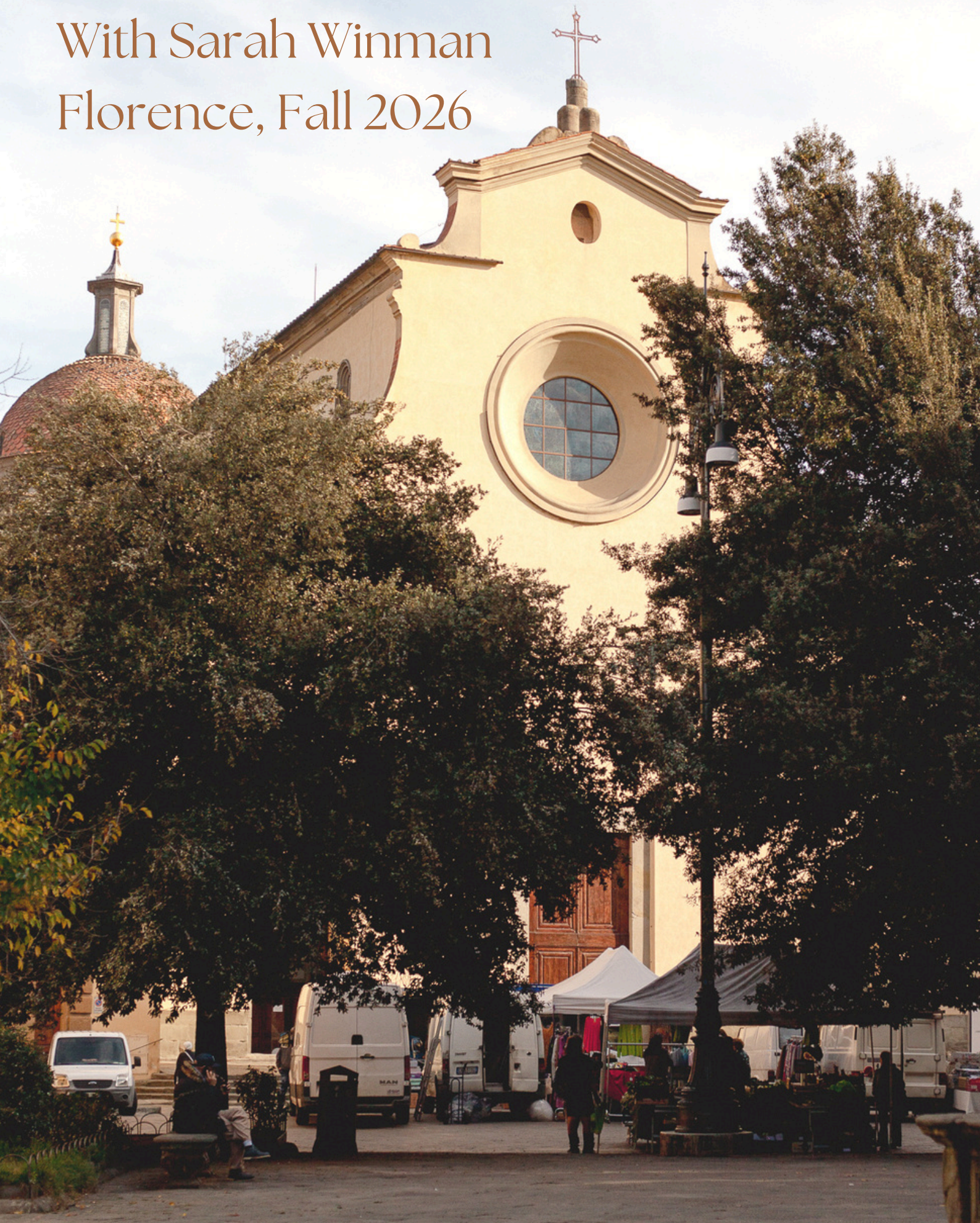


# STILL LIFE RETREAT

With Sarah Winman

Florence, Fall 2026



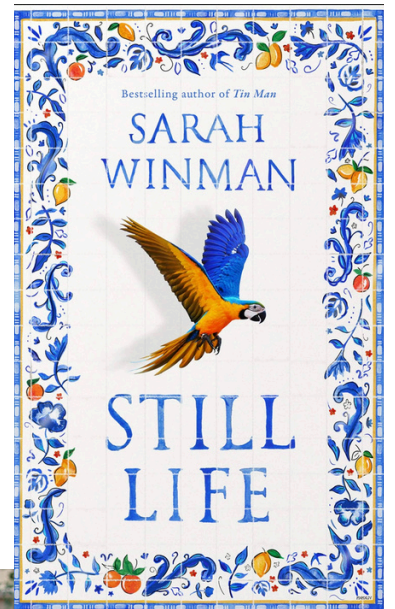
# Explore the Florence of STILL LIFE with author Sarah Winman, Paola Vojnovic & Emiko Davies

31 OCTOBER–5 NOVEMBER 2026

Immerse yourself in Florence's history, art, and literary culture on this unforgettable six-day retreat. Inspired by Sarah Winman's novel *Still Life* (a Sunday Times bestseller set in postwar Florence) you'll explore the Renaissance city's past and present through its people, places, and creative heritage with the author herself. Together with Sarah, you'll learn from acclaimed food writer and Florence resident, Emiko Davies, and art historian, Paola Vojnovic, as you walk the medieval streets, piazzas, and museums, tracing the impact of World War II and the devastating 1966 flood, both integral themes in *Still Life*.

Our base will be the Oltrarno, the city's quieter, artisan-filled neighborhood and primary setting of the novel. We'll explore Florence's culinary scene at local markets and trattorias and by cooking a feast with Emiko—who was also a consultant for *Still Life*. Meals will be a time to share and connect with your hosts and fellow travelers at some of Florence's most cherished establishments. At the historic Il Bisonte printmaking school, we'll participate in a workshop with globe-maker Leonardo Frigo, whose work echoes that of *Still Life*'s beloved protagonist, Ulysses.

As the retreat takes place during the 60th anniversary of the 1966 flood, we'll take advantage of the many events that are planned by the City of Florence that commemorate the event too and be immersed in the world brought to life by *Still Life*.



# OUR ITINERARY IN FLORENCE

## Day 1: Welcome to Florence

Arrive independently in Florence and check in at Oltrarno Splendid (from noon). At 5:00 pm, meet your hosts and fellow travellers for aperitivo. We'll have dinner at the cozy, locals-favorite Trattoria Cammillo.

## Day 2: Cooking from Still Life

We'll learn about Florence's culinary scene with Emiko, starting with a market trip for ingredients. We head to an elegant space to prepare a seasonal Florentine meal inspired by one of the meals in *Still Life*, for which Emiko was a consultant. We will then sit down to a long table lunch with wines.

## Day 3: Bookbinding and Florence's icons

This morning we will visit an artisanal bookbinder and learn to make our own books. Then we'll take a leisurely walk to the Basilica of Santa Croce, the part of Florence most affected by the flood. Here, Paola will talk to us about the tombs of Michelangelo and Galileo, the basilica's history, and its many restoration projects.

## Day 4: The Oltrarno

We'll spend the morning exploring the primary setting of *Still Life*, with visits to local artisans and the Basilica di Santo Spirito, home to Michelangelo's early Crucifix. After lunch at a neighborhood trattoria, we'll visit the Capponi Chapel in Santa Felicita to admire Pontormo's Deposition before heading to the Brancacci Chapel, a masterpiece of Renaissance fresco painting, under Paola's guidance.

## Day 5: The Coronelli Globes

Today we visit Florence's historic town hall, Palazzo Vecchio, which also houses the Medici's map room and their historic globes. After a bite to eat, we'll visit the Museo Galileo to learn from master globe-maker and our fabulous guest host, Leonardo Frigo, about the seventeenth century Vincenzo Coronelli globes that inspired his work. Then we dive into the world of globe making with Leonardo Frigo in a workshop, where we'll craft our own globes by printing etchings, shaping them and colouring with watercolour. We'll have one last celebratory meal together at an elegant Florentine establishment.

## Day 6: Departure and goodbyes

After breakfast and check out we part ways.



## YOUR HOSTS

SARAH WINMAN is a British author renowned for her evocative storytelling and deep appreciation of art and history. Her 2021 novel *Still Life* intertwines narratives set in London and Florence, exploring themes such as art history, the enduring impact of World War II, chosen families, and the 1966 flood of the River Arno in Florence. Winman's connection to Florence began during a visit in January 2015, which inspired her to delve deeper into the city's rich history and culture. She spent two years researching and immersing herself in Florence to authentically portray its essence in her novel. Through *Still Life*, Winman offers readers a vivid portrayal of Florence, reflecting her profound understanding and affection for the city's art, history, and enduring spirit.

EMIKO DAVIES is an Australian-Japanese food writer and cookbook author who has resided in Tuscany for two decades. She first came to Florence in 2001 to study printmaking at Il Bisonte and complete a degree in book restoration at Palazzo Spinelli. Alongside her sommelier husband, Marco Lami, she opened Enoteca Marilu in 2023, a space dedicated to cooking classes and a natural wine bar in San Miniato. Emiko has authored seven cookbooks, including *Florentine: The True Cuisine of Florence* and *Acquacotta*, and the *Japanese Pantry*.

PAOLA VOJNOVIC is a distinguished historian, writer, and curator with a deep-seated passion for Florence's artistic and cultural heritage. For a decade she was in charge of special projects at Santa Croce where she led major fundraising efforts to restore Michelangelo's tomb and the Pazzi Chapel. She curated two guidebooks on this historical landmark. Paola has guided influential figures such as James Ivory, Beyoncé, and Tim Cook through Florence's artistic treasures. She is the creator and host of Paola's Studiolo, an online interview series with leading scholars and curators. An authorized Florence tour guide since 2008, she offers exclusive behind-the-scenes access to the city's cultural gems.

LEONARDO FRIGO is an Italian artist and craftsman renowned for his intricate, Dante-inspired works that blend historical research with traditional craftsmanship. Trained in Venice, Frigo's work revives lost artisanal methods, from copperplate engraving to handmade paper and natural pigments. The result is a body of work that bridges art, history, and material science, earning exhibitions at Homo Faber 2024 and Vicenza's Basilica Palladiana. Frigo's projects are more than artistic interpretations—they are acts of cultural preservation, ensuring that endangered crafts endure in the modern age. He is currently preparing a book on Dantean cosmography while continuing to explore the intersection of literature, art, and craftsmanship.



# PRICING AND BOOKING

What's included:

- Accommodation for six nights at boutique hotel, Oltrarno Splendid
- 5 breakfasts, 4 lunches, 2 wonderful dinners
- Activities and meals in the company of *Still Life* author Sarah Winman
- Entrance tickets to all museums and private guided tours with historian Paola Vojnović
- Market visit and cooking class with cookbook author Emiko Davies
- Globe-making workshop and materials with globe-maker Leonardo Frigo
- Insider tips on where to eat in Florence for your free evenings

Prices (all taxes and fees included):

6100 euro Artist loft per guest, single occupancy  
5350 euro Artist loft per guest, double occupancy

5900 euro King room, per guest, single occupancy  
5300 euro King room, per guest, double occupancy  
(3 Kings available)

5800 euro Deluxe room, per guest, single occupancy  
5230 euro Deluxe room, per guest, double occupancy  
(5 Deluxe available)

First come, first served!

To reserve your spot(s) please email us with your room preference and whether it is single or double at: [giorgia@arttraveldesign.com](mailto:giorgia@arttraveldesign.com)

A 30% deposit is required upon booking. Balance is due by 15 September. Please note, until 15 September, refund of the deposit is possible (minus a €500 administration fee)

\*Above is a sample itinerary. Restaurants and activities are subject to change with equally exciting options pending availability. Please know that this is an active tour. We will be walking, standing, and exploring Florence on foot. We ask participants to acknowledge that a certain level of mobility is necessary to participate in this retreat.

