

A photograph of a grand, ornate theater interior with multiple tiers of balconies, gold detailing, and red seats. The stage is visible in the background.

2022

HARVARD ALUMNI TRAVELS

DISCOVER • LEARN • CONNECT • EXPLORE

Symphony of the Senses
Celebrating Food and Music in the Heart of Italy
with Lisa Mei-Inn Wong and Lynn Chang
June 6–14, 2022



HARVARD
Alumni Travels



Wolfgang Amadeus Mozart performed at the exquisitely intimate Bibiena Theater in Mantua, just after it was inaugurated in 1769 (Hans A. Rosbach).

Symphony of the Senses

Discover the cultural, artistic, and culinary wealth of Italy's heartland on a journey through the neighboring Emilia-Romagna and Lombardy regions. Using the quaint small city of Reggio Emilia as a base, tour the great cities upon which modern Italy was built. Tour the world's oldest university in Bologna, the theater where Mozart performed as a teenager in Mantua, and the fascinating three-kilometer maze hidden in the outskirts of Parma. Break bread in the kitchens of local entrepreneurs who preserve the traditions of their ancestors through delicious cheese, pasta, and balsamic vinegar. Immerse yourself in the fascinating musical tradition of the region and see the vast array of historic string instruments at the Museo del Violino and a centuries-old organ in the cathedral of Cremona. Step into Emilia Romagna to discover the true definition of *italianità*—what it means to be Italian. Your Harvard Study Leaders are the perfect companions for this celebratory journey as Lisa Wong and Lynn Chang are steeped in science, music, and culture, and will enlighten and delight through their discussions and presentations.

Activity Level 3: 

A LITTLE MORE TO IT

My walking shoes are laced up tight and I'm ready to keep up with my traveling companions. I look forward to getting to know them on the drives and/or flights we'll take between cities. I enjoy getting around in Zodiac rafts and 4x4 vehicles for short durations. A little mental and physical stimulation will do me good!

Cover photo: Reggio Emilia, Teatro Municipale Valli (Lorenzo Gaudenzi)

Study Leaders



Lisa M. Wong MD '79 is an Assistant Professor of Pediatrics at Harvard Medical School. As a practicing pediatrician, musician and educator, she is committed to incorporating the arts and humanities into healthy living and lifelong learning. Dr. Wong

served for twenty years as president of the Longwood Symphony, the orchestra of Boston's medical community, and designed their award-winning Healing Art of Music program. In April 2012, she published *Scales to Scalpels: Doctors who practice the healing art of Music and Medicine*.



Lynn Chang '75 is a concert violinist on the faculty of MIT, Boston University, New England Conservatory, and Boston Conservatory at Berklee, but he has also worked with several of Harvard's most accomplished undergraduate

violinists. His discography includes *Works by William Grant Still*, *Made in America* with Yo-Yo Ma, and Grammy Award-winning *The Girl with Orange Lips* with Dawn Upshaw. Mr. Chang performed at the 2010 Nobel Peace Prize Ceremony in Oslo to honor Chinese dissident Liu Xiaobo. In 2011, he performed for President Obama at the Kennedy Center Awards to honor cellist Yo-Yo Ma.

FOR MORE INFORMATION, VISIT
ALUMNI.HARVARD.EDU/TRAVEL



The Archiginnasio is home to the University of Bologna's Anatomical Theater (Paolo Piscolla)

Schedule by Day

MONDAY, JUNE 6, 2022

Depart the U.S.

Depart the United States on independent flights arriving the next morning at Bologna's Marconi Airport.

TUESDAY, JUNE 7, 2022

Arrival in the Heart of Italy

Upon landing in Bologna, join a group transfer bound for the lovely Hotel Posta on the main town square in Reggio Emilia. Join a local guide on a leisurely stroll through the city's historic center, stopping in Piazza Prampolini, home to the stately Romanesque cathedral, and the atmospheric Piazza San Prospero to admire its fine Renaissance basilica. After familiarizing yourself with the hotel's surroundings, return for a welcome lecture over drinks with your Harvard study leaders. End the first day with a lively welcome meal of Emilia Romagna's famous handmade pasta, artisanal meats, and world-class cheeses. *(included meals: Reception, Dinner)*

WEDNESDAY, JUNE 8, 2022

Cremona: Violin Heaven

Gather this morning for a lecture on the history of the violin in anticipation of the day's special visits. Then travel northwest through Italy's fertile plains to Cremona, a major agricultural market that is also famous for its vast history of musical legends like violin maker

Antonio Stradivari and composer Claudio Monteverdi. Walk through the historic town center, which is dominated by its part-Romanesque Duomo and famed medieval bell tower, the Torrazzo. Meet a local musician for a private organ recital in the cathedral and discuss Cremona's sensational musical heritage. Enjoy a lunch with local cultural leaders featuring Cremona's rich cuisine. A special treat is a glimpse at the city's unparalleled collection of historical virtuoso violins at the Museo del Violino, where we are greeted by the museum's director. The visit ends with a special violin performance by Lynn Chang. Return to Reggio Emilia and enjoy a light dinner together at a cozy trattoria near our hotel. *(included meals: Breakfast, Lunch, Dinner)*

THURSDAY, JUNE 9, 2022

Bologna: Cultural Capital of Emilia Romagna

Depart for Bologna, the so-called "La Grassa/The Fat" as it is known for its fine prosciutto, cured hams, tortellini, and other mouth-watering delicacies. Start by entering San Petronio, one of the greatest brick-built churches in Italy, with its graceful Gothic interior and early meridian line. Nearby are the small church of Santa Maria della Vita with its exceptional Renaissance sculptural group of the Lamentation and the Archiginnasio palace, historic home of the world's oldest university and its groundbreaking Anatomical Theater. Enjoy a special luncheon in a private historic Bolognese palazzo where our

hosts will prepare a delicious spread of local cheeses, fine meats, and typical local pastas accompanied by regional wines. Our day in Bologna ends at the International Museum and Library of Music, situated in the stunning 16th-century Palazzo Sanguinetti. The collection was started by the Franciscan Father Martini in the 18th century and grew over the centuries to include thousands of documents, books, and portraits of musicians. *(included meals: Breakfast, Lunch)*

FRIDAY, JUNE 10, 2022

A Private Day of Food & Art

Today's activities begin with a lecture held by your Harvard study leaders. Spend the rest of the morning at a cooking class with a local chef and learn how to make regional fare, especially handmade tortellini. After lunch, tour the charming nearby city of Modena, famous for fast cars (Ferrari and Lamborghini are nearby) and otherworldly balsamic vinegar. Head just outside the walls of old Reggio Emilia where the outstanding modern and contemporary art collection of Max Mara founder Achille Maramotti will be opened exclusively for Harvard alumni travelers. Then, in the lovely rolling hills just south of Reggio, visit a farmstead and family-run balsamic vinegar distillery to learn more about the process of creating authentic aceto balsamico before sampling different varieties. Join the family for a delicious home-cooked dinner and enjoy the fruits of their labor! *(included meals: Breakfast, Lunch, Dinner)*



Giulio Romano's dramatic fresco soars overhead in the Sala dei Giganti at Palazzo Te (Lux Machina)

Schedule by Day (continued)

SATURDAY, JUNE 11, 2022

Mantova: The Ultimate Renaissance Court

Travel once more into Lombardy today and visit Mantua (Mantova), which feels something like a Renaissance time machine. For several centuries, the city flourished under the rule of the Gonzaga family, who helped make Mantova one of the main artistic, cultural, and musical hubs of Italy. Discover the Palazzo Ducale - where Monteverdi's Orfeo debuted - on an in-depth tour of the huge palace led by one of the city's top expert historians. By special permission, we will be granted exclusive access to the beautiful apartment of Isabella d'Este, perhaps the greatest art patron of the Renaissance. Step inside the Bibiena Theater, an exquisite Rococo building. One of the first concerts given here was by a 13-year-old Mozart just weeks after the opening in 1770! After a lunch of fresh local dishes, tour the sumptuous Palazzo Te, covered in gorgeous early 16th-century paintings that evoke the elegance and luxury of the Gonzaga court. Return to Reggio for

a free evening in the delightful old town. *(included meals: Breakfast, Lunch)*

SUNDAY, JUNE 12, 2022

The Historic Charms of Parma & Fontanellato

Enjoy a final lecture at the Hotel Posta before departing for a morning in Parma. Despite its famed prosciutto and parmesan cheese, the city of Parma is an often overlooked jewel, as it boasts gorgeous urban design and many artistic masterpieces. At the National Gallery, view the Mannerist paintings of Parmigianino and an unfinished piece attributed to Leonardo da Vinci. The Teatro Farnese sits adjacent and stands among the most breathtaking historic theaters in all of Europe. The city's historic cathedral is a magical blend of medieval and Renaissance styles. After a light lunch in the heart of the old town, we continue to the fairy-tale village of Fontanellato to explore two remarkable monuments: the town's one-of-a-kind moated medieval castle and the fascinating new Masone Labyrinth, brainchild of a local art collector. *(included meals: Breakfast, Lunch)*

MONDAY, JUNE 13, 2022

Getting to Know Reggio

Strike out early this morning visit a family-owned traditional caseificio, or dairy farm, where the time-honored process of producing world-class Parmigiano-Reggiano cheese will be demonstrated. This is a chance to savor and bring home the freshest, most authentic parmesan cheese available. Return to Reggio for a final deep dive into the city's intriguing history, from its time as a Roman citadel to its important role in Italian unification. Explore the refined 19th-century Teatro Municipale Valli, which sponsors concerts, operas, and ballet performances. After ample time for lunch on your own, enjoy independent pursuits or choose the option to learn more about Reggio by touring the city's excellent civic and art museums with our local guide. Tonight, a festive dinner marks the end of a culturally rich week in the heart of Italy. *(included meals: Breakfast, Dinner)*

TUESDAY, JUNE 14, 2022

Return to the U.S.

Join an early morning group transfer to the Bologna airport to meet independent departure flights. *(included meals: Breakfast)*

Tour Highlights

- Gain unique insights through an exclusive lecture program by Harvard study leaders Dr. Lisa Mei-Inn Wong and Mr. Lynn Chang.
- Discover the surprising cultural and culinary capitals of the Po Valley through a diverse array of highlights, from a morning visit to a Parmesan cheese dairy to a dinner with the owners of a balsamic vinegar distillery at their historic farmhouse.
- Stay at the charming, four-star Hotel Posta in Reggio Emilia, a converted 14th-century noble palace that is a landmark in itself!
- Explore the culinary and agricultural specialties of the heart of Italy through discussions with local farm owners and vintners.
- Delight in Lynn Chang's unparalleled talent as he performs several violin pieces throughout the week.



(from top) Wheels of Parmigiano Reggiano (Matt Lewis) and the Museo del Violino in Cremona (Pom)

Hotel Accommodations

Hotel Posta, Reggio Emilia

Comfortable accommodations await you in Reggio Emilia's ancient Palazzo del Capitano del Popolo at the 4-star Hotel Posta where art, history, and tradition merge with all the hotel's latest modern comforts. Overlooking Piazza Prampolini and just around the corner from the Romanesque cathedral, the Hotel Posta includes an elegant frescoed event space, romantic and cozy rooms each different from the next, and a quaint Art Nouveau breakfast room.



Tour Price

\$5,995 per person double occupancy | \$495 single supplement