Discover the Mediterranean way of eating, cooking, and living first-hand in Italy and Greece, and how this way of life benefits health. Experience the Mediterranean diet the way locals do through cooking classes, market visits, food tours, eating home-cooked meals with families, and other culinary activities. Learn to apply this knowledge to the practice of culinary medicine, which blends the art of food and cooking with the science of medicine and health. Explore the concepts of wellness and mind/body health within the Mediterranean context. Enjoy walks and hikes along beautiful landscapes and in historic areas. Interact with local Greeks and Italians to gain insight into culture and their way of life, including a homestay with an Italian family. See the splendor of Venice, Bologna, Siena, Florence, Rome, and Athens, and travel to the Greek islands of Santorini, Naxos, and Ikaria. Designated as a "blue zone," Ikaria is famous for the longevity of its inhabitants - people typically live past 90 and have low rates of chronic disease. Spend six days on the island to experience its way of life, interact with locals, and observe lifestyle practices that contribute to health, longevity, and well-being.

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. Learn more about this program at www.globalhealth.org.

DATES
This program will run for 4 weeks during Spring Term. Estimated starting date is expected to be May 1 or May 2, but exact dates to be determined.

HOUSING
Housing will include hotels, hostels, and 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.

ELECTIVE
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
$6,000-6,500
This cost includes undergraduate tuition for six credits Spring Term, 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. 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. 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
Priority Deadline: 1 December 2021. Applications will remain open until program is filled. If spots remain open, the final deadline is anticipated to be 1 February 2022. 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.

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 or Dr. Randy M Page or Tana S. Page
101 HRCB 2030 Life Science Building 2148 Life Science Building
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 estimates due to conditions beyond its control.