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, social connection, and chronic illness. 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, the Greek island of Ikaria, and the island of Okinawa, Japan. In addition, we will stay in the medieval Tuscan hill town of Siena, and briefly visit larger cities within each country during our travel. 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, tending to a local garden, making cheese, living close to nature, and living in general, as the locals do.

DATES
Approximately 23 June – 23 July 2022 (official dates TBA)

HOUSING
All housing and travel will be arranged by the program in apartments, hotels or hostels. Since students will be eating group meals prepared by local communities, the program may not be able to accommodate for special dietary restrictions or preferences.

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)
Participants may not take any other courses on this program, including BYU Online courses, without approval by the program director and ISP.

COST
$7,900-$8,400
Includes: LDS undergraduate tuition (increased cost for grads and non-LDS students), housing, breakfasts at some hotels, some other meals, group transportation (air, train, coach) between locations, group activities, and international health insurance.
Not included: Airfare to and from the program, most meals, public transit, museums, cell phone international data plan, and personal expenses

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

PREPARATION
Accepted students are required to participate in an international preparation course (IAS 201R, 1 credit hour). This evening course will be held during the second block of Winter semester.
Part-time BYU students and non-BYU students will need to pay an additional tuition fee of approximately $300 for this course. All participants are required to show proof of complete COVID-19 vaccination by the time the preparation course begins.

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
Students must be adults 18 years-of-age or older.
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.
The first payment is due upon acceptance. Please refer to the Payment Information document (see kennedy.byu.edu/isp-forms/ISPpayments2022.pdf).

Priority Deadline: 15 December 2021
Final Deadline: 1 February 2022
The application will remain open until program is filled. Applications will be received on a space available basis.

FACULTY
Julianne-Holt Lunstad, PhD 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 internationally.

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
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.