A TASTE OF ITALY: AMALFI & CALABRIA COASTS
GLOBAL HEALTH
INTERNSHIP SPRING 2024

Food! Culture! Health! Stunning Coastlines!

Taste Italy’s delicious cuisine. Participate in cooking classes and food tours. 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. Discover the treasures of the beautiful seaside city of Tropea, where you will experience what Italians refer to as Costa degli Dei (“Coast of the Gods”), positioned on the coastline of Calabria in southern Italy. Learn a little Italian language in order to enhance your overall travel and culinary experience. Take courses focusing on: Italian Eating Culture, Cuisine & the Mediterranean Diet; Mind/Body Health; or a readings course focusing on learning skills in the areas of culinary and lifestyle medicine.

Program destinations consist of Italy’s 1) Campania region, home to the Amalfi Coast, Naples, Pompei, and Salerno, 2) the coastline of the region of Calabria, 3) and a visit to Rome and the Rome LDS Temple. This program is open to students in all majors. The program will satisfy those with interests in healthy eating and wellness lifestyle, Italian culture and cuisine, culinary and lifestyle medicine, culinary skills development, and experiential travel. Students must be prepared/able to: walk/hike 4-10 miles a day; navigate and ride public transportation; pack light (as we will be on the go during the entire program); interact with locals; learn and use basic Italian phrases; eat and sample a wide variety of foods (including sea food); have an openness to trying new foods not previously eaten. This program is not recommend for those with gluten or dairy issues, or those who are “picky” eaters. This boutique travel experience is limited to only 14 participants.
DATES
Spring Term 2024. This program will begin the last week of May, and run for 3 weeks approximately.

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

COURSES
Students in the program are required to take a minimum of six credits from the following courses:
HLTH 403R, HLTH 383, HLTH 492

COST
$5,000–5,500
Includes Latter-day Saint undergraduate full tuition for 6 credits (increased cost for graduate and non-Latter-day Saint students), 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, 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. Spouses will also need to apply online and take the preparation course.

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
Complete the online application at kennedy.byu.edu/apply. The application requires a $35 fee. Interviews for positions in the program will be selected from completed applications. Students will be notified via e-mail of their acceptance into the program. Application will remain open until program is filled.

Priority Deadline: 3 November 2023
Application Deadline: 1 February 2024

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 3 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 or Dr. Randy M Page or Tana S. Page
101 HRCB | (801) 422-3686 2030 LSB | (801) 422-1131 2148 LSB
kennedy.byu.edu/isp randy_page@byu.edu 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. 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.