ABC scuola di lingua e cultura italiana

Study Italian in Sestri Levante with us

Brochure 2027



The ABC School in Sestri Levante

Live the Italian bella vita with courses from the ABC School. The school is on the beautiful Ligurian sea with views directly onto the Bay of Silence, one of the most beautiful beaches in Italy.

Italian language and culture courses

Choose a course best-suited to your aims. Our classes have a maximum of 8 students and the teachers are motivated, qualified and professional.

WHY STUDY ITALIAN AT THE ABC SCHOOL IN SESTRI LEVANTE

EXPERIENCE: The ABC School has successfully taught the Italian language since 1982 in Florence and since 2015 in Sestri Levante.

SMALL CLASSES: a maximum number of 8 students per class (an average of 5/6, minimum 3 students to form a class) to ensure better quality teaching and learning.

QUALIFIED TEACHERS: motivated, professional, welcoming and casual. Our teachers all have different characters and interests, however they are all equally as passionate and capable of creating a relaxed and stimulated atmosphere in class, a place where students can learn Italian in a natural way without stress.

STUDENTS ARE PUT FIRST: We have 6 classrooms in a building overlooking the sea. The small size of the school allows us to take care of our students in an attentive and personalised way to suit everyone's needs. The students can always count on our staff who are very friendly and always ready to help.

A WIDE RANGE OF COURSES: Italian language courses, Italian culture courses, courses for professionals, courses for the preparation of exams, basic courses, 50+ courses. We have a range of organised study programs.

WE SPEAK ITALIAN FROM THE VERY FIRST DAY: The direct method of teaching that we have adopted encourages students to speak Italian from the very first day. In every class, from beginner to advanced, the teachers only speak Italian. Students are encouraged to express themselves by using the linguistic tools at their disposal in a way to gain confidence and feel more at ease in the language.

ORIGINAL TEACHING MATERIALS: The grammar books used in class are the result of over 30 years of teaching and are written and edited by the ABC School exclusively for their students.

AFTERNOON AND SATURDAY ACTIVITIES: In order to enrich the study experience some afternoon and evening activities are carried out by the teachers at the school: culture seminars, walks, evenings together...

A FAMILIAR ATMOSPHERE in stimulating and multicultural surroundings.

HAND PICKED ACCOMMODATION, within a walking distance from the school.

ONE SCHOOL, TWO CITIES: The ABC School in Florence was founded in 1982 and the one in Sestri Levante in 2015. Our students now have the possibility to study Italian in both a city of art and a little town by the sea with the same method of education and the same textbooks.

AWARDS: The school has been officially recognised by MIUR, the Italian Ministry of Universities and Research (document no. 1052/C20).

We are also a member of the Associazione delle Scuole di Italiano come Lingua Straniera (A.S.I.L.S.®) (Association of Italian language schools as a foreign language) which aims to guarantee and ensure the professional expertise of the schools regarding the teaching of Italian language to foreigners. We are authorised for AIL (Italian Language Academy) exams for all levels and all certificates.

THE SCHOOL

Since 1982, the ABC School is specialised in teaching the Italian language to foreign students who come from everywhere in the world. Thanks to our decades-long experience of teaching in Florence since 1982, we have been able to perfect our methods in this time in order to offer the best experience to our students, addressing their real needs.

OUR METHOD

The ABC School contributes towards the advancement of linguistic and educational research. We use the Direct Teaching Method which places particular attention on making sure that all students have a solid foundation of grammar in both the grammar and conversation lessons.

The teachers are all native speakers of Italian and are specialised in language teaching. They are always selected very carefully, taking into account their teaching and communication skills, as well as their personality and their ability to put students at ease.

STUDENTS LEARN VERY QUICKLY: CLASSES OF MAXIMUM 8 STUDENTS (MINIMUM 3)

- Small groups guarantee intensive learning. Before starting the course, students are required to complete a written and oral test
- The class levels follow the Common European Framework of Reference for Languages.

COURSES FOR ALL NEEDS

- Standard, intensive, group or individual courses for beginners, intermediate learners or advanced learners.
- Courses for professionals, courses in preparation for exams/for certificates, courses for seniors as well as other varied and organised language courses.
- A wide range of possibilities to learn or improve your Italian.



SESTRI LEVANTE

Already known in the Roman era as Segesta Togulliorum, Sestri Levante is a colourful and peaceful town situated in the gulf of Tigullio on a cliff which divides the sea into two fascinating bays of fine sand.

Places to visit include the 17th century Cappuccini Convent, the medieval church of San Niccolò dell'Isola, the historic centre with its Carruggio, the main quaint street on which there are many shops and small restaurants. From the centre there are also many easy walking trails on the surrounding hills to enjoy the beautiful panoramic views.

In the 19th century Hans Christian Andersen loved to spend time here and the city dedicated an important literary award to him, the competition for which taking place every year in June.

During the summer Sestri Levante is an popular seaside resort, however those who love the sea know that it is beautiful in whatever season and that there are always many activities: trekking in the hills, diving, boat rides, walks, visits to other Ligurian towns and food and wine tastings.

Thanks to its position in between Portofino to the West and Cinque Terre to the East, Sestri Levante is also an ideal place to explore the most beautiful villages in Liguria. These are bright villages on the sea, interesting for their panoramas and gastronomic traditions (Genoese focaccia, pesto, salted anchovies, Tigullio lemonade and pasta sauce from Portofino).

WHERE WE ARE

The ABC School is located in the Palazzo Negrotto Cambiaso, a 19th century building which belonged to Milanese and Genoese aristocracy. It has a direct view onto the breathtaking Bay of Silence and is also close to the piazza del Comune and the Carruggio.



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GENERAL INFORMATION ON THE COURSES

At the ABC School in Sestri Levante it is possible to choose from a wide variety of study programs.

TYPES OF LANGUAGE COURSES AND PROGRAMS:

- The group courses approach the Italian language from a general point of view however are complete regarding language and communication structures
- For those who have a particular interest or need to learn Italian, also for work purposes, we offer combined courses which include both group and individual lessons which can be focused on particular subjects (commercial or Italian focused on hospitality and tourism, sector-specific language, preparation for exams or certificates, translation from English to Italian).
- The 50+ program is for those over 50 who are interested in Italian culture. This includes the possibility of taking part in a special cultural activities program, with a teacher who will help them to understand and discover Liguria, its history and traditions.
- As the Italian culture also involves a lot of good food, we have created some courses which combine Italian language lessons with this typically Italian aspect: Italian language and cooking will have no longer be a mystery.
- If you are planning a holiday to Italy and would like to learn the basics of the language in order to be able to communicate with Italians, you may find our individual or group lessons on Italian holiday language useful.

DURATION OF LESSONS AND THE STUDENTS

The group courses are generally held in the morning, with a maximum of 8 students per class (on average 5-6, minimum 3 to form a class) to ensure a better quality of teaching and learning. It is especially important to us that the teachers are able to understand the different learning styles of students, especially when a class is composed of people from different countries, languages and cultures. It is also important to us that the students feel at ease during their studies and that they have enough opportunities and encouragement to start to express themselves independently in Italian.
Group lessons last 45 minutes. Individual lessons last 55 minutes.





LENGTH OF THE COURSES

The group courses last for a minumum of one week and a maximum of 38 weeks. Students are free to choose how long they would like to stay at the school, making it a completely personalised experience.

GRAMMAR LESSONS: WHAT DO WE DO?

For the first half of the morning (from 9.00 to 10.30) lessons concentrate on linguistic structure. The teachers use both written and practical exercises based on an inductive method to give students the grammatical knowledge that they need.
You will also work on pronunciation, vocabulary, literature and writing of texts.
Grammar books used in class are written and updated by the ABC School and are given to students on their arrival to the school.

CONVERSATION LESSONS: WHAT DO WE DO?

For the second half of the morning (from 11:00 to 12.30) we focus on speaking: students are encouraged to actively use their knowledge gained during the grammar classes by making use of a range of educational materials. These include reading and listening materials, authentic audio-visual materials and other educational activities created to practice certain skills.

TIME OF THE LESSONS

Group courses normally take place in the morning.
In the afternoon there are individual lessons for the combined courses (Standard Plus).

At certain times of the year it is possible that the times of lessons could change, however you will be informed of these well in advance.
On Saturdays and after the afternoon lessons students have the possibility to participate in the cultural activities and excursions organised by the school.





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GROUP COURSES

STANDARD GROUP COURSE (20 lessons per week)

The Standard Course is the base of almost all the study courses and includes 20 lessons per week. The classes have a maximum of 8 students (minimum 3) and are divided between grammar and conversation.

Lesson times:
Grammar: from 9:00 to 10:30
Conversation: from 11:00 to 12:30
On Saturdays and after the afternoon lessons students have the possibility to participate in the cultural activities and excursions organised by the school.

INTENSIVE GROUP COURSE (30 lessons per week)

The intensive group course includes 30 lessons per week.
The classes have a maximum of 8 students (minimum 3)
In the morning students attend group grammar and conversation classes. After the lunch break the lessons start again in the early afternoon.
Based on previous experience, students continue to expand their vocabulary by reading, listening and watching videos in a mix of stimulating grammar and conversation activities which allow students to acquire a deeper knowledge and understanding and to become more confident with their communication and interaction.

Lesson times:
Grammar: from 9:00 to 10:30
Conversation: from 11:00 to 12:30
Afternoon: from 13:15 to 14:45

On Saturdays and after the afternoon lessons students have the possibility to participate in the cultural activities and excursions organised by the school.





COMBINED COURSES

STANDARD PLUS 3 COURSE (20 group lessons + 3 individual lessons per week)
STANDARD PLUS 5 COURSE (20 group lessons + 5 individual lessons per week)
STANDARD PLUS 10 COURSE (20 group lessons + 10 individual lessons per week)

The Standard Plus 3, Plus 5 and Plus 10 courses combine the group courses in the morning (the classes have a maximum of 8 students and a minimum of 3) with individual lessons in the afternoon to address students' personal needs.
It is possible to practice communication skills or to focus on particular aspects of the language which interest the student.
For those who are learning Italian for business reasons, it is possible to be taught specific business language and how to write or speak about certain topics.
It is possible to focus the lessons on themes chosen by the student such as Italian for business, Italian for hospitality and tourism, art, architecture, literature, history, fashion, design, technology, food and wine, health, medical professions and much more.

Lesson times:
Grammar: from 9:00 to 10:30
Conversation: from 11:00 to 12:30
Individual plus 3 and plus 5 lessons: from 13:15 to 14:10 or from 14:15 to 15:10.
Individual plus 10 lessons: from 13:15 to 15:05

On Saturdays and after the afternoon lessons students have the possibility to participate in the cultural activities and excursions organised by the school.





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COMBINED COURSES

STANDARD PLUS 3 COURSE (20 group lessons + 3 individual lessons per week)
STANDARD PLUS 5 COURSE (20 group lessons + 5 individual lessons per week)
or STANDARD PLUS 10 (20 group lessons + 10 individual lessons per week)
PREPARATION FOR EXAMS

The Standard Plus courses prepare students for exams by combining group lessons in the morning (the classes have a maximum of 8 students and a minimum of 3) with individual lessons in the afternoon. They are specifically designed to help you to pass an exam which certifies your competence in Italian as a foreign language.
The ABC School in Sestri Levante is officially certified for the AIL (Italian Academy of Language) exams for all levels and all certificates.
It is also possible to prepare for the CILS exam from the University for Foreigners in Siena, the CELI exam from the University for Foreigners of Perugia, PLIDA from the Dante Alighieri Society and all other official certificates.

Lesson times:
Grammar: from 9:00 to 10:30
Conversation: from 11:00 to 12:30
Individual plus 3 or plus 5 lessons: from 13:15 to 14:10 or from 14:15 to 15:10.
Individual plus 10 lessons: from 13:15 to 15:05

On Saturdays and after the afternoon lessons students have the possibility to participate in the cultural activities and excursions organised by the school.





ITALIAN LITERATURE COURSE

Discover the world of Italian literature through the lens of the Italian language itself with our Italian Literature Course! In this course you can learn more about this fundamental element to our rich Italian culture and heritage, with the opportunity to gain an insight into how it was instrumental in the formation of the language which we learn and use here in Italy today. With this course you will have two one-to-one lessons every day.

BUSINESS ITALIAN COURSE

This course is designed for those who would like to deepen their knowledge specifically on how the Italian language can be applied to the business and corporate world. You will have two lessons a day which include specialist business language and how to write or speak about certain topics, along with vocabulary and expressions specific to certain fields, if desired.

ERASMUS+

This includes the Standard Group Course plus 5 individual lessons per week focusing on teaching methodology and teaching practice. It is a special course for Italian teachers (LS) in line with the new EU mobility programme for education and training.



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INDIVIDUAL OR SMALL GROUP COURSES

INDIVIDUAL COURSES

This course is for those who due to time constraints or professional, study or other particular interests would prefer to attend an individual course which is custom made to suit their needs.

The start date and the hours will be agreed upon enrolment with the school,
We recommend a minimum of one lesson per day and a maximum of six,
Each individual lesson lasts 55 minutes.
The course is organised based on the requests of the student, without forgetting the correct structure of a lesson in order to allow cohesive development of language skills. This course promotes the improvement of linguistic structures, and provides the necessary tools for communication, new vocabulary, writing and speaking skills, the comprehension of written texts and dialogues as well as putting focus on pronunciation. Priority will be given to topics for which the student has a particular interest.

Lesson times:
Lessons can take place in the morning or in the afternoon

In the afternoon there is the possibility to participate in the activities organised by the school.





INDIVIDUAL OR SMALL GROUP COURSES

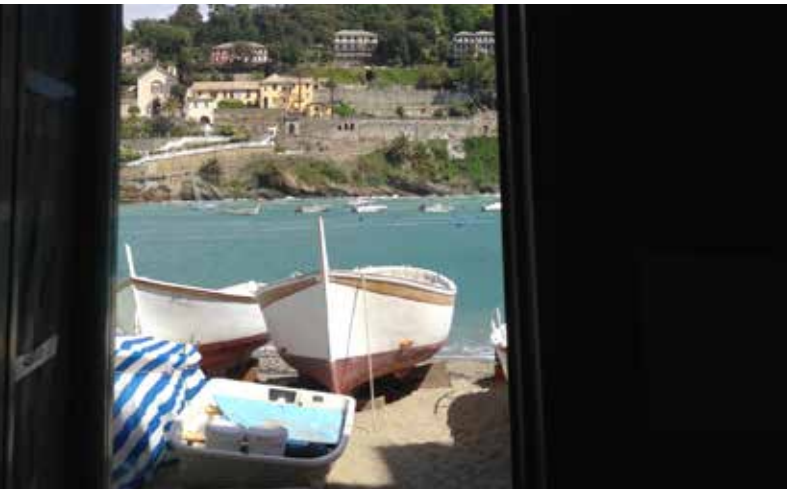
COURSES FOR TWO (DUETTO) OR THREE PEOPLE (TRIETTO)

The courses for two or three people have been created in response to what our students have asked for in the past. They have been especially created for two or three people (friends, relatives, work colleagues) who are travelling together and have the same level of Italian.
Having lessons in small groups is advantageous as this allows students to study in a more intensive way. The student will be able to choose the topics they would like to focus on and enjoy having a personalised timetable.
It is also in fact possible to decide how many hours per week you would like to attend. Each lesson lasts 55 minutes.

In the lesson the teacher will provide the necessary linguistic skills, taking the particular interests of the students into account.
You will study grammar in order to understand the structure of the language through readings, activities and exercises. Grammar rules will be taught so that afterwards, during the conversation classes you will easily be able to communicate in Italian.
This results in oral and written comprehension, as well as new vocabulary which can be used in conversation so that students can improve their knowledge which is checked under the supervision of the teachers.

Lesson times:
These lessons can take place in the morning or in the afternoon, however the time will be agreed with the students in advance.

On Saturdays and after the afternoon lessons students have the possibility to participate in the activities organised by the school.





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INDIVIDUAL OR SMALL GROUP COURSES

INDIVIDUAL COURSE "VIVI SESTRI LEVANTE"

This course is designed for those who are looking for an immersive and intensive experience in all aspects of Italian culture.
Individual Italian lessons allow us to build a tailored course, suited to both proficiency level and learning pace. We study grammar to understand the core rules of communication, and then put those rules into practice during conversation lessons—enriched with vocabulary and listening exercises to develop all language skills.
In the afternoon, the experience continues together. The weekly program includes two lunches with the teacher at a local restaurant near the school, an excursion to Genoa and two lessons of 2 hours each one about Italian cooking and one about Italian cinema.

Lesson times:

Mornings:
- 4 individual lessons: grammar from 9:00 to 10:50 + conversation from 11:10 to 13:00

Afternoons:
- Monday: Italian culture - Traditions and curiosity about Italian cooking
- Tuesday: Conversation at the restaurant with the teacher
- Wednesday: Excursion to Genoa
- Thursday: Conversation at the restaurant with the teacher
- Friday: Italian culture - The Italian cinema





SPECIAL COURSES

50+ COURSE (20 group language lessons + cultural activities)

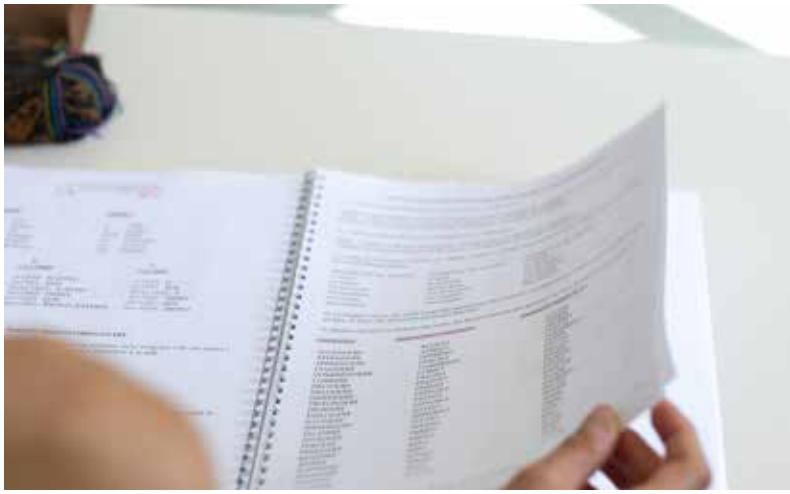
All our courses are open to students of all the ages from all over the world. Sometimes more mature students have different needs or interests compared to those younger than them, so if you are more than 50 years old and you are interested in cultural and social activities, you can choose our 50+ course that combines the study of the Italian language in groups of a maximum of 8 students with cultural activities which are designed with them in mind.
The language course takes place every morning, Monday to Friday, and the activities (3 per week) in the afternoon.

The program of activities may vary and can include for example:
- A walk in Sestri Levante
- A walk in the hills surrounding the city
- An Italian history or culture seminar (music, cinema, art, cuisine, traditions and much more)
- An afternoon or evening with cooking lessons and then a dinner together
- Wine, cheese and other typical product tastings
- Excursions to Cinque Terre, Portovenere, Portofino, Santa Margherita Ligure, San Fruttuoso, Rapallo, Camogli, Levanto, Framura, Bonassola, Zoagli and other Ligurian towns (with all the other students).

The program is organised by the teachers from the ABC School.

Lesson times:
9:00 – 10:30 grammar lesson, everyday from Monday to Friday
11:00 – 12:30 conversation lesson, everyday from Monday to Friday
Afternoon: activities
Saturday: excursion





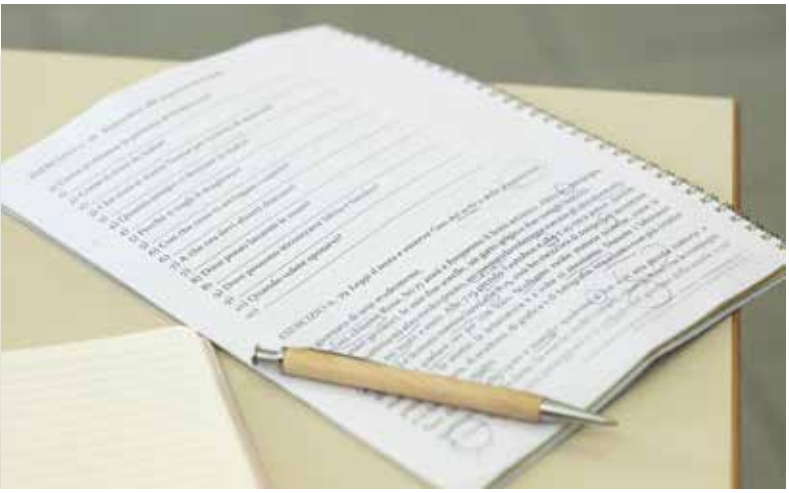
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ONLINE ITALIAN COURSES

The online lessons are aimed at:
- Those who do not have time to come to Sestri Levante and would like to study Italian with a qualified, experienced native speaker
- Those who are coming to learn Italian at the ABC School and would like to learn the basics before coming
- Those who, because of their job, need to learn specific Italian language, how to write letters or documents, how to prepare a presentation etc.
- Those who have already attended the ABC School and would like to continue to study Italian with the same teachers when they return home.

The online lessons are real and proper individual lessons which last 55 minutes, taking place very easily on Google Meet or Microsoft Teams.
The educational material will be sent to you via e-mail or during the lesson.

The timetable is established by mutual agreement with the teacher.





THE ABC SCHOOL: FLORENCE AND SESTRI LEVANTE

The ABC School was founded in 1982 in Florence and is located in a beautiful Renaissance building in the Oltrarno quarter, very close to the Uffizi Gallery, the Piazza Signoria and the Ponte Vecchio.
Florence uses the same teaching method as in Sestri Levante which encourages students to speak Italian from the very first day.

Many Italian language courses are available in both locations. We wanted it to be this way so that our students could get to know Italy better.
This gives them the opportunity to experience both Liguria and Tuscany, as we maintain continuity in the way we teach the Italian language as well as the educational materials used.
To book a course simply write to one of the two schools and we will take care of the rest.







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AFTER THE LESSONS

In the afternoon, at the end of the Italian language lessons, we organise a series of cultural and recreational activities which will help you to get to know Sestri Levante and its surroundings better, as well as all of the aspects of Italian culture.
Students can participate in any activity that they are interested in and are also free to explore the town independently according to their own personal interests.
Every four weeks we propose a new program with walks, excursions, seminars on history, art history, literature, language, traditions, music and linguistic study, as well as dinners together in a pizzeria, aperitivo, cooking lessons and much more.
All of the activities are organised by our teachers.
The seminars and the walks are included in the cost of the course. Students are required to pay for any transport tickets for the excursions and any lunches or dinners that we have together.









ACCOMMODATION IN SESTRI LEVANTE

Almost all of the accommodation selected by the ABC School is within a walking distance from the school. We also recommend to you that Sestri Levante is the ideal place to get around by bicycle: the town is small and the major roads have a cycle path. Both the apartments and the families can be very different. People can have different ways of living and different interests also.

The students are guests but are also a part of the family and are expected to leave the common rooms clean and in order and this also applies to apartments shared with other students.

The school acts only as an intermediary, regarding accommodation, and takes no responsibility regarding the relationship between landlords and students.

Single room with use of kitchen

If you book a single room with use of the kitchen, you will have your own private room and you will share the kitchen and bathroom with those who live with you. In the kitchen you will have your own section to store your supplies.

The bedroom can either be in a shared apartment with other students or alternatively with a family, depending on the availability at the time. Therefore, as the kitchen is shared with either a family or another student, it must be left clean and tidy at all times. All rooms with use of kitchen are within a walking distance from the school.

Rooms with Breakfast

If you prefer a room with breakfast included, you will live in an apartment with a family. You will have your own room and will share the bathroom with the family. ***You may not use the kitchen***. The students are not only guests, they are also part of the family and are expected to leave all shared rooms clean and tidy.

An Italian breakfast normally consists of coffee, milk or tea, biscuits, yoghurt and fruit. Normally students do not go home for lunch: there are many restaurants, cafes and pizzerias close to the school.

If in the chosen period there is no bedroom with breakfast available, the school will provide you with a single room with use of a kitchen or an independent apartment.





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All bedrooms with breakfast are within a walking distance from the school.

Independent apartments

If you would like your own room, toilet and kitchen we advise you to choose an independent apartment.

All our independent apartments are within a walking distance from the school.

Alternatively, we can also book a hotel room for you.

ACCOMMODATION: IMPORTANT INFORMATION

Booking

We would advise you to book accommodation at least 4 weeks before your course starts. Please note that the number of families providing accommodation in Sestri Levante is limited therefore, if you opt for this choice, make sure you book well in advance.

In matching housing requests with available accommodation, all students should keep in mind that the availability of accommodation varies by season, as well as the competitive price which students pay. In the rare event that the school should not find the accommodation that you wish, we will propose other options.

Cancelling your accommodation

Accommodation cancellation should be sent to the school by registered letter, fax or email. If the cancellation is made one week before the beginning of the course, the school will retain one week's accommodation fees (regardless of the booking duration). If the cancellation is made within two weeks before the beginning of the course, the school will retain 50% of one week's accommodation fee. If the cancellation is made more than 15 days before the beginning of the course, no penalty shall be charged. There are no special prices or refunds for late arrivals or early departures.

Independent transfer

Sestri Levante is easily reachable by car, train or plane. The closest airports are Genoa and Pisa, however connections with Milan and Bergamo are also good. The train station is in the centre of town and has regional, interregional and Frecce with the following lines: Turin - Livorno - Rome, Milan - La Spezia, La Spezia - Savona, Genoa - Bologna,





Bergamo - Milan - Sestri Levante, Pisa - La Spezia - Genoa.
In almost all cases it is possible to reach your apartment by foot from the train station.
Please note: please contact the school to let them know your arrival time in Sestri Levante at least a week before your departure to Italy.

Arrival and Departure

Accommodation is from the Sunday before starting the course to the Saturday after the course (an extra night on arrival or departure is possible). It is very important to confirm the time of arrival at least a week before leaving: for those who don't do this it is possible that you will not find anyone at home when you arrive in Sestri Levante.
On the day of your departure, the apartment must be left before 10 in the morning.

Keys

It is very important to not lose the house keys or you could be required to pay for the replacement of the locks and keys.

Bedroom with breakfast

Those who book a room with breakfast included are not allowed to use the kitchen.

Bed Linen and Towels

The bed linen and towels are provided with the accommodation. Students will find a clean room on their arrival but are responsible for the cleaning of the room and common areas during their stay. You are not allowed to move around the furniture or hang posters, photographs or paintings on the walls.

Gas and Electricity

Gas, water and electricity bills are included in the price. These are very expensive in Italy so please avoid any excess use.
Standard voltage is 220V. To make sure that your electronic devices (telephones, computers etc.) work, bring an adapter.

Heating and Air Conditioning

Italian houses are only heated at certain times of the day and only during winter (from the 1st of November until March). Normally the heating is turned off during the night. The average temperature of apartments in winter is around 20°C.
Air conditioning in Italian houses is rare. The high, thick walls in the centre of Florence



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help to keep rooms cool in summer. Anyway we have independent apartment with air conditioning.

Internet

Internet connection is provided in all accommodation.

Friends and Visitors

It is not possible to invite friends home, nor to invite them to spend the night (unless prior arrangements are made with the owner of the house and the school).
For those who are thinking about staying out for the night, please let your host family know to avoid any unnecessary worry.

Damage

In the event that anything is broken or damaged, please let your host family know as soon as possible. You may be asked to pay for the repair or replacement of the object.

Medical assistance

The school's secretaries can put you in contact with doctors who speak English. We would highly recommend that all of our students buy medical insurance, especially those who come from countries that are not in the European Community.

Problems

If there are problems with your accommodation it is important to speak to reception in the first few days or as soon as the problem occurs so that we are able to resolve it as soon as possible. The school cannot be held responsible in any way for the relationship between the student and the landlord or landlady.



ABC
Lingua e cultura italiana
Firenze e Sestri Levante

The ABC School has been teaching
Italian Language and Culture
to foreign students from all over the world
since 1982.

The School is:

- Officially authorised by the Italian Ministry of Education (Document no.10252 / C20).
- A member of the Association of the Schools of Italian (A.S.I.L.S.®).
- An authorised exam center of A.I.L. - The Italian Language Academy.
- Recognised by the German Federal State for “Bildungsurlaub”.
- Placement partner of the University of Bath.
- Erasmus plus courses in line with the new EU mobility programme for education and training.
- Recognised by CSN (Swedish National Student Assistance Board) for study grants.
- UNITER certified UNI 11863 (Certificate no. S0422).



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