian culture



## SHORT COURSES TAILOR MADE PROGRAMS

ALMA is a center of excellence where professionals can get ideas, make experiences and find incentives to keep improving their skills.

ALMA realizes tailor-made courses, specially conceived to meet the requirements of Restaurant Businesses, Chains of Hotels and Grand Hotels, Culinary Schools and Institutions as well as professionals who are looking for a refresher course.

### COURSE STRUCTURE AND CONTENT

The structure and the content of each program are arranged in close collaboration with the customer, in order to obtain the best result for every course.

### ADDITIONAL SERVICES

- **Lunch:** meals are provided at the school's restaurant on teaching days
- **Teaching materials:** teaching materials will be provided
- **Seminars and visits:** seminars and visits to food production sites could be included
- **Library:** access to the ALMA library is granted
- **Accommodation:** support to find accommodation in Colorno or Parma



 **ALMA**<sup>®</sup>  
La Scuola Internazionale  
di Cucina Italiana

*Marilina  
Pavlovskaya*

 **ALMA**





# USEFUL INFORMATION

## CONTACT US

### BOOK YOUR VIRTUAL ORIENTATION SESSION

Our Admission Team will support you with an individual and personalized orientation meeting, to guide you through our course offer and find the best educational path for you.

### BOOK YOUR PRIVATE SCHOOL TOUR

It is possible to reserve in advance a dedicated tour of the headquarters. Our Admission Team will accompany you around the campus, showing you the school facilities and explaining in details our program offer.

### NEED FURTHER INFORMATION?

Our Admission Team is always at your disposal for any queries about the school facilities, the educational paths and the extra services of ALMA. Contact us for any further information.

### CONTACT INFORMATION

Get in touch with ALMA Admission Team:



+39 0521 525211



+39 3420464112



alma\_scuola\_cucina



almascuoladicucina



admission@scuolacucina.it

### WHERE TO FIND US

ALMA - La Scuola Internazionale di Cucina Italiana  
Piazza Garibaldi, 26 - 43052 Colorno (PR)

### HOW TO REACH US

#### BY PLANE

Nearest international airports:

- Guglielmo Marconi Bologna: 100 km away;
- Milano Linate in Milan: 100 km away;
- Milano Malpensa in Milan: 200 km away.

#### BY TRAIN

Train to Parma, then bus n° 7 or regional train from Parma to Colorno.

#### BY CAR

Exit A1 motorway at Parma, then follow directions to Mantova - Colorno.



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## EDUCATIONAL PARTNERS

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ITALIANA  
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INDIPENDENTI

ALMA

THE SCHOOL OF ITALIAN CULINARY ARTS



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