

# VareseNews

## Insubriarete – Il Cavedio Summer School

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RESIDENTIAL COURSES, INTENSIVE WORKSHOPS, FOREIGN LANGUAGE ART-  
APERITIFS

Sports\_videogames\_languages\_art\_technologies\_marketing\_culture\_wellbeing

15 weekends and dates, until 26 September 2013, for learning, discovering new professions, meeting professionals who work in the sector,

while having fun with other people

At the *InsubriaRete Festival*, which took place in Besozzo, there was the presentation of the new project **Summer School** project, for which the association Il Cavedio and InsubriaRete are providing residential courses, intensive training and refresher courses and workshops in art venues and in the Varese countryside; the events will take up 15 weekends, until 26 September, and will cover creating videogames, marketing and social networks, foreign languages, culture, wellbeing and sport, combined with tastings and brunch. The programme has been created by Debora Ferrari and Luca Traini, who are now involved in this project in Varese Province, thanks to recent experiences in France, Switzerland, to the Venice Biennale, and to the network created in Italy for Game Art Gallery, with the participation of the Cavedio-InsubriaRete group who organise successful courses throughout the year: Sara Grippo, Francesco Ferraro, Giovanni Dacò, Alberto Dacò, Stefano Frigo.

The idea is the result of a desire to do what already happens in other towns, that is, to bring **high quality workshops and master classes** to Varese. So, what has been organised is 2-day events for each type of proposal, when participants can tackle a 'subject', in a pleasant, albeit extremely professional way, with a sufficient amount of time to acquire some initial training and some specific understanding, at a competitive price. The personality of the teacher-instructor in these workshops is very important, as it enables the participants to fully experience it. The venue of each course makes each event more special: the venues are selected to show off the rich environment and culture of the Lake Province, and will be the 'workbench' for each subject, providing unique experiences for anyone that lives in the area and anyone that is here on holiday.

### THE PARTNERS

A variety of organisations operating in Varese Province, public and private, commercial and social, have come together to create the **Summer School**.

The partnerships were created with the enthusiasm of everyone, those who were already partners in winter and spring courses, and those who have joined the network for the first time. The result of the Summer School organised by Il Cavedio, has a local spirit, which has led to the slogan **SHARE YOUR SUMMER!**

The partners involved in this idea and project, with locations and other forms of participation, are:

the Scuola Superiore per Mediatori Linguistici (SSML) in Varese, the cultural and holistic association, MagariSì, in Montegrino, Gulliver Varese, the 'Castiglioni di Monteruzzo' Conference Centre, in Castiglione Olona, the Hotel and Cableway, Sasso del Ferro, in Laveno, the Hotel Europa, in Varese, Twiggy Varese, the Bellavista Sports Centre, in Gazzada, Grace Varese, and important Italian organisations, such as the International School of Comics in Florence, and E-Ludo, in Catania.

The summer programme also includes six aperitif-dates, with native language teachers and curators of art exhibitions, in magnificent surroundings, to announce the creation of a new school **conceived by Il Cavedio, PARLIAMO LE LINGUE (LET'S SPEAK LANGUAGES)**, which, in collaboration with the SSML, from October, will bring to Varese, specialist courses for professional categories (for example, legal English, technical German, business Spanish, etc.), and, in collaboration with Twiggy, who already organise Language Nights, will combine appearances and activities to make Varese increasingly international. The Summer School is **sponsored by the University of Insubria, Varese.**

## THE PROGRAMME

### SPORT AND WELLBEING

SNORKELLING, from 8 to 88 years, recreational and technical lessons, every week, an intensive, 2-day course, with PADI instructor Andrea Ferrari, open to individuals, couples, families and groups (min./max. 10/12 people), **from 20/6 to 26/9**, Thursday, theory, 9-11 p.m., Friday, practice, 9-11 p.m., in the swimming pool of the Bellavista Sports Centre, in Gazzada. Cost: €80.

INTRODUCTION TO BIO-DANCE, specialist training with instructors, Alessandra Marra and Roberto Cantele, open to everyone, **31 August** 'Scopriamo i nostri talenti' ('Discovering our talents')-**1 September** 'La via del guerriero' ('The way of the warrior'), Biandronno, Min. 15, max. 25 participants. Cost: €250, 2 days, €160, 1 day, including brunch.

WALKING-STRETCHING, intensive workshop, with panoramic view, Comabbio Lake-Ternate Park, ½ day (12km), with Viviana Arcangioli, professional trainer, 9 a.m.-1 p.m.; meeting with architect Pier Francesco Secli, who designed the eco-swimming pool in Mercallo, and bird-watching point, **20/7, 24/8, 31/8**. Min. 15, max 25. Cost: €35, including aperitif.

GETTING TO KNOW AND PRACTICE YOGA. A workshop with Adalberto Zappalà, suitable for anyone approaching yoga and its essence for the first time, but also for

anyone that is already familiar with yoga and has practiced it for some time. Programme: from 10 a.m. to 1 p.m. and from 3 p.m. to 6 p.m., **3 August**. Min. 15, max. 25. Cost; €85, possible bag breakfast.

THE YOGA OF SOUND. In the Yoga of Sound, a lot of space is given to breathing and to the voice used in an internalised manner. With the help of the sitar, which will guide the exercises, with voice and breathing, we will explore the beneficial power of sounds on the mind, emotions and body. The method is the Nada Brahma System, created by the master Sri Vemu Mukunda. The programme is from 10 a.m. to 1 p.m., and from 3 p.m. to 6 p.m., **4 August**. Min. 15, max. 25. Cost: €85, possible bag breakfast.

## **ART, ARCHITECTURE, PHOTOGRAPHY**

INTERIOR DESIGN: COLOUR IN INTERIORS, an intensive course with architect Laura Sangiorgi, Montegrino, **7-8 September**. The colours, materials and light establish the character of homes, and affect our mood. With a few tricks and a bit of creativity, we can change and renew our rooms, to improve the quality of the surroundings; workshop and practice. Cost: €320.

FUNDAMENTAL PRINCIPLES OF FENG SHUI. The course provides the grid for interpreting natural cycles and constructed spaces, which is essential for understanding the mechanisms by which surroundings affect the human body and psyche. Furthermore, it provides practice and real demonstrations of the principles presented, and an on-location excursion, to apply the basic techniques directly in the field. Details of the course: time and place, Saturday 24 and Sunday 25 August @ MagariSì Training Centre, Montegrino V. (VA). TEACHERS, Dr Stefan Vettori, founder of the Creative Feng Shui Academy, and Luna Rossi, founder of TreQiFengShui. [www.creativefengshui.it](http://www.creativefengshui.it), [www.treqifengshui.it](http://www.treqifengshui.it). Cost: €320.

A DAY WITH SAMUELE ARCANGIOLI. Observe/photograph/ask questions/take notes/record ... the whole creative process of Arcangioli, from the choice of subject, choice of support, choice of technique and the production. A unique opportunity to learn small useful things, to produce great things. You may also bring drawing albums and instruments, to learn secrets and tricks. The day will be spent with the artist in his studio in Barasso, Officine Creative. **24 August**, times: 9.30 a.m. – 1 p.m., 2.30 p.m. – 7 p.m. Min. 10, max. 15. €65, including a toast with good wine.

NARRATING THE TERRITORY, an intensive course on documentary photography, on the hills above Varese, on the slopes of Campo dei Fiori and of Sacro Monte, on the land kept by the Centro Gulliver, where blueberries, fruit and vegetables are grown, and jams, honey and cheeses are made; with Paolo Della Corte, a professional photographer and reporter for Italian newspapers. Participants must bring their own equipment. Possibility of sleeping locally at a fixed price. **10-11 August**. Min. 10, max. 20 participants. Cost: €400, including tastings and brunch. Fixed price for sleeping at the Centro Gulliver's Tagliata del Vittorione, where the course is held.

THE ART OF KATANA, an intensive course run by the expert Luca Gallo, at the GRACE workshop in Varese, a seminar on the appreciation of the Japanese sword,

which includes a theoretical part, when explanations will be given of what it essentially is, how a blade is produced, using traditional forging, and how it is assembled, with reference to joinery techniques, for producing the handle and the sheath, to goldsmith techniques, for producing the finishing touches, and to lacquering techniques, for decorating the sheaths. There will also be a practical part, to introduce the participants to the basics of making blades and the related shirasaya (storage sheath). **14-15 September**. Min. 10, max. 15 participants. Cost: €200.

## **VIDEOGAMES, TECHNOLOGIES AND SOCIAL MEDIA**

**VIDEOGAMES:** designing, painting, 3D modelling, programming, creating prototypes, with modern programs for videogame developers. With Fabio Corica and Tommaso Lintrami, from the International School of Comics, in Florence. Intensive residential course, Hotel-Restaurant Sasso del Ferro, in Laveno Mombello, in an enchanting setting of lakes and Pre-Alps, 14 hours of course-workshop-case history-tests, with highly qualified teachers in this sector. Min. 20, max. 40 people. Cost: €390 per person, which includes: overnight stay in a hotel, 2 lunches, 1 dinner, 4 coffee breaks. **5 €100 scholarships for students and unemployed people, who book by 25 June.**

**SOCIAL MEDIA MARKETING**, an intensive course, at the Hotel Europa, in the centre of Varese, to learn invaluable information for communication 3.0 and avant-garde marketing, to be up with the times with respect to a market that is changing, providing new advantages for your company and for your customers' companies, to develop your business using the Social Media. **20-21 July**, 18-hour course, with qualified professions who work in this sector. Min. 15, max. 20 people. Cost: €450 per person, which includes, 4 coffee breaks. Separate overnight accommodation, at a fixed price. Visit to characteristic places, together, on Saturday evening. <http://www.dev-lab.it/bio-docenti/> – Annalisa Silingardi and Daniele Bazzano.

**BASIC SEO COURSE – ADVANCED SEO COURSE**, an intensive course, at the Hotel Europa, in the centre of Varese, to learn the necessary concepts and tricks of the trade to work professionally in SEO (search engine optimisation), and in the advanced part, to learn the new techniques of SEO and Marketing, which are used to position, to generate traffic to personal and/or company websites, and to generate trust in the brand. **13-14 July and 27-28 July**, 18-hour course, with qualified professionals who work in this sector, Annalisa Silingardi and Daniele Bazzano. Min. 15, max. 20 people. Cost: €450 per person, which includes 4 coffee breaks. Separate overnight accommodation at a fixed price. Visit to characteristic places, together, on Saturday evening.

**UNITY INTRODUCTION COURSE**, an intensive course at the Castiglioni di Monteruzzo Conference Centre, Castiglione Olona, which looks at Unity 3D, one of the most complete and flexible programs for creating 3D videogames. **3-4 August**, 18-hour intensive course, with highly qualified teachers who work in this sector. Min. 15, max. 20 people. Cost: €450 per person, which includes 4 coffee breaks. Separate overnight accommodation at a fixed price. Visit to characteristic places, together, on Saturday evening. **Five scholarships of €150 are available for students and the unemployed, who enrol by 10 July.**

## SCHOLARSHIPS AND DISCOUNTS!!

10% DISCOUNT to all members of the Association Il Cavedio, and participants in InsubriaRete courses, friends of Neoludica;

15% DISCOUNT to anyone that enrolls on 2 or more workshops; 10% discount to anyone that brings a friend.

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