

EATING, COOKING, & LIVING IN THE MEDITERRANEAN WAY: GREEK ISLANDS

GLOBAL HEALTH INTERNSHIP SPRING 2023



Discover the Mediterranean way of eating, cooking, and living first-hand in Greece, and how this way of life benefits health. Experience the Mediterranean diet the way locals do through cooking classes, market visits, food tours, eating home-cooked meals with families, and other culinary activities. Learn to apply this knowledge to the practice of culinary medicine, which blends the art of food and cooking with the science of medicine and health. Explore the concepts of wellness and mind/body health within the Mediterranean context. Interact with local Greeks to gain insight into culture and their way of life. Enjoy walks and hikes along beautiful landscapes such as the walk from Fira to Oia, overlooking Santorini's famous caldera and Crete's famous Samariá Gorge. Take in the splendor of Athen's ancient historical/architectural sites and the natural beauty of Meteora and other great destinations. Take courses focusing on the Mediterranean diet, mind/body health, or a readings course focusing on learning skills in the areas of culinary and lifestyle medicine.

This program is perfect for students preparing for careers in medicine, nursing, allied health, nutrition, psychology, and public health. Those interested in doing health or wellness coaching, health promotion, lifestyle medicine, health teaching, patient education, or health/nutrition counseling in their future will develop skills that will enhance their professional skillset. Students must be prepared/able to walk/hike 4–10 miles a day, navigate and ride public transportation, and pack light as we will be on the go during the entire program.

DATES

This program will run for 3 weeks during Spring Term. Estimated starting date is expected to be between May 1–4, but exact dates to be determined.

HOUSING

Housing will include hotels, hostels, and apartments.

COURSES

Students in the program Summer Term are required to take a minimum of 6 credits from this list of courses: HLTH 403, HLTH 383, HLTH 492, HLTH 491R or IAS 380.

Students may be interested in investigating the local culture by taking IAS 380 Cultural Proofs for 1–3 credit hours. This self-guided course allows students to do independent intercultural research, interview locals, and experience local culture.

COST

\$5,400–5,900

Includes undergraduate tuition for six credits, international health insurance coverage, housing, program-related transportation throughout the duration of the program, some meals, and program-related cultural, learning and recreational activities (e.g., cooking classes). Does not include international airfare, preparation course tuition, passport, visa(s), personal expenses, extra meals and snacks, cell phones/international data, or personal excursions. Students will be responsible for paying for and getting themselves from the airport where they land to the first night's accommodation on their own. Transportation will be provided for getting to the airport at the completion of the program.

TRAVEL

Students are responsible for purchasing their own airfare to and from the program. Airfare reservations must be made through BYU Travel. Students should contact a BYU Travel agent. BYU Travel | 280 HRCB | (801) 422-6293 | travel@byu.edu

PREPARATION

Students from many majors are encouraged to apply, particularly those with interests in healthy eating and wellness. Accepted students are required to participate in an international preparation course (IAS 369R, 1 credit hour). This second-block evening course will be held during winter semester. Accompanying spouses need to be credit-bearing participants on the program; they will need to apply online and take the preparation course.

Students must meet all country- and program-specific COVID and health requirements for travel.

FUNDING SOURCES

Regular BYU tuition scholarships, Pell Grants, and Federal Insured Student Loans may be applied to study abroad programs. Academic departments and colleges may assist with scholarships and grants. Private grants and scholarships outside of BYU may also assist (see kenedy.byu.edu/student/scholarships).

APPLICATION PROCESS

Students must be 18 years of age or older to participate. Applications will remain open until the program is filled. If spots remain open after the priority deadline, the final deadline is anticipated to be 1 February 2023. Complete the online application at kenedy.byu.edu/isp-apply. A nonrefundable \$35 application fee is required; applicants will be interviewed once the application is complete. Students will be notified via e-mail of their acceptance into the program.

Priority Deadline: 1 December 2022

Application Deadline: 1 February 2023

FACULTY

Randy M Page, Director of the Global Health Internship Program and Professor of Public Health is the faculty director for the program. Tana Page, Adjunct Faculty in the Department of Public Health, will be the Assistant Director.

SCHEDULE AND TIME COMMITMENT

Students will be in Europe for approximately 4 weeks. Students will be required to complete academic assignments prior to this time and upon returning home from the program.

INTERESTED STUDENTS SHOULD CONTACT

International Study Programs
101 HRCB
kenedy.byu.edu/isp

or

Dr. Randy M Page
2030 Life Science Building
randy_page@byu.edu

or

Tana S. Page
2148 Life Science Building
tana_page@byu.edu

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. If it becomes necessary for ISP to cancel a program, all program payments made to BYU ISP will be refunded to the student's BYU Financial account. ISP is the only office authorized to cancel any of its programs.