This study abroad will have a dual focus on the impacts of our food choices on human health and the sustainability of Earth’s ecosystems. The Mediterranean region is a compelling case study because of the well documented health benefits of the Mediterranean culture and diet common in rural village life (farm to table) in contrast to the western diet linked to poor health that is common in larger cities. We will study gardening and cooking practices in rural villages in Italy, Greece and the Greek Islands and compare them to modern industrial farming, food distribution, and eating culture and practices in Rome and Athens. Learning experiences will include the farm to table experience of harvesting, cooking and eating in the villages we visit: https://www.youtube.com/watch?v=OlHI4JdeF-o. Through our experiences we will be linking how food culture and experience affects our biology: overall health, sleep patterns, immune system function, digestion and disease outcomes. Furthermore, we will examine how food choices and traditional versus modern farming practices impact the environment. In addition to studying traditional and modern farming practices on land we will also compare traditional and contemporary fishing practices and seafood diets. This will be an active study abroad and will include hiking through rural villages and snorkeling to study the food web of the Mediterranean Sea.

DATES
17 May–14 June 2022 (approximately)

HOUSING
Hotels in Italy, Greece and the Greek Islands

COURSES OFFERED
PWS 150 Environmental Biology (3 credits) which satisfies both science and global and cultural awareness GE requirements
PWS 301 Field Ecology (3 credit hours)
PWS 494R Mentored Research (3 credits) develop your own project based on your interests with mentoring from Dr. St. Clair and Dr. Lecheminant
COST
$5400-$5900

Includes LDS undergraduate full tuition (increased cost for graduate and non-LDS students), housing, in-country travel, entrance fees, and international health insurance coverage. Doesn’t include international airfare or personal expenses. Many but not all meals will be included in the program cost.

PREPARATION
No prerequisites required. This study abroad is for students in any major.
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 2022. (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. Spouses will also need to apply online and take the preparation course.

All participants are required to show proof of complete COVID-19 vaccination by the time the preparation course begins.

FUNDING SOURCES
University funding is available to help fund study abroad experiences. Contact Dr. St. Clair for details.
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 (see http://kennedy.byu.edu/scholarships).

APPLICATION PROCESS
Complete the online application at kennedy.byu.edu/apply.
The application requires a $35 fee.
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. Please refer to the 2022 Payment Information document for payment schedule (see kennedy.byu.edu/isp-forms/ISPpaymentInformation2022.pdf).

Application Deadline: 15 December 2021

FACULTY
Dr. Sam St. Clair is the faculty director of the program. Dr. St. Clair is a professor in the Department of Plant and Wildlife Sciences at Brigham Young University. Feel free to contact me with any questions you have.

Dr. James Lecheminant is a professor of nutrition at BYU with research expertise in the links between diet and disease.

Email: stclair@byu.edu
Cell number: 801-717-7829

INTERESTED STUDENTS CAN ALSO CONTACT
International Study Programs
101 HRCB
isp@byu.edu
801-422-3686
http://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.