

A TASTE OF ITALY: FOOD, CULTURE & HEALTH

GLOBAL HEALTH INTERNSHIP SUMMER 2023



Taste Italy's delicious cuisine. Participate in cooking classes. Experience Italy's vibrant culture. Discover the diversity of Italy's foods as you cook authentic Italian meals from scratch using fresh ingredients from original family recipes. Reflect on how the "Mediterranean diet" sustains Italians and how you can incorporate it into your lifetime eating habits and personal wellness plan. We will sit together like a large Italian family and as you enjoy delicious meals, you will learn and practice the art of conviviality. Experience home-cooked meals prepared by locals. *Buon Appetito!*

During the program, we will frequently be on the go and be physically active, but while doing so, we will take enough time to stop and smell the basil. Enjoy walking through beautiful landscapes including *Sentiero degli Dei* ("Walk of the Gods") along the magnificent Amalfi coast. Learn a little Italian language in order to enhance your overall travel and culinary experience. Take courses focusing on the Mediterranean diet, mind/body health, or a take 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 Summer Term. Estimated starting date is expected to be June 26, 27, or 28. Exact dates to be announced by February 1.

HOUSING

Housing will include hotels, hostels, and possibly some nights in a homestay.

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

\$5,900–6,400

Includes undergraduate tuition for six credits, international health insurance coverage, housing, program-related transportation throughout the duration of the program, some meals, 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 at: 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 kennedy.byu.edu/student/scholarships).

APPLICATION PROCESS

Students must be 18 years of age or older to participate. Complete the online application at kennedy.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 Application Deadline: 1 February 2023

Applications will remain open until program is filled. If spots remain open, the final deadline is anticipated to be 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
kennedy.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.