

Italy



Short-term Faculty-led Study Away Program • Summer Intersession • May 21-31, 2012

Course Name:

The Mediterranean Diet: A Taste of Italy

Course Number: **BMS 497**

Credit hours: **1** (undergraduate)

Course Overview & Highlights

The Mediterranean diet is among the healthiest in the world, as evidenced by the long life expectancies in countries where this traditional diet is consumed.

We will visit places throughout north and central Italy where foods are grown, produced and prepared, and students will explore a variety of local specialties that are not part of the typical American diet.

In addition to food experiences that students would commonly expect in a foreign country, such as restaurants and street vendors, this program will feature:

- excursions to a parmesan cheese factory, a balsamic vinegar distillery, an olive oil press and truffle producer, and gelato and chocolate factories
- a cooking class and wine tasting in Bologna
- visits to local markets to learn how to purchase the freshest ingredients

The Program Director, Tour Director and experienced local guides also will provide an overview of the culture, art, architecture, religion, history, economy and agricultural practices of the region. Comprehensive sightseeing tours of Milan, Bologna, Florence and Rome are highlights of this program.

Estimated Cost: **\$4,564**

Includes: round-trip airfare from Kansas City International Airport (KCI); ground transportation in Italy; lodging; most meals; EF College Study Tours enrollment & program fees, Tour Director & local guides; covered excursions & admission fees; departure fees; and Study Away student fee. **Separated costs not available.**

Excludes: MSU tuition for 1 hour of undergraduate credit; passport & visa fees; transportation to and from KCI; airline baggage handling fees; public transportation to free-time activities; optional excursion to Pisa (\$70); some meals; customary gratuities; misc. personal expenses.

MSU Study Away Application & \$75 Fee due:

Tues., Feb. 14, 2012

(Will be billed to your student account)

EF College Study Tours Enrollment Form &

\$95 Enrollment Fee due: Tues., Feb. 14, 2012

(The balance of program fees will be billed direct by EF College Study Tours.)

Voucher Eligibility & Financial Aid

If you entered MSU as a freshman in 2009 or 2010, you may use the **Study Away \$500 voucher**. Students who receive financial aid through MSU may apply that aid to the program, if eligible. Contact the Office of Financial Aid at **836-5262** for more information.



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Informational Meeting: TBA

Pre-travel Class Meetings: TBA

Depart Kansas City for Milan, Italy:

Monday, May 21, 2012

Depart Rome for Kansas City:

Thursday, May 31, 2012

Post-travel Meeting:

Journal & Presentations Due: TBA

Interested in going?

Contact Carmen Boyd, Dietetics Program Director, Biomedical Sciences Department, at carmenboyd@missouristate.edu or **836-4352** for more information.

Early application is strongly advised.

Study Away!

Missouri State University Study Away Programs

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W: <http://international.missouristate.edu/studyaway/>

Course Focus & Objectives

The focus of this program is to study the Mediterranean diet and its relationship to health, as well as to gain an understanding of regional cultural and lifestyle factors that contribute to well-being and longevity.

Through a combination of pre-travel seminars and guided experiences in Italy, students will learn about the Mediterranean Food Pyramid; healthy fats and the foods that contain them; the Slow Food Movement; agricultural practices and how they relate to food availability in the region; health issues of concern to Mediterranean region residents; how the traditional Mediterranean diet and lifestyle contribute to health and how the average American could benefit from a change.

This course is designed for students who are majoring or interested in dietetics, nutrition, public health, agriculture, hospitality and restaurant administration, and other areas.

Course Schedule & Itinerary

Pre-travel Class Meetings (details TBA):

Early April 2012 - Addresses pre-travel details. Students will choose an educational topic for their final presentations. Topics may include sources and health benefits of monounsaturated fats, fruits and vegetables of the Mediterranean, health issues in the region, etc. Italian phrases will be presented.

Late April 2012 - Discussion of the Mediterranean culture and how it differs from ours; the historic sites we will visit; foods we will encounter and their nutritional value and production; typical menus; and traditional medicines and health beliefs. Italian phrases will be practiced.

May 2012 - Detailed discussion of travel preparations and plans. Passports will be viewed and final questions answered.

Please note: EF College Study Tours will coordinate arrangements for our educational experience in Italy. The following itinerary is subject to change.

Mon., May 21, 2012 - Kansas City, MO - Board overnight flight to Milan, Italy.

Tues., May 22 - Arrive in Milan, fashion and finance capital of Italy.

Wed., May 23 - Travel to Bologna, one of Italy's culinary capitals, known for its famous dish, Tagliatelle al Ragù (a.k.a. Spaghetti Bolognese). En route, stop in Parma, birthplace of prosciutto ham and parmigiano cheese. **Visit a cheese factory** to learn about the time-honored traditions of producing authentic parmigiano. Next, stop in the Modena region to **tour a Balsamic Vinegar Distillery** and taste authentic Italian balsamic vinegar.

Thurs., May 24 - Cooking Class - Enjoy a wine tasting and learn to prepare several recipes of the Emilia-Romagna region. **Visit a Gelato Factory** -

Discover how this famous Italian frozen dessert is produced and learn about the many different delicious flavor combinations.

Fri., May 25 - Travel to Florence. In the heart of Tuscany on the River Arno, this city is known for its remarkable architecture and the Renaissance art masterpieces that fill its museums and churches. Enjoy free time to explore world-class art galleries, markets and other attractions.

Sat., May 26 - Guided Tour of Florence - See Giotto's Bell Tower, the Duomo cathedral and plaza, Ghiberti's Gates of Paradise, the Piazza della Signoria and more. Later, watch artisans at work at a local leather workshop. **Optional excursion to Pisa.**

Sun., May 27 - Excursion to an olive press and truffle producer - The olive tree and olive oil are integral to the Mediterranean culture and diet. Likewise, truffles hold an important place in the history, folklore and fine cuisine of the region. Learn how olive and truffle oils are produced, and sample a variety of mouth-watering delicacies made from olives and truffles. Enjoy a meal prepared according to traditional, slow food methods at a local restaurant.

Mon., May 28 - Travel to Rome, the Eternal City. En route, stop in Perugia to **tour the famous Perugina Baci chocolate factory**. Also visit Assisi and the Basilica of St. Francis.

Tues., May 29 - Guided tour of the Vatican. See St. Peter's Basilica, Michelangelo's Pietà, the Vatican Museum and the Sistine Chapel. **Guided sightseeing of Rome**, including the ancient Roman Forum, the Colosseum, the Pantheon, the Piazza Venezia, Trevi Fountain and more.

Wed. May 30 - Free time in Rome - Explore fascinating historical and cultural landmarks, fashionable shops and authentic Italian food!

Thurs. May 31 - Board return flight from Rome to KCI.

Course Requirements:

Students must fulfill the academic requirements for the course as outlined below:

- Attend the pre- and post-travel class meetings and seminars
- Complete pre- and post-travel tests
- Participate in all assigned projects and activities
- Attend all lectures, presentations and excursions offered during the study tour
- Maintain a daily reflection journal
- Work individually and within small groups to research and prepare a Powerpoint report on one aspect of the Mediterranean diet for presentation to the group and others who may be interested in the topic
- Participate in a post-travel focus group to share impressions, ideas, experiences and suggestions for future tours

Required text - A textbook is not required. Students will, however, be responsible for incorporating into their presentations research articles on how the Mediterranean Diet has been shown to be helpful in the treatment of heart disease, Alzheimer's, prenatal nutrition, etc.

For general information on travel in Italy, it is recommended that students review Rick Steves' Italy and Florence & Tuscany guidebooks, available at www.ricksteves.com.

Assessment of learning - Evaluation will be based on participation in and completion of all academic requirements, as follows:

- Exams, quizzes and activities associated with the pre- and post-travel sessions
- Reflection journal
- Powerpoint presentation of experience
- Class discussion and participation

Application & Payment Procedures

MSU Study Away Application due by Tuesday, Feb. 14, 2012 - Students who are approved by the Program Director may apply. Instructions are included on the program application, available at the Study Away website and through the Program Director, Carmen Boyd. The **non-refundable MSU Study Away Student Fee of \$75**, which covers your International Student Identity Card, will be billed to your student account upon application.

EF College Study Tours Enrollment due by Tuesday, Feb. 14, 2012 - Once your MSU Study Away application is approved, you must complete the program enrollment form at www.efcollegestudytours.com/enroll. A **non-refundable Enrollment Fee of \$95** must be paid at this time. The balance of program fees will be billed directly by EF College Study Tours through an automatic monthly payment plan. You may choose to have payments deducted from your checking account or charged to your debit or credit card.

Registration for BMS 497 - Students who enroll in this program will register for the associated MSU course, BMS 497: The Mediterranean Diet: A Taste of Italy, during the Summer 2012 registration period. Tuition for 1 hour of undergraduate credit (\$194) will be billed to your student account at that time.

Cancellation & Refund Policies

Students who wish to withdraw from the program must do so through EF College Study Tours. Participants should become familiar with **EF College Study Tours Booking Conditions 2012** <www.efcollegestudytours.com/bc>; this document includes details of payment, cancellation and refund policies. Students who withdraw by **April 19, 2012** will receive a partial refund; no refunds will be issued after that date.

A written notification of withdrawal must also be sent to the Program Director, Carmen Boyd, and to Elizabeth Strong at the Study Away Office, Jim D. Morris Center, Suite 403.