

SOCIETY, BEHAVIOR, & HEALTH

ITALY, DENMARK, GREECE

STUDY ABROAD SUMMER 2018



The field of psychology seeks to understand the factors that influence our thoughts, behaviors, and actions. Culture influences virtually every aspect of these. This program is designed to expose students to the unique aspects of particular social/cultural environments and how they interact with the brain to influence our thoughts, behaviors, and emotions and in turn, how they influence health and well-being. Students will be immersed in local cultures and explore how different cultures approach a wide variety of topics such as stress, health behaviors,

Most of the program will take place in “Blue Zones,” areas and societies where people live longer, healthier, and happier lives, including the Italian island of Sardinia and the Greek island of Ikaria. We will also immerse ourselves in a “Happiness Blue Zone” in Denmark, known for the concept of “hygge,” a feeling of cozy security that leads to healthier, happier lives. In addition, we will stay in the medieval Tuscan hill town of Siena, and a small village in the Italian Alps. Program activities will include lectures provided by local specialists, interviewing locals, cooking courses, visiting sites of local and cultural significance, hiking and exploring rural and smaller towns in Europe, riding bicycles, olive oil tasting, tending to a local garden, making cheese, living close to nature, and living in general, as Europeans do.

DATES

Approximately 29 June – 29 July, 2018

HOUSING

Students stay in apartments, hotels or hostels. All housing and travel will be arranged by the program.

COURSES

Students are required to enroll in 6 credits from the following:

Psych 356: Health Psychology (3 credit hours)

Psych 430R: Capstone (3 credit credit)

IAS 380R: Proofs of Cultural Immersion in Europe (3 credit hours)

COST

\$5,900–6,400

Includes: LDS undergraduate tuition (increased cost for grads and non-LDS students), housing, breakfasts at some hotels, some other meals, group transportation between locations, group activities, and international health insurance.

Not included: Airfare, most meals, public transit, museums, cell phone international data plan, and personal expenses

PREPARATION

Accepted students are required to participate in an international, cross-cultural preparation course (IAS 201R, 1 credit hour). This evening course will be held during the second block of Winter semester 2018.

Part-time BYU students and non-BYU students will need to pay an additional tuition fee of approximately \$276 for this course.

FUNDING SOURCES

Regular BYU tuition scholarships, Pell Grants, and Federal Insured Student Loans may be applied to study abroad programs. Students who submit the financial aid section of the ISP application and who have a current FAFSA form on file at the financial Aid Office (A-41 ASB) will be considered for a study abroad scholarship.

Academic departments and colleges may assist with scholarships and grants. Private grants and scholarships outside of BYU may also assist (kennedy.byu.edu/scholarships).

APPLICATION PROCESS

Priority Deadline: Wednesday, 13 December 2017. The application will remain open until program is filled. Applications will be received on a space available basis until 16 February 2018.

Complete the online application at kennedy.byu.edu/apply.

A non-refundable \$35 fee is required.

Applicants will be interviewed once the application is complete and will be notified via e-mail of their acceptance into the program.

FACULTY

Julianne-Holt Lunstad specializes in Social and Health Psychology. Her expertise is in interdisciplinary approaches to understanding the associations between social relationships and long-term health outcomes, factors that may influence the association, and the pathways (biological, behavioral, & cognitive) by which these associations occur. Her work has received international recognition and has informed public health policy.

SCHEDULE AND TIME COMMITMENT

Students should refrain from arriving late or departing early. Students can be in Europe for no longer than 90 days before requiring a visa.

INTERESTED STUDENTS SHOULD CONTACT

International Study Programs

101 HRCB

(801) 422-3686

isp@byu.edu

kennedy.byu.edu/isp

PROGRAM ADJUSTMENTS

ISP reserves the right to cancel this program, revise its offerings, or make any adjustments to the preliminary cost estimates due to conditions beyond its control.