



City College of San Francisco Presents...



The food of Oaxaca stands out as one of the richest and most diverse in all of Mexico. Based on a synthesis of Spanish and Indigenous legacies, it greatly differs from the standard Mexican food commonly found in the U.S. Oaxacan cuisine is known for its many *moles*, which are complex sauces made of chiles, herbs and spices; for its corn products, such as *tlayudas* and delicious regional tamales; for its nuanced mescal, a locally cultivated, distilled and aged beverage; and for the Oaxacan chocolate culture with its fresh beans roasted and ground according to the customer's preferences and family traditions.

Our three-week program offers an intensive introduction to Oaxacan cuisine, through hands-on cooking classes, demonstrations and field trips to a mescal distillery, a cheese producer, a bakery, and food markets. Classes will be taught by local "celebrity" chefs, such as Susanna Trilling, author of the cookbook "Seasons of My Heart" and a contributor to PBS, as well as Oaxacan restaurateurs and others whose cooking skills have been passed down through the generations.

The Instituto Cultural Oaxaca (ICO) will serve as our host in Oaxaca. The ICO, a Spanish as a Second Language school, housed in a gracious 19th century estate, will be the location of our language classes and some of our cooking classes.

Located in southern Mexico, Oaxaca lies nestled in a valley surrounded by tropical mountains. The city boasts colonial monuments, archaeological treasures and exquisite architecture, which will serve as a dramatic backdrop for our culinary explorations.

CAHS 206 Ethnic Cuisines (3)

An advanced culinary course that familiarizes the culinary arts and restaurant management student with the major cuisines of Asia, the Mediterranean, the Caribbean and Latin America; will explore basic ingredients, cooking methods and terminology of each cuisine. CSU

Mark Hodgson: Chef Instructor for the Culinary Arts and Hospitality Studies

Chef Instructor Mark Hodgson teaches baking and pastry in the Culinary Arts and Hospitality Studies program at City College of San Francisco. In addition to his passion for the culinary world, Mark has degrees in Latin American Studies and Spanish and is fluent in the Spanish language. He has co-led students on culinary tours through Spain and France for the last four summers. Chef Mark looks forward to exposing the students to the local culinary scene in Oaxaca.

BASIC ITINERARY

June 7: San Francisco to Oaxaca, Mexico

Depart as a group from San Francisco for Oaxaca, Mexico. Transfer from the airport to the hotel and enjoy a group "Welcome" dinner this evening. **D**

June 8: Instituto Cultural Oaxaca

Today an orientation to Oaxaca will be provided by the ICO, as well as a walking tour of the area. In the afternoon there will be a Spanish Language "cooking terminology" workshop, which will provide an overview of Oaxacan cuisine. We will have 9 hours of Spanish classes throughout our stay in Oaxaca.

June 9-10: Casa de los Sabores cooking school.

Students will receive instruction from Pilar Cabrera, a well-known local chef and owner of Las Ollas restaurant. The class will focus on "all things corn", including *masa*, *tortillas*, *tlayudas* and *tamales*, as well as visits to a mill and a market. **L or D**

June 11-12: Cooking Classes at the ICO (*)

These hands-on workshops focus on the production of four of Oaxaca's famous *moles*, the savory sauces used in a variety of dishes. **L or D**

June 13: Free Day

Optional out-of-town trips will be arranged by the ICO.

June 14: Cheese Making Tour

During this out-of-town excursion, students will observe a local artisan making cheese from raw milk to finished product. **L**

June 15: Casa de los Sabores cooking school

Today Pilar Cabrera and her staff will teach a hands-on workshop about many of the uses of chiles in Oaxacan cuisine. **L or D**

June 16: Seasons of My Heart cooking school

This out-of-town class begins with a tour of the Etna Market, including a light lunch, followed by participatory cooking class and meal in Susanna Trilling's famous cooking school. **L & D**

June 17: Soledad Diaz, Chef/Owner of El Topil Restaurant

Students will receive instruction from Soledad Diaz, chef/owner of El Topil Restaurant, a beloved Oaxacan restaurant, in the cooking of local specialties. **L or D**

June 18: Ocotlan, Mexico

Students will take a full day field trip to the Ocotlan Market and the Real Minero Mezcal Distillery, where they will observe the mescal-making process from field to finished product. **L**

June 19: Oaxaca, Mexico

Free day. Students have the option of visiting both Abastos and Tianguis Markets and the Botanical Gardens with Chef Mark.

June 20: Oaxaca, Mexico

Free day. Students may join one of the ICO's optional tours.

June 21: Bread and Texate with Soledad Diaz

Students will take a field trip to a Bread Making Village and learn to make the local indigenous drink, *texate*, with Soledad Diaz. **L**

June 22-23: Pastries with Angela Esparza (**)

These classes focus on learning to make local sweets and treats with Pastry Chef Angela Esparza. **L**

June 24-25: Menu Classes with Jose Luis (**)

Jose Luis, chef at El Teatro Culinario, is known for putting a gourmet twist on the local cuisine. He and his chef assistants will guide students in making some of his signature dishes. **D**

June 26: Free day, Group Dinner

Free day. There will be an option of visiting an Organic Market with Chef Mark. There will be a "farewell" dinner tonight. **D**

June 27: Free day

Our final full day in Oaxaca will be a free day for last-minute shopping, sightseeing and enjoying the tastes of Oaxaca.

June 28: Depart Oaxaca, Arrive in San Francisco

Students will be transferred to the airport to return to S.F.

NOTE: Itinerary is subject to change.

* To maximize individual attention, the group will be split in half. Group 1 will meet only in the morning on 6/11 and only in the afternoon on 6/12. Group 2 will have the opposite schedule.

** Due to limited space, the group will be divided in two. Each student will attend class for one full day and the other day will be free to do as you choose.

ELIGIBILITY:

It is recommended that you discuss your participation in the Oaxaca Program with the CCSF Study Abroad Coordinator prior to enrollment. Please call **415-239-3778** and ask for **Jill Heffron**.

PROGRAM COST:

\$2,595.00

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|--------------------------------------------------|------------------|
| First payment (deposit) due April 2, 2010 | \$595.00 |
| Second payment due April 16, 2010 | \$1000.00 |
| Final payment due May 9, 2010 | \$1000.00 |

Cancellation:

After April 2nd, the penalty for cancellation is \$150 per person. After April 16th, the cancellation fee increases to \$500. From May 9 – June 6, the cancellation fee \$500 + any non-recoverable amounts (i.e. airfare if tickets have been issued). On June 7th and after the day of departure, there is no refund.

THE PROGRAM PRICE WILL INCLUDE:

- Roundtrip, economy class airfare from San Francisco, CA to Oaxaca, Mexico
- Air taxes, to include Mexican Departure Tax
- Shared double room at a hotel in Oaxaca for the duration of the program
- Transfers to and from Oaxaca airport
- Spanish language culinary classes - three week program (9 hours of class)
- Lessons at cooking schools and restaurants and field trips as detailed in the itinerary
- International Student Identity Card (ISIC) with basic insurance coverage
- Pre-departure and on-site orientations
- Services of CCSF Study Abroad Office and CTS Travel

THE PROGRAM PRICE WILL NOT INCLUDE:

- CCSF Tuition and Fees
- Optional Tours (a list and description will be provided)
- Supplementary insurance coverage
- Textbooks and instructional materials
- Personal expenses and any item not listed as included in the program price

CCSF TUITION AND FEES:

California residents must pay a \$26 per unit fee, plus a one time \$17 fee (or \$95 total) for a 3-unit course.

Non-residents pay \$205 per unit, plus a one time \$17 fee (or \$632 total) for a 3-unit course. Fees are payable to CCSF during the pre-departure orientation at the time of registration. Fees are set by the State of California and are subject to change.

Please contact the **CCSF Study Abroad Coordinator** at **415-239-3778** for further information.

INSURANCE:

Participants will receive an International Student Identity Card (ISIC) with their program packet, which provides limited accident and emergency medical insurance. All participants must hold evidence of basic health and accident insurance, which is provided by the ISIC. Additional travel medical insurance and trip cancellation coverage is recommended. CTS can offer supplemental comprehensive insurance at student rates. Please contact them at 1-800-635-5488 (ext. 3516) for information or refer to your sign-up packet.

PASSPORTS AND VISAS:

A valid passport is required for this program. U.S. citizens are required to show a valid **passport** for entry into Mexico.

Non-U.S. citizens should contact their local Consulate regarding visa and entry requirements.

FOR FURTHER INFORMATION PLEASE CONTACT:

Capital Travel Solutions (CTS)
5900 Rowland Road
Minnetonka, MN 55343
Phone: 1-800-635-5488
Fax: 1-952-746-3585
E-mail: ccsf-oaxaca@ctsinc.com
www.ctsinc.com/Oaxaca.htm

OR

City College of San Francisco (CCSF) Study Abroad Programs
50 Phelan Avenue, Box C-212
San Francisco, CA 94112
Phone: 415-239-3778
Fax: 415-239-3804
E-mail: studyabroad@ccsf.edu
www.ccsf.edu/studyabroad

The San Francisco Community College District

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Capital Travel Solutions (CTS)

The responsibility of Capital Travel Solutions (hereafter referred to as CTS), its parent company Capital City Travel Inc., and its tour agents is strictly limited. They act only as agents for the travelers in regard to accommodation, transportation (whether by motorcoach, private car, aircraft or any other conveyance), sightseeing and other services, and as such assume no liability for injury, damage, loss, accident, delay or irregularity which may be caused either by reason of defect, through the acts or defaults of any company or person engaged in conveying the passengers or in carrying out the arrangements of the tour, or as a direct or indirect result of acts of nature, dangers incident to the sea, fire, breakdown in machinery or equipment, acts of governments or other authorities, de jure or de facto, wars (declared or not), hostilities, civil disturbances, strikes, riots, theft, pilferage, epidemics, quarantines, medical or customs regulations, or from any causes beyond CTS's control, or from any loss or damage resulting from improper passports, visas or other documents. Nor shall any carrier have to incur liability as a common carrier. CTS can accept no responsibility for loss or additional expenses due to delay or changes in schedule or other causes. All rates are based on tariffs in effect at the time the tour was planned and are subject to change in the event of adjustment therein. The issuance of tickets and vouchers shall be deemed to be consent to the above conditions. Further, airlines used are not to be held responsible for any act, omission or event during the time the passenger is not on board the aircraft. The passenger tickets in use by the airline or airlines when issued shall constitute the sole contract between such airlines and the purchasers of these tickets and/or the passenger. CTS and its agents reserve the right to make changes for the betterment of the tour group or reasons beyond their control. Baggage is carried at the owner's risk and baggage insurance is recommended. CTS and its tour agents are not responsible or liable for loss, damage or theft of luggage and/or personal belongings, so please be sure to have adequate insurance cover loss, damage or theft. Many people and companies are involved in the planning and provision of your tour, including the Instituto Cultural Oaxaca (ICO) and CCSF. Accommodation and transport services are provided in your tour arrangements over which CTS have no direct control. All personal information collected from the participants will be kept private and will not be sold to any outside party, and will only be shared with the CCSF Study Abroad Office and the ICO for program purposes only.

Completion of a pre-departure orientation meeting and registration session is *mandatory*.
Students must complete enrollment forms for both CCSF and CTS.

ENROLLMENT FORM

I have carefully read this brochure for the CCSF study program in Oaxaca, Mexico and I wish to participate in this program. I agree to all policies stated in the program brochure.

Legal Name: (Mr, Ms, Mrs) (First / M.I. / Last) Social Security # (or CCSF ID#)

Address City State Zip

E-mail Date of Birth Citizenship (i.e. USA, etc.)

Home Phone Work Phone (include area codes)

Please complete this form and mail it along with your \$595 deposit by April 2, 2010 to:

Capital Travel Solutions (CTS)
Attn: Group Dept.
5900 Rowland Road
Minnetonka, MN 55343
Tel: 952-746-3516 or 800-635-5488

Signature Date

group# 3803022