

ACTIVITY, NUTRITION, CUISINE AND CULTURE IN GREECE AND ITALY

STUDY ABROAD SPRING 2025



The Mediterranean lifestyle includes a dietary pattern and way of living unique to countries near the Mediterranean Sea and is associated with good health and prevention of chronic disease. Countries central to a Mediterranean lifestyle and pattern of eating include Greece and Italy. Furthermore, Greece and Italy are rich with history, cuisine, agriculture, a diversity of physical features and terrains (e.g., coastal landforms, beaches, and mountains with stunning views), and opportunities for outdoor physical activity. These varieties create a unique setting for student learning and experience in physical activity, nutrition, cuisine, and culture. Therefore, the overall purpose of this study abroad program is to experience, compare, and contrast the activity/lifestyle, nutrition, cuisine, food environments, and cultures in rural and urban settings throughout Greece and Italy. This program includes visits to the following places: Greece (Athens and Naxos) and Italy (Bari, Matera, multiple towns along the Amalfi Coast region, Alpi Apuane Mountains (Pruno), Cinque Terre, Parma, Padova, and Venice - including Burano). This unique program includes a combination of: 1) physical activities (hiking, walking), 2) discussions of nutrition and human health (e.g., Mediterranean lifestyle, physical activity biology, “Blue Zones,” the relationship between social interaction and health, human research studies in activity and nutrition, society and food, nutrient properties of Mediterranean foods, chronic disease, etc.), 3) local cuisine, 4) visits to food production sites, and 5) guided and self-guided tours to explore local culture. Specifically, this program includes visits to, a lemon grove, dairy farm, chestnut mill, bakery, olive farm, parmesan cheese factory, and balsamic production site, guided tours of several museums, academic lecture at the prestigious University of Padova, and eating and interacting with residents and restaurant owners (e.g., fish production and preservation demonstration, pizza-making and bread-making and past-making workshops). **IMPORTANT: Please note that this program is fast paced with significant physical activity.** This program may be of interest for students in Life Sciences (e.g. Nutrition, Dietetics, Food Science), pre-med or pre-health professions majors, and majors related to travel. All majors may apply.

DATES

24 May–21 June 2025

HOUSING

Hotels Across Greece and Italy.

COURSES

-390R (Special Topics in Nutrition, Dietetics, and Food Science) (3 credit hours) **AND**

-NDFS 201 (Society, Nutrition, and Chronic Disease) (3 credit hours) **OR** NDFS 494R (Undergraduate research in nutrition, dietetics, or food science) (3 credit hours).

No other BYU in-person or online courses may be taken during the program without approval of the program director and ISP.

COST

\$7,700-8,100

Includes Latter-day Saint undergraduate full tuition (increased cost for graduate and non-Latter-day Saint students), housing, in-country travel, entrance fees, and international health insurance coverage. Does not include international airfare, preparation course tuition, or personal expenses. As food tasting is an important part of this program, many meals will be included in the program cost (24 breakfasts, ~17-18 lunches, ~17-18 dinners).

TRAVEL

Students are responsible for purchasing their own airfare to and from the program sites. Airfare reservations must be made through BYU Travel. Students will work with a BYU Travel agent. BYU T801-422-6293; 280 HRCB; travel@byu.edu

PREPARATION

Any major may apply. Note: if the NDFS 201 option is chosen instead of NDFS 494R (see above), a prerequisite is required. Admitted 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 2024 (Part-time and non-BYU students will need to pay an additional tuition fee for enrolling in the prep class). Accompanying spouses need to be credit-bearing participants on the program; they will need to apply online and take the preparation course.

International study programs are physically, emotionally, and mentally taxing and you must be in good health to participate. These programs often take place in international locations that do not have the same level of safety and services in terms of transportation, living conditions, residential accommodations, food, public behavior, and policing that you may be used to on campus. If you have further questions or concerns on this, please see <https://kennedy.byu.edu/isp-travel-policy>.

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

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. Specifically, there is a modest scholarship available to several students specifically for this study abroad program (Anna Peterson Healthy Decisions Memorial Scholarship). Please contact the Program Director about the application and due dates. Private grants and scholarships outside of BYU may also assist (see kennedy.byu.edu/scholarships).

APPLICATION PROCESS

Students must be adults 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. The first payment is due upon acceptance. Applications will be reviewed as received. **Priority deadline: 15 November 2024, Final application deadline: 15 December 2024**

FACULTY

Dr. James LeCheminant is the faculty director of the program. He is a professor in the Department of Nutrition, Dietetics, and Food Science at Brigham Young University. Feel free to contact him with any questions you have: (801) 422-6874.

INTERESTED STUDENTS CAN ALSO CONTACT

International Study Programs
101 HRCB | (801) 422-3686 | isp@byu.edu

PROGRAM ADJUSTMENTS

International Study Programs (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.